

10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Cod Rectangles 3.6 oz, CN

High Liner Whole Grain Breaded Cod Portions align with USDA whole grain guidelines and have the ease of preparation schools require. Perfect as an entrée or sandwich, these whole grain portions have a flavor and crispy crunch kids will truly enjoy. Each is oven-ready, and cooks in minutes. Because in the school lunchroom, every minute counts.

Product Last Saved Date: 11 March 2026



HIGH LINER
FOODSERVICE™



Nutrition Facts

44 Servings per container

Serving Size 1 Rectangle (101g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 7 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 280 mg 12%

Total Carbohydrates 16 g 6%

Dietary Fiber 1 g 5%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 13 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.1 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
51267	10070737512678	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 :

71.3% COD [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOSITURE)]; 28.7% 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), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), 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: CONVECTION OVEN: Bake at 375°F for approximately 18 minutes. CONVENTIONAL OVEN: Bake at 400°F for approximately 25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect as an entrée or sandwich with a vegetable and starch side or on a salad. Ideal for school lunch, as well as a healthier breaded option for healthcare and senior living center dining.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 3 April 2026
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