

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: 03 December 2025



Nutrition Facts

40 Servings per container

Serving Size 4 Sticks (112g)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 9 g 11%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

Cholesterol 40 mg 13%

Sodium 380 mg 16%

Total Carbohydrates 23 g 8%

Dietary Fiber 2 g 7%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

Protein 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	

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' INII='Intentionally nor Inherently Included'):

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

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:

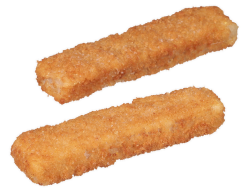
Perfect for K-12 served as the center of the plate or as a whole wheat wrap with Coleslaw or your favorite side.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
 MSC Certified: Yes
 Has CN Statement: No
 CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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