

# 1/10 Lb 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: 25 November 2024



## 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 | No          |

### 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'):

|             |                |              |
|-------------|----------------|--------------|
| Eggs - N    | Milk - N       | Soy - N      |
| Fish - C    | Wheat - C      | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N   |

### 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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Printed on 22 February 2025  
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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 | CN |
| 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  |  |        | 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:

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