

# 20 Lb (9.07 kg) Parfied Whole Grain Corn Meal Breaded Alaska Pollock FishFries 1.25 oz, CN, MSC

High Liner Foodservice Whole Grain Cornmeal Fish Fries are a truly unique kids specialty option for Child Nutrition-approved applications and more. Made from premium wild caught Alaskan Pollock, each is coated with specially seasoned whole grain cornmeal, and fries or bakes from frozen to crispy, tender flaky fish perfection in minutes. These decidedly kid-friendly fish fries also make an excellent treat for adults of all ages.

Product Last Saved Date: 20 October 2025



FOODSERVICE™

# **Nutrition Facts**

85 Servings per container

**Serving Size** 3 Fish Fries (105g)

**Amount Per Serving** 

Calories	210
	% Daily Value*
Total Fat 11 g	14%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 530 mg	23%
Total Carbohydrates 13 g	5%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 14 g	
Vitamin D 1.3 mcg	6%
Calcium 0 mg	0%
Iron 1.1 mg	6%
Potassium 290 mg	6%

Product Specifications :			
Code	GTIN	Type Of Catch	
53989	10070737539897	WILD	

Brand	GPC Description			
High Liner Foodservice	Fish - Prepared/Processed (Frozen)			

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
25 LBR	20 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	10.125 INH	1.0944 FTQ	10x4	540 Days	-10 FAH / 0 FAH

#### Ingredients:

68.5% ALASKA POLLOCK; 31.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, WHOLE YELLOW CORN FLOUR, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN STARCH, SUGAR, YEAST, NATURAL FLAVOR, ONION POWDER, GARLIC POWDER. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

## **Prep & Cooking Suggestions:**

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Deep Fry at 350°F for 3-4 minutes. TO BAKE: Place frozen fishfries on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 15-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Ideal for school lunches, as a healthier breaded treat for healthcare and senior living dining, or as a fun appetizer on any menu. Pairs well with your favorite dipping sauces.

## Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

#### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Has CN Statement: Yes

CN Statement: THREE 1.25 OZ PARFRIED WHOLE GRAIN CORN MEAL BREADED

> FISHFRIES PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN

REQUIREMENTS.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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#### **CN Information:**

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1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid:

Meat/Meat Alternative:

WholeGrain Credit Calculation:

## **Label Copy:**

\*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



# Parfied Whole Grain Corn Meal Breaded Alaska Pollock FishFries

53989

LOT#:1234567890

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

From an MSC certified sustainable fishery. www.msc.org MSC-C-50552

099316

INDIVIDUALLY QUICK FROZEN

DO NOT REFREEZE



Alaska Pollock Fisheries

1.25 oz Opy Not For Federal Meal Requirements

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HILD NUTRITION MEAL PATTERN REQUIREMENTS, (USE OF THIS LOGG AN TATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA (72021)

CN

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801 FOR INQUIRIES CALL: 1-888-860-3664



High Liner Bid Desk Contact and Specification Verification:

NET WT 20 Lb (9.07 kg)

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