



# 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: 31 July 2025

## 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	No

### 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'):

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

### 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:

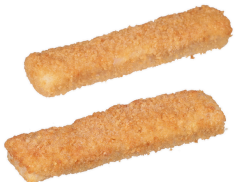
Pollock - Gadus chalcogrammus

### 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.

### Claims & Child Nutrition:

BAP Certified: Yes  
MSC Certified: Yes  
Has CN Statement: Yes  
CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.00 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.



**Oven Ready Whole Grain  
Golden Crunchy Breaded  
Pollock Sticks 1 oz**

**1089876**



**LOT#: PPHYDDDSNL**



From an MSC certified sustainable fishery.  
[www.msc.org](http://www.msc.org)  
MSC-C-50552

**INDIVIDUALLY  
QUICK FROZEN**

**KEEP FROZEN**

**DO NOT  
REFREEZE**

2565366



EST.# 045

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**CONTAINS: FISH (POLLOCK), WHEAT, MILK**

**NET WT 10 Lb (4.54 kg)**



10035493898763

CN 099009  
FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 7/2020).  
CN

**1089876**

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
[www.highlinerfoods.com](http://www.highlinerfoods.com)



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