

# 1/10 LB Oven Ready Breaded Haddock Rectangles 4 oz, Kosher, CN, MSC

High Liner Foodservice Breaded Haddock Rectangles are tender portions of wild caught Haddock that are quick and easy to prepare. Each oven-ready portion is coated with kid-friendly seasoned breading, and bakes from frozen in minutes to ensure a delicious crunch with moist flaky fish in every bite. An excellent choice for Child Nutrition-approved applications that appeals to kids and adults of all ages.

Product Last Saved Date: 04 April 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size 1 Rectangle (112g)**

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 40 mg **14%**

**Sodium** 320 mg **14%**

**Total Carbohydrates** 20 g **7%**

Dietary Fiber 1 g **2%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 15 g

Vitamin D 0 mcg **0%**

Calcium 0 mg **0%**

Iron 1.2 mg **6%**

Potassium 250 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
10001310	10073538013108	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.723 LBR	10 LBR	N/A	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

67.0% HADDOCK; 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: WATER, SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (HADDOCK), WHEAT

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: CONVECTION OVEN: Bake frozen portions at 400°F for 12-14 minutes. CONVENTIONAL OVEN: Bake frozen portions at 425°F for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

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

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: Yes  
CN Statement: ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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**CN Information:**

CN Statement : ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION 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.



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## 10001310



LOT#: 1234567890

CN		099791
CN	ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 10/2021.)	CN
CN		

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.



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

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

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565644



EST. # 045

**COOKING INSTRUCTIONS:**

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CONVENTIONAL OVEN: Bake frozen portions at 425°F for 18-20 minutes.  
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CONTAINS: FISH (HADDOCK), WHEAT

### NET WT 10 Lb (4.54 kg)



10073538013108



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

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