

# 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: 20 October 2025

## **Nutrition Facts**

40 Servings per container

+0 Servings per container

4 Sticks (112g)

# Amount Per Serving

**Serving Size** 

220

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%

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	ì
11 LBR	10 LBR	N/A	Undeclared	No	ı

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

### 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.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 2

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#### **CN Information:**

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.

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



## HIGH LINER Oven Ready Whole Grain **Breaded Pollock Sticks** 1.0 oz

26240





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**PPYYDDDSNL** 

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE



NOTE: COUR. TO AN INTERNAL TEMPERATURE OF 1997 EMINIMOM.

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LOT#:



High Liner Bid Desk Contact and Specification Verification:

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