

10 Lb (4.54 kg) Oven Ready Breaded Pollock Sticks, 1 oz, CN, MSC

Made from wild caught Pollock, High Liner Breaded Pollock Sticks are a quick and easy, deliciously crispy option with versatile appeal. These specially seasoned breaded portions come ready to fry or bake. Each cooks from frozen to golden crunchy perfection in minutes with the consistency and plate appeal you demand for a variety of Child Nutrition-approved applications.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

40 Servings per container

Serving Size 4 Sticks (112g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 480 mg **21%**

Total Carbohydrates 22 g **8%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

Protein 14 g

Vitamin D 1 mcg 6%

Calcium 14 mg 2%

Iron 1 mg 6%

Potassium 270 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
06791	00074638067919	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

64.11% POLLOCK, 35.89% BATTER AND BREADING (ENRICHED BLEACH WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, SALT, SOYBEAN OIL, YEAST, PAPRIKA EXTRACT (COLOR), GRANULATED GARLIC, SPICES. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT

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

Eggs - INII	Milk - INII	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 portions on a lightly oiled sheet pan. CONVECTION OVEN: Bake at 375°F for 8-12 minutes. CONVENTIONAL OVEN: Bake at 400°F for 15-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Serving Suggestions:

Great for school lunches, or as a wrap or sandwich or basket healthcare and senior living center dining paired with your favorite complementary sides and sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

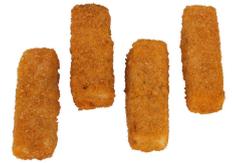
Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. Disclaimer: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.



Information subject to change without notice at the discretion of High Liner Foods (USA)
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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.

Oven Ready Breaded Pollock Sticks 1 oz

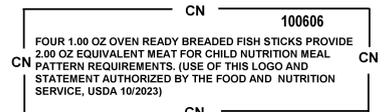
06791

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 10 Lb (4.54 kg)



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High Liner Bid Desk Contact and Specification Verification:

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