



10 Lb (4.54 kg) Oven Ready Breaded Pollock Squares 4 oz,  
Kosher, CN

High Liner Foodservice Breaded Alaska Pollock Squares are the ideal combination of moist, tender flaky fish and uniquely seasoned crispy breading. An excellent value for Child Nutrition-approved applications, these premium wild caught, oven-ready squares cook to crunchy perfection in no time, with the consistency and kid-friendly plate appeal you demand.

Product Last Saved Date: 01 July 2025



Nutrition Facts

40 Servings per container  
Serving Size 1 Portion (112g)

Amount Per Serving  
Calories 240

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 400 mg	17%
Total Carbohydrates 20 g	7%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 16 g	
Vitamin D 1 mcg	6%
Calcium 13 mg	2%
Iron 1 mg	6%
Potassium 284 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
10022648	00079149226480	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.9 LBR	10 LBR	N/A	Yes	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	547 Days	-10 FAH / 0 FAH

Ingredients :						
67.0% POLLOCK, 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, SALT, WATER, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVORS. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), 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 FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Bake at 400°F for about 15 minutes. CONVENTIONAL OVEN: Bake at 425°F for about 20 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 4.00 OZ OVEN READY 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.





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Kosher, CN

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 Breaded 10022648  
Pollock Squares  
4 oz



LOT #: 1234567890

INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN

DO NOT  
REFREEZE

MANUFACTURED BY: HIGH LINER  
FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
www.highlinerfoodservice.com

<sup>TM</sup>Trademark of High Liner Foods  
Incorporated

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COOKING INSTRUCTIONS FROM FROZEN:

**TO BAKE:** Place frozen portions on a lightly oiled sheet pan.

**CONVECTION OVEN:** Bake at 400°F for about 15 minutes.

**CONVENTIONAL OVEN:** Bake at 425°F for about 20 minutes.

**NOTE: COOK TO AN INTERNAL TEMPERATURE OF 135°F MINIMUM.**

**INGREDIENTS:** 67.0% POLLOCK, 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, SALT, WATER, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVORS. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.

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

CN 100597  
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 10/2023).  
CN

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EST. # 045

10022648

NET WT 10 Lb (4.54 kg)



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High Liner Bid Desk Contact and Specification Verification:

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