



## 20 Lb (9.07 kg) Oven Ready Whole Grain Potato Breaded Alaska Pollock Wedges 3.6 oz, CN, MSC

Breaded with real potato, Oven Ready Whole Grain Potato Breaded Alaska Pollock Wedges provides a uniquely great tasting and exciting line of items. Portion controlled, easy to prepare and CN approved, it is ideal for schools and healthcare. Final product is value added and packed in US.

Product Last Saved Date: 21 August 2025

# Nutrition Facts

89 Servings per container  
**Serving Size 1 Wedge (101g)**

**Amount Per Serving**  
**Calories 210**

% Daily Value*	
<b>Total Fat</b> 11 g	<b>14%</b>
Saturated Fat 2 g	<b>9%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15%</b>
<b>Sodium</b> 330 mg	<b>14%</b>
<b>Total Carbohydrates</b> 13 g	<b>5%</b>
Dietary Fiber 1 g	<b>3%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 14 g	
Vitamin D 1.3 mcg	6%
Calcium 0 mg	0%
Iron 0.9 mg	4%
Potassium 310 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
53228	10070737532287	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	11.125 INH	1.2025 FTQ	10x3	540 Days	-10 FAH / 0 FAH

### Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), WATER, CORN SYRUP, POTATO FLAKES (POTATOES, MONOGLYCERIDES), SALT, TAPIOCA STARCH, RICE FLOUR, POTATO STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, PALM OIL, DEXTROSE, SUGAR, NATURAL FLAVOR. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), 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 PORTIONS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 15-18 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F AND BAKE FOR 20-25 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:	
MSC Certified:	Yes
Has CN Statement:	Yes
CN Statement:	ONE 3.60 OZ OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ EQUIVALENT MEAT AND 0.75 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





**53228 - 20 Lb (9.07 kg) Oven Ready Whole Grain Potato Breaded Alaska Pollock Wedges 3.6 oz, CN, MSC**

**CN Information:**

CN Statement : ONE 3.60 OZ OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ EQUIVALENT MEAT AND 0.75 OZ EQUIVALENT GRAIN 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

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

™Trademark of High Liner Foods  
Incorporated

2566180

**Oven Ready Whole Grain  
Potato Breaded  
Alaska Pollock Wedges  
3.6 oz**

**COOKING INSTRUCTIONS FROM FROZEN:**

**TO BAKE:** PLACE FROZEN PORTIONS ON A LIGHTLY OILED SHEET PAN.

**CONVECTION OVEN:** PREHEAT OVEN TO 375°F AND BAKE FOR 15-16 MINUTES.

**CONVENTIONAL OVEN:** PREHEAT OVEN TO 425°F AND BAKE FOR 20-25 MINUTES.

**NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

**INGREDIENTS:** 71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), WATER, CORN SYRUP, POTATO FLAKES (POTATOES, MONOGLYCERIDES), SALT, TAPIOCA STARCH, RICE FLOUR, POTATO STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, PALM OIL, DEXTROSE, SUGAR, NATURAL FLAVOR. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.

**CONTAINS:** FISH (POLLOCK), WHEAT

**53228**



EST. # 002

**LOT #: 1234567890**

CN 100012  
ONE 3.60 OZ OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ EQUIVALENT MEAT AND 0.75 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 05/2022).  
CN



From an MSC certified sustainable fishery.  
www.msc.org  
MSC-C-50552

™ Used under license.

**53228**



10070737532287



10070737532287

**High Liner Bid Desk Contact and Specification Verification:**

Dawn Enos / Sales Operations Manager k12  
PH: 603-818-5334  
Email: [dawn.enos@highlinerfoods.com](mailto:dawn.enos@highlinerfoods.com)