

## 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

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4 Sticks (112g)

Amount Per Serving

**Serving Size** 

240

Calories	
	% 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	<b>0</b> %
Protein 15 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 1.3 mg	8%
Potassium 260 mg	6%

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	ì
11 LBR	10 LBR	N/A	Undeclared	No	ı

Shipping Information							
Lei	ngth	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.81	25 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'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

### Prep & Cooking Suggestions:

nutrition advice.

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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#### **CN Information:**

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



INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE



# **Oven Ready Breaded Cod Sticks**

10021672

COOKING INSTRUCTIONS FROM FROZIN.) TO BAKE, Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and Bake for About 25 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for About 25 minutes.

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CONTAINS: FISH (COD), WHEAT

**NET WT 10 Lb (4.54 kg)** 



LOT#: 1234567890

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)

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



High Liner Bid Desk Contact and Specification Verification:

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