



HIGH LINER FOODS

K-12 PRODUCT GUIDE



Great-Tasting Seafood That Kids Actually Enjoy

Feeding hundreds of picky eaters on a tight budget with even tighter nutrition standards is a tough job. We're here to help with an innovative school product line created just for kids. The best part about our delicious seafood is that it is nutritious and budget-friendly, too.



Eat Seafood Twice a Week

The USDA recommends eating seafood twice a week as part of a healthy balanced diet. Seafood contains a range of nutrients that can help prevent heart disease.



Sustainability

For us, sustainability is a commitment that stretches from sea to table to tomorrow. Whether wild caught or farmed, our seafood always comes from third-party-certified sources whose impact will be significant on your menu but minimal on the environment.

USDA Commodity/Commercial Alaska Pollock/Cheese

Premium-quality products only frozen once for the best taste possible.

Alaska Pollock

USDA Commodity Alaska Pollock is a wild, all-natural, Grade A seafood that's immediately filleted at sea and quick frozen only once for superior taste, texture and color.

Mozzarella Cheese

Our Italian-style and whole-grain-rich breaded mozzarella sticks are great-tasting, popular favorites made with USDA Commodity Mozzarella Cheese.

Product Code	Description	1x or 2x Frozen	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Buy American Compliant
Whole Grain Crunchy													
26264	WG Breaded Pollock Bites 0.5 oz	1X	20/4 oz	250	11	1.5	0	50	260	20	2	15	Yes
1089301	WG OR Golden Crunchy Breaded Pollock Nugget 1 oz	1X	80/4 oz	230	8	1.5	0	50	290	23	2	15	Yes
1089302	WG OR Golden Crunchy Breaded Pollock Stick 1 oz	1X	40/4 oz	230	8	1.5	0	50	280	23	2	15	Yes
1089865	WG OR Breaded Pollock Sea Wonder 1 oz	1X	80/4 oz	240	10	1.5	0	15	330	28	4	14	Yes
1089303	WG OR Golden Crunchy Breaded Pollock Strip 1.25 oz	1X	80/3.75 oz	210	8	1	0	50	250	18	2	15	Yes
2090	WG AK Pollock Portion 3 oz	1X	80/3 oz	160	6	1	0	25	250	16	1	9	Yes
1089300	WG OR Golden Crunchy Breaded Pollock Rectangle 3.6 oz	1X	80/3.6 oz	190	7	1	0	50	230	16	1	15	Yes
1089271	WG OR Breaded Pollock Fillet 3.6 oz	1X	46/3.6 oz	170	7	1	0	35	230	16	1	11	Yes
53998	WG OR Breaded Pollock & Cheese Rectangle 3.6 oz	1X	89/3.6 oz	290	15	7	0	55	600	22	2	15	Yes
G1042DF	WG OR Italian Style Breaded Sticks .84 oz, Reduced Sodium	1X	83/4.2 oz	400	22	8	0	30	370	32	3	19	Yes
Whole Grain Sweet Potato Breaded													
53978	WG OR Breaded Sweet Potato Pollock Nugget 1 oz	1X	80/4 oz	230	9	1.5	0	35	260	24	2	11	Yes
53958	WG OR Breaded Sweet Potato Pollock Stick 1 oz	1X	80/4 oz	230	9	1.5	0	35	260	24	2	11	Yes
1089870	WG OR Sweet Potato Crusted Pollock Fillet 3.6 oz	1X	20/3.6 oz	180	8	1.5	0	35	230	15	1	10	Yes
Potato Breading													
53458	WG OR Breaded Potato Pollock Nugget .875 oz	1X	73/4.375 oz	230	10	2	0	35	470	23	1	12	Yes
53448	WG OR Breaded Potato Pollock Fish Fries 1.3 oz	1X	82/3.9 oz	210	10	1.5	0	35	420	20	1	11	Yes
53228	WG OR Breaded Potato Pollock Wedge 3.6 oz	1X	89/3.6 oz	190	11	2	0	35	330	13	1	11	Yes
06551C	WG OR Potato Crunch Breaded Pollock Nugget 1 oz	1X	46/3.6 oz	210	13	2	0	50	450	13	1	10	Yes
06533C	WG OR Potato Crunch Breaded Pollock Fillet 3.6 oz	1X	46/3.6 oz	190	11	1.5	0	35	330	13	1	10	Yes
Specialty Coatings													
6436	Fiesta Style Stuffed AK Pollock Portion 3.6 oz	1X	46/3.6 oz	140	4.5	0.5	0	65	350	11	1	12	Yes
38118	WG OR Nacho Breaded Pollock Stick 1 oz	1X	80/4 oz	230	9	1.5	0	50	350	22	2	15	No
53989	WG OR Breaded Southern Cornmeal Pollock Fish Fries 1.25 oz	1X	85/3.75 oz	220	11	2	0	50	370	16	1	14	Yes
1089306	Unbreaded Alaska Pollock Wedge 2.6 oz	1X	40/5 oz	80	0.5	0	0	65	220	0	0	17	Yes

AK = Alaska | OR = Oven Ready | WG = Whole Grain



3 Ways to Menu Pollock Bites

Pollock Marinara—add marinara sauce and layer in a sub roll with melted cheese for a familiar favorite.

