



## 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: 30 June 2025



## Nutrition Facts

40 Servings per container  
**Serving Size 4 Sticks (112g)**

**Amount Per Serving**  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 30 mg	<b>11%</b>
<b>Sodium</b> 430 mg	<b>19%</b>
<b>Total Carbohydrates</b> 21 g	<b>8%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 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.





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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

2565645



## Oven Ready Breaded Cod Sticks

1oz

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 12 minutes.  
CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes.  
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

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.  
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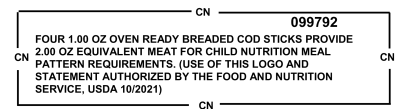
NET WT 10 Lb (4.54 kg)



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10021672

LOT#: 1234567890



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

10021672

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



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