

### 10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Pollock Rectangles 3.6 oz, CN, MSC

High Liner Whole Grain Breaded Pollock Rectangles are a delicious option that align with USDA regulations for whole grain. These wild caught portions feature a kid-friendly seasoned breading for a crunchy, flavorful flaky fish bite that enhances a variety of Child Nutrition-approved applications. Each oven-ready portion 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**

44 Servings per container

**Serving Size** 

1 Portion (101g)

Calories	180
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 40 mg	13%
Sodium 320 mg	14%
Total Carbohydrates 16 g	6%
Dietary Fiber 1 g	5%
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
Protein 13 g	
Vitamin D 1.2 mcg	6%
Calcium 0 mg	0%
Iron 1.1 mg	6%
Potassium 270 mg	6%

Product Specifications :				
Code GTIN		Type Of Catch		
53267	10070737532676	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	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:

71.3% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]: 28.7% 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), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, WATER, 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'):				
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 rectangle on a lightly oiled baking pan. CONVENTIONAL OVEN: Bake at 400°F for approximately 25 minutes. CONVECTION OVEN: Bake at 375°F for approximately 18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

#### Species / Scientific Name:

Pollock - Gadus chalcogrammus

#### **Serving Suggestions:**

nutrition advice.

Ideal as an entrée, fish sandwich or salad topper for school lunch, or a healthier breaded option for healthcare and senior living center dining.

#### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Has CN Statement:

CN Statement: ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH

> PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION 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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#### **CN Information:**

CN Statement: ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ

EQUIVALENT GRAIN 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 Rectangles 3.6 oz WHÖLE GREEN ONE 3.60 0Z ONE 3.60 0

53267



CN

From an MSC certified sustainable fishery. www.msc.org MSC-C-50552

098910 ONE 3.50 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. USE OF THIS LOGO AND STATEMENT STATEMENT

**PPYYDDDSNL** 

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801 FOR INQUIRIES CALL: 1-888-860-3664 www.highlinerfoods.com



INDIVIDUALLY QUICK FROZEN

KEEP FROZEN DO NOT REFREEZE



FST# 002

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen rectangle on a lightly oiled baking pan.

CONVENTIONAL OVEN: Bake at 400°F for approximately 25 minutes.

CONVECTION OVEN: Bake at 340°F for approximately 25 minutes.

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

INGREDIENTS: 71.3% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]: 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, FIGHOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, WIDEW CONTAINS, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALICIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), PARFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.

CONTAINS: FISH (POLLOCK), WHEAT, MILK CONTAINS: FISH (POLLOCK), WHEAT, MILK **NET WT 10 Lb (4.54 kg)** 



High Liner Bid Desk Contact and Specification Verification:

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