

10 Lb (4.54 kg) Oven Ready Breaded Cod Sticks 1 oz, CN

High Liner Foodservice Breaded Cod Sticks are what all finger food should be. Coated with carefully seasoned batter, each oven-ready portion cooks in minutes to the perfect combination of delightfully crispy crunch and moist, flaky fish. A convenient, fun, easy-to-prepare option kids and adults will adore.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

Serving Size 4 Sticks (112g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 10 g 13%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 30 mg 11%

Sodium 430 mg 19%

Total Carbohydrates 21 g 8%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 15 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.3 mg 8%

Potassium 260 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
10021672	00079149216726	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	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

64.2% COD (FISH, WATER, SALT); 35.8% 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, WATER, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	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 fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Perfect as a fun entrée with a vegetable and starch side. Ideal for school lunch, as well as healthcare and senior living center dining.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY BREADED COD STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT 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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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 Cod Sticks

10021672

LOT#: 1234567890

1oz

CN 099792 FOUR 1.00 OZ OVEN READY BREADED COD STICKS PROVIDE 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 10/2021) CN

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

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565645



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

NET WT 10 Lb (4.54 kg)



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High Liner Bid Desk Contact and Specification Verification:

Dawn Enos

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