◀ **Buffalo Pollock**—toss with your students' favorite Buffalo sauce and layer on a salad or bed of rice for an easy entrée.

Mac & Cheesy Pollock—combine four pollock bites with a serving of macaroni and cheese for a combo they won't be able to get enough of.

Whole Grain Commercial

A wide range of great-tasting, versatile products that will help expand your menu with any budget.

Product Code	Description	1x or 2x Frozen	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Buy American Compliant
Whole Grain Golden Crunchy													
26242	WG Breaded Shrimp Poppers 110 ct	2X	53/3 oz (21 pcs)	170	7	1	0	45	340	19	3	9	No
53067	WG OR Breaded Pollock Nugget 1 oz	2X	40/4 oz	230	8	1	0	45	350	23	2	14	No
26240	WG OR Breaded Pollock Sticks 1 oz	2X	40/4 oz	210	8	1.5	0	30	340	22	2	11	No
26253	WG OR Breaded Minced Pollock Stick 1 oz	2X	40/40 oz	240	10	1.5	0	20	290	24	3	13	No
26245	WG OR Breaded Pollock Rectangles 1 oz	2X	40/3 oz	160	6	1	0	25	260	17	1	8	No
53267	WG OR Breaded Pollock Portion 3.6 oz	2X	44/3.6 oz	160	6	1	0	30	330	16	1	10	
26250	WG OR Golden Crunchy Breaded Minced Pollock Wedge 3.6 oz	2X	44/3.6 oz	170	6	1	0	60	210	15	2	15	No
51067	WG OR Breaded Cod Nugget 1 oz	2X	40/4 oz	230	8	1.5	0	50	290	23	2	15	No
55167	WG OR Breaded Minced Cod Stick 1 oz	2X	40/4 oz	210	8	1	0	30	290	21	1	15	No
52123	WG OR Breaded Cod Rectangle 3 oz	2X	53/3 oz	170	6	2	0	20	240	17	1	11	No
51267	WG OR Breaded Cod Rectangle 3.6 oz	2X	44/3.6 oz	220	1	1	0	20	280	20	2	14	No
Potato Breeding													
6591	WG OR Potato Crunch Pollock Sticks 1 oz	2X	40/4 oz	250	14	2	0	45	410	19	1	13	No
6233	WG OR Potato Crunch Pollock Fillet 3.6 oz	2X	92/3.6 oz	200	11	1.5	0	45	310	13	1	13	No
53364	WG OR Breaded Potato Pollock Wedge 3.6 oz	2X	44/3.6 oz	220	13	1.5	0	35	200	12	0	14	No
6551	WG OR Potato Crunch Breaded Pollock Nugget 1 oz	2X	40/4 oz	290	14	3	0	65	370	21	0	15	No
6533	WG OR Potato Crunch Breaded Pollock Fillet 3.6 oz	2X	46/3.6 oz	210	13	2	0	50	460	13	1	10	No
6584	WG OR Potato Crunch Breaded Pollock Fillet 4 oz	2X	40/4 oz	250	12	1.5	0	45	400	21	1	14	No
53267	WG OR Breaded Pollock Rectangle 3.6 oz	2X	44/3.6 oz	220	1.5	1	0	45	300	20	2	13	No
SeaFit—Fortified with Soy Protein													
10020540	WG OR Breaded SeaFit® Nugget Shape 1 oz	2X	40/4 oz	220	9	1.5	0	30	760	21	2	13	No
10020621	WG OR Breaded SeaFit® Sandwich Shape 3 oz	2X	53/3 oz	200	10	1.5	0	20	700	16	1	11	No
10020622	WG OR Breaded SeaFit® Sandwich Shape 4 oz	2X	40/4 oz	260	13	2	0	30	840	20	1	15	No
Specialty Coatings													
6633	Gluten Free Potato Crunch	2X	46/3.6 oz	160	9	2	0	60	270	5	0	14	No
6646	Cornmeal Breaded Pollock Fillets	2X	46/3.6 oz	170	8	1.5	0	30	490	15	1	9	
Crunchy Breaded													
6790	Breaded Pollock Nuggets .85 oz	2X	38/4 oz	270	12	2	0	45	550	26	1	13	No
6791	Breaded Pollock Sticks 1 oz	2X	40/4 oz	240	10	1.5	0	45	490	22	1	13	No
10025796	Breaded Pollock Sliders 1.6 oz	2X	50/3.2 oz	190	7	1.5	0	40	280	19	<1	12	No
10001186	Breaded Pollock Rectangles 3 oz	2X	53/3 oz	160	7	1	0	25	340	15	0	8	No
1089146	Breaded Pollock Rectangles 3.6 oz	2X	44/3.6 oz	170	7	1	0	30	340	15	0	10	No
10022648	Breaded Pollock Squares 4 oz	2X	40/4 oz	240	12	2	0	45	460	20	1	13	No
10022117	Breaded Pollock Rectangles Grade A 4 oz	2X	40/4 oz	220	10	1.5	0	30	460	20	1	11	No
10021672	1 oz Breaded Cod Sticks	2X	40/4 oz	240	10	1.5	0	30	430	21	1	15	No
10021680	1 oz Breaded Minced Cod Sticks	2X	40/4 oz	290	10	1.5	0	20	490	36	1	13	No
10022055	3 oz Breaded Cod Rectangles	2X	53/3 oz	180	7	1	0	25	320	16	1	11	No
10022642	3 oz Breaded Minced Cod Rectangles	2X	53/3 oz	210	8	1	0	20	330	24	1	11	No
10022646	4 oz Breaded Cod Squares	2X	40/4 oz	240	12	2	0	25	330	19	1	15	No
10001110	3 oz Breaded Haddock Rectangles	2X	53/3 oz	180	7	1	0	30	250	16	1	11	No
10001310	4 oz Breaded Haddock Rectangles	2X	40/4 oz	230	10	1.5	0	40	320	20	1	15	No
10000135	1 oz Breaded Minced Haddock Sticks	2X	53/3 oz	220	9	1.5	0	25	280	22	1	11	No
10003352	3 oz Surfburger Patties	2X	53/3 oz	170	8	2	0	45	400	15	2	9	No

