



# 10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Pollock Sticks

## 1.0 oz, CN, MSC

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

Product Last Saved Date: 31 July 2025

## Nutrition Facts

40 Servings per container  
**Serving Size 4 Sticks (112g)**

**Amount Per Serving**  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 9 g	<b>11%</b>
Saturated Fat 1.5 g	<b>7%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>13%</b>
<b>Sodium</b> 380 mg	<b>16%</b>
<b>Total Carbohydrates</b> 23 g	<b>8%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>1%</b>

<b>Protein</b> 14 g	
Vitamin D 1.2 mcg	6%
Calcium 0 mg	0%
Iron 1.5 mg	8%
Potassium 300 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
26240	10035493262403	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	TLxHI	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), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, 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, 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 sticks on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 13-16 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-20 minutes. Note: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

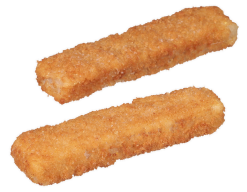
Perfect for K-12 served as the center of the plate or as a whole wheat wrap with Coleslaw or your favorite side.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: Yes  
CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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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.



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# 26240



LOT#: PPYYDDDSNL



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

INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN

DO NOT  
REFREEZE

2565387



EST. # 045

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CONTAINS: FISH (POLLOCK), WHEAT, MILK

## NET WT 10 Lb (4.54 kg)



10035493262403

CN 098894  
FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. CN  
(USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 04/2020).

# 26240

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



10035493262403

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