



HIGH LINER
FOODSERVICE™

YOUR TRUSTED SEAFOOD PARTNER FOR K12



10020540
WG OVEN READY BREADED FISH
& STAR SHAPED FISH NUGGETS



1089271
WG OVEN READY BREADED ALASKA
POLLOCK FILLET PORTIONS



Scan here for recipe inspiration



2026 K-12 PRODUCT GUIDE

DO SEAFOOD FEARLESSLY™

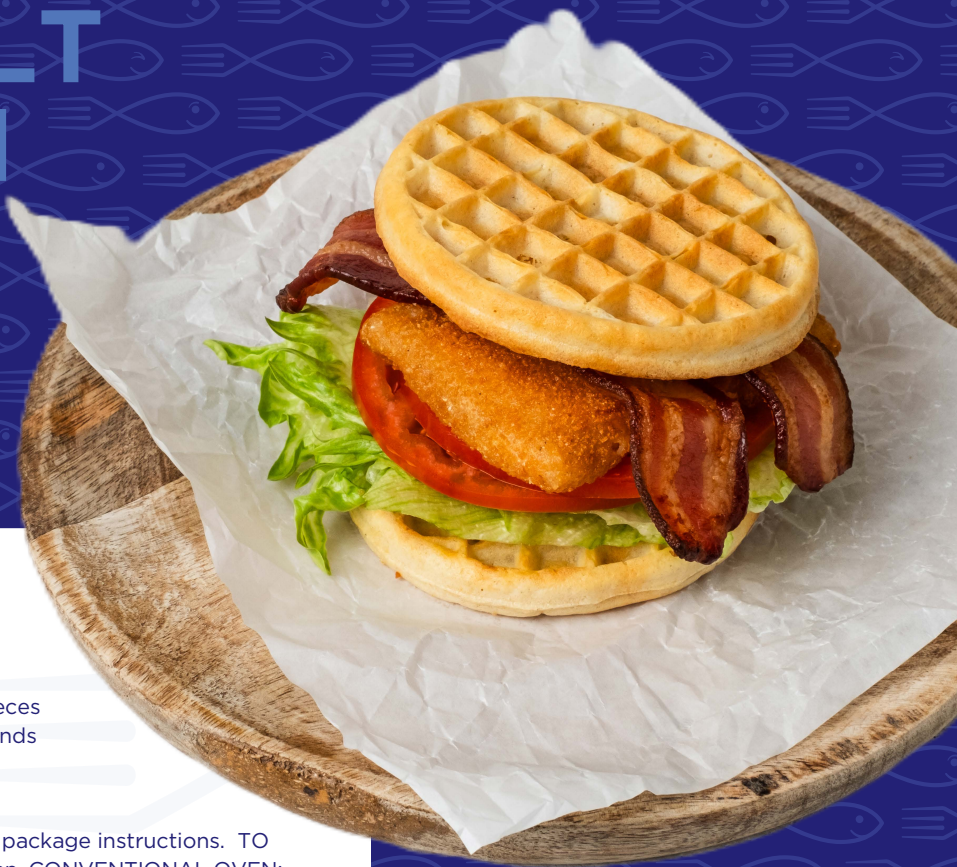
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With seafood products from High Liner Foodservice, you'll always find the right combination of flavor, fun and nutrition—all in budget-friendly offerings that are easy to prepare and serve. The recipes that follow were created to inspire your own delicious 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.***

BAKED FISH & WAFFLE BLT SANDWICH

Product: 53998 Breaded Pollock 'N Cheese Rectangles
Rectangles
Servings: 4



Ingredients:

4 ea Pollock 'N Cheese Rectangles
8 ea Frozen Waffles
8 ea Bacon Strips, cooked
4-6 ea Iceberg Lettuce Leaves, torn to about 2" pieces
1 ea Beefsteak Tomato, sliced into 1/4" thick rounds
4 oz Mayo

1. Cook the Pollock 'N Cheese Rectangles according to package instructions. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Bake at 400°F for 22-25 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.
2. Toast the frozen waffles in a preheated oven or toaster until warm and golden brown.
3. To assemble: on a piece of toasted waffle lightly spread with mayo, place a few pieces of torn iceberg lettuce leaves, then layer with tomato slices, cooked Pollock 'N Cheese Rectangles, bacon strips, and top with another piece of toasted waffle spread with mayo.

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!

CRUNCHY SHRIMP GREEK SALAD PITA POCKETS

Product: 26242 Whole Grain Shrimp Poppers

Servings: 4



Ingredients:

40 ea	Whole Grain Shrimp Poppers
4 ea	Whole Grain Mini Pita Bread (5-6")
1 cup	Hummus (plus more to serve as dips)
1 cup	Romaine Lettuce, shredded
4 oz	Cucumber, thinly sliced and quartered
4 oz	Grape Tomatoes, quartered
2 oz	Red Onions, quartered and thinly sliced
2 oz	Feta Crumbles
2 fl oz	Greek Dressing
8 oz	Carrot Sticks to serve as sides

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. In a large bowl, combine the cut romaine lettuce, cucumber, grape tomatoes, red onions, and feta crumbles with Greek dressing. Lightly toss to mix well.
3. Cut the pita bread in halves (each pita becomes two half-moon-shaped pita pockets). In each pita pocket, spread 2-3 tbsp hummus on the interior surface, stuff the pita pockets with the Greek salad mixture (about 1/3 cup depending on the size of the pita bread), then place 4-5 pieces of Shrimp Poppers on top. Sprinkle more feta crumbles to garnish if desired.
4. To serve, place 2 pita pockets on a plate along with carrot sticks and a ramekin of hummus.

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																				
06553C	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=2/7.5	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=2/7.5	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=2/1.5	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=2/1.75	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=2/1.25	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=2/1.5	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=2/1.5	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=2/1.25	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=2/1.5	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=2/1.75	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=2/7.5	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=2/7.5	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=2/7.5	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=2/1.5	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=2/1.5	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=2/1.25	10	40
Shrimp																				
26242	WG OR Brd Shrimp Poppers	2/3 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=2/1.5	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