

10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Fish & Star Shaped Fish Nuggets, Made With Vegetable Protein Product, 1 oz, CN

High Liner Foodservice Whole Grain Fish & Star Shapes are specially formed, wild caught fish-shaped Pollock that are delicious, fun, and definitely kid-friendly. Fortified with whole grains and soy protein, these specially breaded oven-ready shapes cook to golden crunchy perfection in minutes. This exciting, more nutritious option is perfect for any school lunch menu and other Child Nutrition-approved applications.

Product Last Saved Date: 26 August 2025



Nutrition Facts

40 Servings per container

Serving Size 4 Nuggets (112g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 35 mg **11%**

Sodium 690 mg **30%**

Total Carbohydrates 22 g **8%**

Dietary Fiber 3 g **10%**

Total Sugars 1 g

Includes 1 g Added Sugars **1%**

Protein 15 g

Vitamin D 1 mcg 4%

Calcium 40 mg 2%

Iron 1.9 mg 10%

Potassium 360 mg 8%

* 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
10020540	00079149205409	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

66.0% SEAFOOD MIX {POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], WATER, SOY FLOUR, SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR}; 34.0% 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), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Entrées, Finger Foods, Kid-Friendly The ideal finger food for school lunch served with garden fresh steamed vegetables and the dipping sauce of your choice.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH NUGGETS WITH VEGETABLE PROTEIN PRODUCT PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.



Information subject to change without notice at the discretion of High Liner Foods (USA)
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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 Whole Grain Breaded Fish & Star Shaped Fish Nuggets 1 oz
Made with Vegetable Protein Product

10020540



LOT #: 1234567890

CN 099628
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CN



INDIVIDUALLY QUICK FROZEN
KEEP FROZEN
DO NOT REFREEZE

2565520



EST. # 045

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CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

10020540

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

NET WT 10 Lb (4.54 kg)



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High Liner Bid Desk Contact and Specification Verification:

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