

# 20 Lb (9.07 kg) Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Sticks 1 oz, CN, MSC

High Liner Whole Grain Crunchy Alaska Pollock Sticks have an extra crunch that makes school and other Child Nutrition-approved applications a real treat. These quality wild caught Pollock portions are coated with kid-friendly signature seasoned breading that delivers a flavorful extra crunch with tender, flaky fish in every bite. Quick and easy to prepare, each oven-ready portion bakes from frozen to crispy perfection in minutes.

Product Last Saved Date: 07 January 2026



## Nutrition Facts

80 Servings per container

**Serving Size 4 Sticks (112g)**

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat 9 g 11%**

Saturated Fat 1.5 g 7%

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 320 mg 14%**

**Total Carbohydrates 23 g 8%**

Dietary Fiber 2 g 7%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

**Protein 16 g**

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 320 mg 6%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Specifications :

Code	GTIN	Type Of Catch
1089302	10035493893027	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.125 INH	1.0887 FTQ	12x3	540 Days	-10 FAH / 0 FAH

### Ingredients :

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Serving Suggestions:

Ideal as an entrée with dipping sauce and fresh green beans for school lunch, healthcare or senior living center dining.

### Claims & Child Nutrition:

BAP Certified:  
 MSC Certified: Yes  
 Has CN Statement: Yes  
 CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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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.

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1089302

LOT #: 1234567890



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

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INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE



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

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NET WT 20 Lb (9.07 kg)



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FOUR 1.00 OZ OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 06/2022).

1089302

High Liner Bid Desk Contact and Specification Verification:

*Dawn Enos*

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