



10 Lb (4.54 kg) Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Wedges 3.6 oz, CN, MSC

High Liner Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles are quick and easy to prepare, with a flavor and crunch kids and adults will adore. Made from premium wild caught Pollock, these specially seasoned, whole grain breaded portions come ready to bake to golden crunchy perfection in minutes, with the consistency and plate appeal you demand for Child Nutrition-approved applications.

Product Last Saved Date: 07 January 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

44 Servings per container

Serving Size 1 Portion (101g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 6 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 270 mg 12%

Total Carbohydrates 16 g 6%

Dietary Fiber 1 g 5%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 14 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 290 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
1089877	10035493898770	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.641 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.697 INH	7.697 INH	9.894 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). 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 portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-18 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as a school lunch P.L.T. (Pollock, Lettuce, and Tomato) sandwich with fruit or your veggie of choice.

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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