



1/10 Lb Oven Ready Whole Grain Breaded Pollock Rectangles 3.0 oz, CN, MSC

High Liner Whole Grain Breaded Pollock Rectangles are a delicious option that align with USDA regulations for whole grain. These wild caught portions feature a kid-friendly seasoned breading for a crunchy, flavorful flaky fish bite that enhances a variety of Child Nutrition-approved applications. Each oven-ready portion cooks to crispy perfection in minutes with a can't-resist appeal kids and adults of all ages will appreciate.

Product Last Saved Date: 25 March 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 290 mg 13%

Total Carbohydrates 17 g 6%

Dietary Fiber 1 g 5%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 11 g

Vitamin D 0.9 mcg 4%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 220 mg 4%

* 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
26245	10074638262458	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	TlxHl	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 :

64.2% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE); 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK]

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

Eggs - N	Milk - C	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: Preheat oven to 425°F and bake for 13-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 22-24 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Great for a sandwich or salad topper! Example - Ideal as a baked, broiled or breaded center of the plate entrée, a fish sandwich, or to add depth to salads. Pairs well with the complementary sauce and side of your choosing.

Species / Scientific Name:

Pollock - *Gadus chalcogrammus*

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: Yes

CN Statement: ONE 3.00 OZ PREFRIED WHOLE GRAIN BREADED FISH PORTION

PROVIDES 1.50 OZ EQUIVALENT MEAT AND 1.00 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.highlinersfoods.com>

Page 1 of 2

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CN Information:

CN Statement : ONE 3.00 OZ PREFRIED WHOLE GRAIN BREADED FISH PORTION PROVIDES 1.50 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS 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.



Oven Ready Whole Grain Breaded Pollock Rectangles 3.0 oz

26245



LOT#: PPYYDDDSNL



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

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN
DO NOT
REFREEZE
2565386



EST.#045

COOKING INSTRUCTIONS FROM FROZEN:
TO BAKE: Place frozen portions on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 425°F and bake for 13-15 minutes.

CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 22-24 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 64.2% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], 35.8% BATTER AND
BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER,
YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE
MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND
TURMERIC (COLOR), PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL
CONTAINS: FISH (POLLOCK), WHEAT, MILK

NET WT 10 Lb (4.54 kg)



10074638262458

CN 098902
ONE 3.00 OZ PREFRIED WHOLE GRAIN BREADED FISH PORTION
PROVIDES 1.50 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT
GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.
(USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD
AND NUTRITION SERVICE, USDA 04/2020.)

CN

26245
MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.higlinersfoods.com



10074638262458

High Liner Bid Desk Contact and Specification Verification:

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