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(continued on next page)

Whole Grain Commercial (continued)

A wide range of great-tasting, versatile products that will help expand your menu with any budget.

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Country Style													
10002375	1.5 oz Country Style Pollock Strips	2X	35/4.5 oz	270	11	2	0	50	1040	27	1	15	No
10001994	3.6 oz Country Style Pollock Wedges	2X	53/4 oz	180	8	1.5	0	40	630	14	1	11	No
Fish-In-A-Minute													
10002795	3 oz Fish-In-A-Minute Breaded Pollock Squares	2X	53/3 oz	200	9	1.5	0	35	360	18	1	11	No
1002949	4 oz Fish-In-A-Minute Breaded Cod Squares	2X	24/40 oz	260	11	1.5	0	30	450	25	1	14	No
Battered—Oven Bake Only													
6564	4 oz Battered Pollock Wedge	2X	40/4 oz	210	11	2	0	35	490	18	0	10	No
10001880	3 oz Battered Cod Wedges	2X	53/3 oz	180	9	1.5	0	15	330	15	0	9	No
1004460	3 oz Battered Whiting Wedges	2X	53/3 oz	190	11	2	0	30	350	17	0	8	No
Battered—Dual Purpose (Fry/Bake)													
1089122	2 oz Battered Pollock Wedge	2X	40/4 oz	240	12	2	0	25	620	23	0	8	No
10022249	3 oz Battered Pollock Wedge	2X	53/3 oz	190	9	1.5	0	25	530	19	0	7	No
10022263	4 oz Battered Pollock Wedge	2X	40/4 oz	220	11	2	0	50	470	16	0	13	No
10022248	3 oz Battered Cod Wedges	2X	53/3 oz	190	9	1.5	0	15	450	19	0	9	No

3 Out-of-the-Ordinary Dips to Try

Cajun Remoulade

Create the perfect dipper for our **Whole Grain Breaded Shrimp Poppers (26242)** or use as the perfect touch to a Shrimp Po-Boy. Mix ingredients well and serve chilled.

- 2 cups Mayonnaise
- 1 cup Cocktail sauce
- 1 tbsp. Dijon mustard
- 1 tbsp. Lemon juice
- 2 tbsp. Cajun seasoning

Chive Sour Cream

Add to our **Whole Grain Potato Crunch Breaded Pollock Nuggets (06551C)** for a “loaded” potato crunch that kids won’t be able to resist! Plus, bacon—need we say more? Mix ingredients well and serve chilled.

- 2 cups Sour cream
- ½ cup Chopped fresh chives
- 2 tbsp. Lemon juice
- To taste Salt and pepper
- Optional Chopped bacon bits

Chipotle Sour Cream

Kick ketchup to the curb and pair our **Whole Grain Nacho Breaded Pollock Sticks (38118)** with this perfectly spicy, zingy dipping sauce. Mix ingredients well and serve chilled.

- 2 cups Sour cream
- ½ cup Chipotle hot sauce or chopped chipotles in adobo sauce
- 3 tbsp. Lime juice
- To taste Salt and pepper



For additional information, visit highlinerfs.com