



1/10.35 LB Oven Ready Whole Grain Potato Crunch Pollock
Portions 3.6 oz, Kosher, CN

High Liner Oven Ready Whole Grain Potato Crunch Pollock Portions add real potato sticks to the breading for a distinct flavor and extra crunchy bite kids and adults can't resist. Each wild caught, oven-ready, portion bakes from frozen to golden crispy perfection in minutes with no mess. A truly unique option for Child Nutrition-approved applications and more.

Product Last Saved Date: 18 April 2025

Nutrition Facts

46 Servings per container
Serving Size 1 Piece (101g / 3.6 oz)

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 290 mg	13%
Total Carbohydrates 14 g	5%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 1 mcg	6%
Calcium 14 mg	2%
Iron 1 mg	6%
Potassium 373 mg	8%

* 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
06533	00074638065335	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.385 LBR	10.35 LBR	N/A	Yes	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 :						
71.5% POLLOCK, 28.5% BATTER AND BREADING: POTATOES, WHOLE WHEAT FLOUR, CANOLA OIL, WATER, WHOLE GRAIN YELLOW CORN MEAL, ENRICHED YELLOW CORN FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, SALT, CORN STARCH, WHEY, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORS, YEAST. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT, MILK						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - C	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 PORTIONS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 12-14 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 450°F AND BAKE FOR 14-16 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:	
MSC Certified:	
Has CN Statement:	Yes
CN Statement:	ONE 3.60 OZ. OVEN READY WHOLE GRAIN POTATO CRUNCH FISH PORTION PROVIDES 2.00 OZ. EQUIVALENT MEAT AND 0.50 OZ. EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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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.

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PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.

CONTAINS: POLLOCK (FISH), WHEAT, MILK

High Liner Bid Desk Contact and Specification Verification:

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