



10.35 Lb (4.69 kg) Crunchy Lites Raw Breaded Alaska Pollock Portions 3.6 oz., Kosher, CN, MSC

High Liner Crunchy Lites Breaded Pollock Portions offer a healthier Child Nutrition-approved option without sacrificing the flavorful crispy bite craved by kids and adults. These wild caught Alaska Pollock portions are coated with a specially seasoned, lower fat breading adding to the naturally low fat, high protein content of this species. Each oven-ready portion cooks from frozen to crunchy light perfection quickly for a truly enjoyable, more nutritious, dining experience.

Product Last Saved Date: 02 July 2025

Nutrition Facts

46 Servings per container
Serving Size 1 Portion (101g / 3.6 oz)

Amount Per Serving
Calories 160

% Daily Value*	
Total Fat 6 g	8%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 290 mg	13%
Total Carbohydrates 13 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 12 mg	0%
Iron 1 mg	6%
Potassium 261 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
06333	00074638063331	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.39 LBR	10.35 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 :

71.5% ALASKA POLLOCK; 28.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, SUGAR, EGG WHITES, YEAST, GRANULATED GARLIC, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SPICES, NATURAL FLAVOR, MALTODEXTRIN. CONTAINS: FISH (POLLOCK), WHEAT, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - C	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Bake at 400°F for 12-14 minutes. CONVENTIONAL OVEN: Bake at 450°F for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and sauces.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: Yes
CN Statement: ONE 3.60 OZ CRUNCHY LITES RAW BREADED FISH PORTION PROVIDES 2.00 OZ. EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. Disclaimer: This product contains

grains that are not credible in school meal programs. Additional grains must be served to meet meal pattern requirements.





07372 - 10.35 Lb (4.69 kg) Crunchy Lites Raw Breaded Alaska Pollock Portions 3.6 oz., Kosher, CN, MSC

CN Information:

CN Statement : ONE 3.60 OZ CRUNCHY LITES RAW BREADED FISH PORTION PROVIDES 2.00 OZ. EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. Disclaimer: This product contains grains that are not credible 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.



INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2565391



EST. # 002

Crunchy Lites Raw Breaded Alaska Pollock Portions

3.6 oz.

CONTAINS 28% LESS FAT THAN OUR REGULAR OVEN READY PORTIONS - FAT CONTENT HAS BEEN REDUCED FROM 7g TO 5g OF THE SAME SPECIFIED SERVING SIZE.

COOKING INSTRUCTIONS FROM FROZEN:
CONVECTION OVEN: Bake at 400°F for 12-14 minutes.
CONVENTIONAL OVEN: Bake at 450°F for 14-16 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

INGREDIENTS: 71.5% ALASKA POLLOCK; 28.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, SUGAR, EGG WHITES, YEAST, GRANULATED GARLIC, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SPICES, NATURAL FLAVOR, MALTODEXTRIN.



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



LOT#: PYYDDDSNL

NET WT 10.35 Lb (4.69 kg)



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06333

CN 098985

ONE 3.60 OZ CRUNCHY LITES RAW 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 6/2020)

CN

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

Nutrition Facts	
About 46 servings per container	
Serving size	1 Portion (101g)
Amount per serving	Calories 150
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 35mg	11%
Sodium 290mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.5mg	8%
Potassium 140mg	2%
*The % Daily Value 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.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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



00074638063331

High Liner Bid Desk Contact and Specification Verification:

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