



## 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: 03 December 2025

## Nutrition Facts

44 Servings per container

**Serving Size 1 Portion (101g)**

Amount Per Serving

**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 0%

**Protein 13 g**

Vitamin D 1.2 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 270 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
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	TlxHI	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' 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 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.

### Serving Suggestions:

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

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:



