



1/10 Lb Oven Ready Crunchy Breaded Fish Rectangles 3.6 oz, CN

High Liner Foodservice Breaded Alaska Pollock Rectangles are ready to cook and please kids to adults of all ages. Made from premium wild caught Pollock, each rectangle is coated with kid-friendly signature seasoned breading, and bakes in minutes from frozen to ensure a delicious crunch with tender flaky fish in every bite. An excellent choice for Child Nutrition-approved applications that's quick and easy to prepare.

Product Last Saved Date: 18 April 2025

Nutrition Facts

44 Servings per container
Serving Size 1 Piece (101g / 3.6oz)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 280 mg	12%
Total Carbohydrates 15 g	5%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 1 mcg	6%
Calcium 13 mg	2%
Iron 1 mg	6%
Potassium 263 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
1089146	10035493891467	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
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

71.3% POLLOCK, 28.7% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SUGAR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), SOY FLOUR, DEXTROSE, YEAST, NATURAL FLAVOR, WHEY, CELLULOSE GUM, EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT, SOY, MILK, EGGS

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Serving Suggestions:

Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: Yes
CN Statement: ONE 3.60 OVEN READY CRUNCHY BREADED FISH PORTION PROVIDES 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.



1089146 - 1/10 Lb Oven Ready Crunchy Breaded Fish Rectangles 3.6 oz, CN

CN Information:

CN Statement : ONE 3.60 OVEN READY CRUNCHY BREADED FISH PORTION PROVIDES 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.

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.

INGREDIENTS: 71.3% POLLOCK, 28.7% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SUGAR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), SOY FLOUR, DEXTROSE, YEAST, NATURAL FLAVOR, WHEY, CELLULOSE GUM, EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.

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

High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12
PH: 603-818-5334
Email: dawn.enos@highlinerfoods.com