



HIGH LINER  
FOODSERVICE®

# YOUR TRUSTED SEAFOOD PARTNER FOR K12



G1042DF  
WG CRUNCHY BREADED  
MOZZARELLA CHEESE STICKS



O6533C  
WG OVEN READY POTATO CRUNCH  
ALASKA POLLOCK FILLET



[Click here for recipe inspiration](#)



## 2025 K-12 PRODUCT GUIDE

DO SEAFOOD FEARLESSLY™

[highlinerfoodservice.com](https://highlinerfoodservice.com)

With seafood products from High Liner Foodservice, you'll always find the right combination of flavor, fun and nutrition—all in budget-friendly offerings that are easy to prepare and serve. The recipes that follow were created to inspire your own delicious meals, from nuggets and fish sticks to wraps, sandwiches and more. Each is sure to delight students.

IT IS  
RECOMMENDED  
THAT  
**KIDS EAT 2  
SERVINGS  
OF SEAFOOD  
A WEEK.\***

# BREADED POLLOCK BITE & BROCCOLI PENNE ALFREDO

**Product:** 26264 Breaded Alaska Pollock Bites

**Servings:** 30

## Ingredients:

180 ea	Breaded Alaska Pollock Bites CN
4 lbs	Penne or Ziti Pasta, or other similar shaped pasta
1 gal	Prepared Alfredo Sauce
6 lbs	Broccoli Florets, lightly steamed

1. Cook the Penne according to the package instructions. Drain, rinse and lightly toss the fully cooked pasta in a small amount of vegetable oil to prevent sticking.
2. Meanwhile, prepare the Pollock Bites by placing frozen fish bites on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 13-15 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 15-16 minutes.
3. While the Pollock Bites cook, gently warm the prepared Alfredo sauce in a large pot or rondeaux over a gentle setting on the stovetop.
4. Add the steamed broccoli and fully cooked pasta to the warmed alfredo sauce and mix well..
5. Serve approximately 2-3 ounces of Creamy Alfredo Broccoli Penne on each plate and top with 6 fully cooked Alaska Pollock Bites.



MAKE  
“MEATLESS MONDAYS”  
FIN-TASTIC  
WITH FABULOUS  
FISH!

**DO SEAFOOD FEARLESSLY™**

\*disclosure: Please see nutritional information for Total Fat, Cholesterol, and Sodium. source: 1) Dietary Guidelines for American ; FDA.gov/fishadvice

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# TURN FRIDAY'S INTO A FISH FRENZY!

## TEX MEX SHRIMP SALAD

**Product:** 26242 Whole Grain Shrimp Poppers

**Servings:** 30



### Ingredients:

240 each	Whole Grain Shrimp Poppers
4 lbs	Romaine Lettuce, roughly chopped
2 qts	Canned Kidney Beans, drained
2 qts	Corn Kernels
2 lbs	Tortilla Chips, lightly crushed
1 qt	Sour Cream

1. Prepare the Shrimp Poppers: **CONVECTION OVEN:** Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes. **CONVENTIONAL OVEN:** Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes.
2. Assemble the salads by first adding approximately 2 ounces of chopped romaine to each bowl. Next add about ¼ cup of kidney beans, ¼ cup of corn kernels and about 1 ounce of crushed tortilla chips.
3. Top the Tex Mex salad with 8 pieces of fully cooked shrimp poppers and serve the salad with 1 ounce of salsa and sour cream on the side respectively.

