

## 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: 20 October 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%

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	TIxHI	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 - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

# **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.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

## **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

#### **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









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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## 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 CACEP10SESSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark



QUICK FROZEN

DO NOT REFREEZE 2565391



KEEP FROZEN

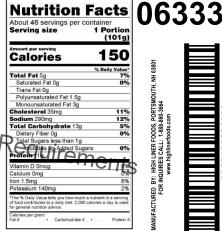
From an MSC certified sustainable fishery. www.msc.org MSC-C-50552

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LOT#: PPYYDDDSNL

NET WT 10.35 Lb (4.69 kg)





High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12

Email: dawn.enos@highlinerfoods.com