

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

High Liner Whole Grain Golden Crunchy Pollock Sticks come from wild caught Alaska Pollock with a delicious crunchy whole grain breading. These scrumptious oven-ready pollock sticks have a crispy fun appeal kids and adults are drawn to. Each bakes to golden crunchy perfection, and is consistently sized to optimize inventory control for Child Nutrition-approved applications.

Product Last Saved Date: 07 January 2026



HIGH LINER
FOODSERVICE™



Nutrition Facts

40 Servings per container

Serving Size 4 Sticks (112g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 7 g 8%

Saturated Fat 1 g **6%**

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 260 mg 11%

Total Carbohydrates 18 g 7%

Dietary Fiber 2 g **5%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.2 mg 6%

Potassium 300 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
1089876	10035493898763	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
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, 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.

Serving Suggestions:

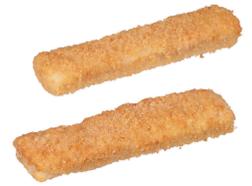
Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 23 April 2026
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