

10 Lb (4.54 kg) Oven Ready Breaded Pollock Rectangles, Par Fried Fish, 4 oz, Kosher, CN

These High Liner Foodservice Breaded Pollock Rectangles are ready to cook and please a variety of tastes – kids to adults of all ages. Made from premium wild caught Pollock, each rectangle is coated with signature seasoned breading, and bakes from frozen in minutes to ensure a delicious crunch with moist flaky fish in every bite. An excellent choice for Child Nutrition-approved applications.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving

Calories	230
	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 40 mg	14%
Sodium 460 mg	20%
Total Carbohydrates 20 g	7%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0 %
Protein 14 g	
Vitamin D 1.2 mcg	6%
Calcium 0 mg	0%
Iron 1.3 mg	8%
Potassium 260 mg	6%

Product Specifications :					
Code	GTIN	Type Of Catch			
10022117	00079149221171	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	Yes	No	

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:

67.0% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, WATER, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	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 portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. CONVECTION OVEN: Preheat oven to 400°F and bake for about 18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

Serving Suggestions:

Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified: MSC Certified:

Has CN Statement: Yes

CN Statement: ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES

> 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains

must be served to meet meal pattern requirements.









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

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10022117 - 10 Lb (4.54 kg) Oven Ready Breaded Pollock Rectangles, Par Fried Fish, 4 oz, Kosher, CN

CN Information:

CN Statement: ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL

PATTERN REQUIREMENTS. DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional

grains must be served to meet 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



Oven Ready Breaded Pollock Rectangles 40 - 4 oz Par Fried Fish

10022117



INDIVIDUALLY QUICK FROZEN KEEP FROZEN

DO NOT REFREEZE



INGREDIENTS: 67.0% POLLOCK [FISH MATER, SODHUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, MACIN, REDUCED) IRON, THIANINE MONONITRATE, RIBOCLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, WATER, DEXTROSE, YEAST, CHUNLOSE GUIN, LEAVENING (SODIUM ACID) PYROPHOSPHATE, SODIUM BICARBONATE, MONONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANIMATO AND BAPRIKA (COLOR), NATURAL FLAVOR, PREFRIED IN CANOLA, COTTONSEED, AND/OR

ONE 4.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS, (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 5/2022.)

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet

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NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

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TO BAKE: Place frozen portions on a lightly oiled sheet pan.

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CONVECTION OVEN: Preheat oven to 400°F and bake for about 18 minutes

LOT #:

COOKING INSTRUCTIONS FROM FROZEN:



ANUFACTURED BY: HIGH LINER FOODS PUKISMOUTH, NH 03801 FOR INQUIRIES CALL: 1-888-860-3664 www.highlinerfoodservice.com

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NET WT 10 Lb (4.54 kg)

High Liner Bid Desk Contact and Specification Verification:

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