

# 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: 20 October 2025



**HIGH LINER**  
FOODSERVICE™



## 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' INII='Intentionally nor Inherently Included'):

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

### 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.





# 10022648 - 10 Lb (4.54 kg) Oven Ready Breaded Pollock Squares 4 oz, Kosher, CN

### 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. 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.

# Oven Ready Breaded 10022648 Pollock Squares 4 oz



LOT #: 1234567890

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

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

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

2566474

#### 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 145°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

## NET WT 10 Lb (4.54 kg)



00079149226480

# 10022648



00079149226480



EST. # 045

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

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