



## 1/18 LB Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles 3.6 oz, CN, MSC

High Liner Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles are quick and easy to prepare, and ensure a flavorful crunch in every bite. These kid-friendly seasoned, whole grain breaded portions come ready to bake from frozen to golden crunchy perfection in minutes, with the consistency and plate appeal you demand. Perfect for school menus and a variety of other Child Nutrition-approved applications.;

Product Last Saved Date: 06 March 2024



## Nutrition Facts

80 Servings per container

**Serving Size 1 Portion (101g)**

Amount Per Serving

**Calories 180**

% Daily Value\*

**Total Fat 7 g 9%**

Saturated Fat 1 g **6%**

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 270 mg 12%**

**Total Carbohydrates 16 g 6%**

Dietary Fiber 1 g **5%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein 15 g**

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 300 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
1089300	10035493893003	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LBR	18 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	9.6969 INH	9.8937 INH	0.8715 FTQ	13x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), 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 375°F and bake for 15-17 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a school lunch P.L.T. (Pollock, Lettuce, and Tomato) sandwich with fruit or your veggie of choice.

### 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 BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS 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.



INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2564702



EST. 1902

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# 1089300



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### NET WT 18 Lb (8.16 kg)



10035493893003

LOT#: 1234567890



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

CN 098772  
ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 03/2020).  
CN

# 1089300

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



10035493893003

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