Product Code	Item Description	Serving Size Piece ct. / weight	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	potassium (mg)	Protein (g)	Meat/Grains per serving	Case Size (lbs)	Servings Per Case
USDA Commodity Alaska Pollock																				
06533C	3.6 oz WG OR Potato Crunch Brd AK Pollock Fillet, 1x	1/3.6 oz	200	10	1.5	0	45	290	14	1	0	0	1.3	0	0.6	370	14	1=2/5	10.35	46
06551C	1 oz WG OR Potato Crunch Brd AK Pollock Nugget, 1x	4/4 oz	240	13	2	0	35	450	20	1	0	0	0	0	1	320	11	4=2/75	10	40
53228	3.6 oz WG OR Brd Potato AK Pollock Wedge, 1x	1/3.6 oz	190	11	2	0	35	330	13	<1	0	0	1.3	0	0.9	310	11	1=2/75	20	89
53458	.875 oz WG OR Brd Potato AK Pollock Nugget, 1x	5/4.375 oz	240	11	2	0	45	470	23	1	1	1	1.3	0	1.3	370	16	5=2/15	20	73
53448	1.3 oz WG OR Brd Potato AK Pollock Fry, 1x	3/3.9 oz	230	13	1.5	0	45	420	20	1	1	1	1.3	0	1.2	350	15	3=2/1	20	82
1089865	1 oz WG OR Brd AK Pollock Sea Wonder, 1x	4/4 oz	260	10	1.5	0	20	480	29	5	3	2	0.6	60	2.6	500	16	4=2/175	20	80
1089271	3.6 oz WG OR Brd AK Pollock Fillet, 1x	1/3.6 oz	190	8	1.5	0	45	260	16	1	1	0	1.3	0	1.1	290	15	1=2/1	10.35	46
53978	1 oz WG OR Brd Sweet Potato AK Pollock Nugget, 1x	4/4 oz	240	9	1.5	0	45	420	23	2	2	1	1.3	0	1.3	320	15	4=2/125	20	80
1089300	3.6 oz WG OR Golden Crunchy Brd AK Pollock Rectangle, 1x	1/3.6 oz	180	7	1	0	45	270	16	1	1	0	1.3	0	1.1	300	15	1=2/1	18	80
1089301	1 oz WG OR Golden Crunchy Brd AK Pollock Nugget, 1x	4/4 oz	230	9	1.5	0	45	330	23	2	1	1	1.3	0	1.5	320	16	4=2/15	20	80
1089302	1 oz WG OR Golden Crunchy Brd AK Pollock Stick, 1x	4/4 oz	230	9	1.5	0	45	320	23	2	1	1	1.3	0	1.5	320	16	4=2/15	20	80
38118	1 oz WG OR Nacho Brd AK Pollock Stick, 1x	4/4 oz	230	9	1.5	0	45	390	22	2	0	0	1.3	0	1.2	320	15	4=2/1	20	80
53998	3.6 oz WG OR Brd AK Pollock & Cheese Rectangle, 1x	1/3.6 oz	280	15	6	0	50	630	21	2	1	0	3.5	170	1.3	230	15	1=2/125	20	89
53989	1.25 oz WG OR Brd Southern Cornmeal AK Pollock Strip, 1x	3/3.75 oz	210	11	1.5	0	45	530	13	1	1	0	1.3	0	1.1	290	14	3=2/1	20	85
1089877	3.6 oz WG OR Golden Crunchy AK Pollock Wedge, 1x	1/3.6 oz	170	6	1	0	45	270	16	1	1	0	1.3	0	1	290	14	1=2/1	10	44
02090	3 oz WG OR Brd AK Pollock Rectangle, 1x	1/3 oz	170	7	1	0	35	250	17	1	1	0	1	0	1	240	12	1=1.5/1	15	80
1089876	1 oz WG OR Golden Crunchy AK Pollock Stick, 1x	4/4 oz	190	7	1	0	45	260	18	2	1	0	1.3	0	1.2	300	15	4=2/1	10	40
26264	0.5 oz WG Breaded AK Pollock Bites, 1x	8/4 oz	230	9	1.5	0	45	320	23	2	1	1	1.3	0	1.5	320	16	8=2/15	10	40
Mozzarella Cheese Sticks																				
G1042DF	.84 oz WG OR Italian Style Brd Sticks- Reduced Sodium	5/4.2 oz	400	22	8	0	30	380	32	3	3	2	0	430	1.7	160	19	5=2/2	21.78	83
Pollock																				
26253	1 oz WG OR Brd Minced AK Pollock Stick, 1x	4/4 oz	270	10	1.5	0	20	480	29	5	3	2	0.6	50	2.6	480	16	4=2/175	10	40
06591	1 oz WG OR Potato Crunch Brd Pollock Stick, 2x	4/4 oz	260	13	2	0	45	400	21	1	0	0	1	16	1	448	15	4=2/75	10	40
06533	3.6 oz WG OR Potato Crunch Brd AK Pollock Fillet, 2x	1/3.6 oz	200	10	1.5	0	45	290	14	1	0	0	1	14	1	373	14	1=2/5	10.35	46
06584	4 oz WG OR Potato Crunch Brd Pollock Fillet, 2x	1/4 oz	250	11	1.5	0	45	400	22	1	0	0	1	16	1	457	15	1=2/75	10	40
53364	3.6 oz WG OR Brd Potato Pollock Wedge, 2x	1/3.6 oz	210	11	2	0	45	330	13	1	0	0	1	14	1	312	14	1=2/75	10.35	46
06646	3.6 oz WG OR Cornmeal Brd Pollock Fillets, 2x	1/3.6 oz	180	9	1.5	0	40	490	15	1	0	0	1.2	0	0.7	260	12	1=2/5	10.35	46
26240	1 oz WG OR Brd Pollock Sticks, 2x	4/4 oz	220	9	1.5	0	40	380	23	2	1	1	1.2	0	1.5	300	14	4=2/15	10	40
53267	3.6 oz WG OR Brd Pollock Rectangle, 2x	1/3.6 oz	180	7	1	0	40	320	16	1	1	0	1.2	0	1.1	270	13	1=2/1	10	44
06233	3.6 oz WG OR Potato Crunch Breaded Pollock Rectangle, 2x	1/3.6 oz	200	10	1.5	0	40	350	14	1	0	0	1.2	0	0.6	350	13	1=2/5	20.7	92
Cod																				
51267	3.6 oz WG OR Brd Cod Rectangle, 2x	1/3.6 oz	180	7	1	0	30	280	16	1	1	0	0.5	0	1.1	270	13	1=2/1	10	44
51067	1 oz WG OR Brd Cod Nugget, 2x	4/4 oz	220	8	1.5	0	30	340	23	2	1	1	0.5	0	1.5	290	14	4=2/15	10	40
55167	1 oz WG OR Brd Minced Cod Stick, 2x	4/4 oz	210	8	1	0	30	290	21	2	1	1	0.5	0	1.5	310	15	4=2/125	10	40
Shrimp																				
26242	WG OR Brd Shrimp Poppers	21/3 oz	180	7	1	0	50	380	19	3	1	1	0	49	2	217	11	21=1/1	10	53
Seafit																				
10020540	1 oz WG OR Brd SeaFit® Pollock Nugget Shape, 2x	4/4 oz	240	10	1.5	0	35	690	22	3	1	1	1	40	1.9	360	15	4=2/15	10	40
10020621	3 oz WG OR Brd SeaFit® Pollock Sandwich Shape, 2x	1/3 oz	180	8	1	0	25	490	16	2	1	0	0.8	0	1.3	260	11	N/A	10	53
10020622	4 oz WG OR Brd SeaFit® Pollock Sandwich Shape, 2x	1/4 oz	230	10	1.5	0	35	650	21	3	1	0	1	30	1.6	350	15	N/A	10	40