

# 1/10 LB Oven Ready Whole Grain Breaded Fish Sticks 1.0 oz, CN, MSC

High Liner Foodservice Minced Alaska Pollock Sticks are part of this kids specialty line of fully prepared, breaded seafood ideal for schools and other Child Nutrition-approved applications. Made from premium wild caught Pollock, portions are coated with a deliciously kid-friendly seasoned breading. Each can be baked from frozen in conventional or toaster ovens to crispy, tender, flavorful flaky fish perfection in minutes.

Product Last Saved Date: 04 April 2025



## Nutrition Facts

40 Servings per container

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

Amount Per Serving

**Calories 270**

% Daily Value\*

**Total Fat 10 g 13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol 20 mg 7%**

**Sodium 480 mg 21%**

**Total Carbohydrates 29 g 11%**

Dietary Fiber 5 g **18%**

Total Sugars 3 g

Includes 2 g Added Sugars **3%**

**Protein 16 g**

Vitamin D 0.6 mcg 4%

Calcium 50 mg 4%

Iron 2.6 mg 15%

Potassium 480 mg 10%

\* 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
26253	10035493262533	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 :

67.7% SEAFOOD BLEND (MINCED POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONING BLEND [SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR]); 32.3% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, SALT, YEAST EXTRACT, YEAST, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), ONION POWDER, CORN STARCH, YELLOW CORN FLOUR, MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen fish sticks in a single layer on a shallow baking pan. Bake for 7-8 minutes. Turn sticks over and bake for an additional 7-8 minutes. TOASTER OVEN: Preheat oven to 400°F. Place frozen fish sticks in a single layer on shallow baking pan. Bake for 8-9 minutes. Turn sticks over and bake for an additional 8-9 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

Ideal for school lunch as an entrée with your favorite dipping sauce and side.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS WITH ALTERNATE PROTEIN PRODUCT PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.



Information subject to change without notice at the discretion of High Liner Foods (USA)  
<http://www.highlinerfoods.com>

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**CN Information:**

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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 Breaded Fish Sticks 1.0 oz** 26253

Made from Minced Fish and Alternate Protein Product  
1.0 oz Fish Sticks



INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565217



EST. # 045

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

LOT#: 1234567890



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

CN 098892  
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Meal Requirements 26253

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3684  
www.highlinerfoods.com



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**High Liner Bid Desk Contact and Specification Verification:**



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