

633752 - 1/20 LB Oven Ready Whole Grain Golden Crunchy Breaded...

High Liner Whole Grain Crunchy Alaska Pollock Sticks have an extra crunch that makes school and other Child Nutrition-approved applications a real treat. These quality wild caught Pollock portions are coated with kid-friendly signature seasoned breading that delivers a flavorful extra crunch with tender, flaky fish in every bite. Quick and easy to prepare, each oven-ready porti...



MARKETING



PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
1089302		633752		10035493893027		4 x 5#	
Brand		Brand Owner		GPC Description			
High Liner Foodservice		High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
22 LBR	20 LBR	No		United States		Undeclared	Yes
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15.8125 INH	9.8125 INH	12.125 INH	1.0887 FTQ	12x3	540 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS



64.2% ALASKA POLLOCK; 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, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, 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

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

SERVING SUGGESTIONS

Ideal as an entrée with dipping sauce and fresh green beans for school lunch, healthcare or senior living center dining.

MORE INFORMATION

Website : [www.highlinerfoods.com](http://www.highlinerfoods.com).

NUTRITIONAL ANALYSIS

Calories	230	Total Fat	9 g	Sodium	320 mg
Protein	16 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	23 g	Saturated Fat	1.5 g	Iron	1.5 mg
Sugars	1 g	Added Sugars	1 g	Potassium	320 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45 mg		
Vitamin A (IU)		Vitamin D	1.3 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

