



HIGH LINER  
FOODSERVICE®

# YOUR SEAFOOD PARTNER FOR K12



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## 2024 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.**<sup>1</sup>

# POLLOCK N' CHEESE BBQ SAMMY

**Product:** 53998 Pollock n' Cheese Rectangle

**Servings:** 10

**Prep Time:** 30 minutes

**Cooking Time:** 13-16 minutes

**Total Time:** 45 minutes



## Ingredients:

10 ea	Pollock n' Cheese Rectangle
2 1/2 cup	Pickle Chips
5 oz	Barbecue Sauce
10 ea	Bacon Slices - fully cooked and broken in half
1 ea	Onion, sliced Red thin
20 ea	Texas Toast lightly toasted

1. COOKING INSTRUCTIONS FROM FROZEN: 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. Lightly toast or griddle the Texas Toast just until warmed through.
3. Assemble the BBQ Sandwiches beginning with a couple slices of red onion, 1/4 cup of pickle chips and a slice of fully cooked bacon, broken in half.

MAKE  
"MEATLESS MONDAYS"  
FIN-TASTIC  
WITH FABULOUS  
FISH!

**DO SEAFOOD FEARLESSLY™**

source: 1) Dietary Guidelines for American ; FDA.gov/fishadvice

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# TURN FRIDAY'S INTO A FISH FRENZY!

## ENGLISH STYLE POTATO CRUNCH FISH N' CHIPS

**Product:** 06551C Pollock Potato Crunch Nuggets

**Servings:** 10

**Prep Time:** 15 minutes

**Cooking Time:** 8-20 minutes

**Total Time:** 35 minutes



### Ingredients:

40 each Pollock Potato Crunch Nuggets  
2 lbs Frozen French Fries  
10 oz Tartar Sauce preferred brand

### FOR THE SMASHED PEAS

20 oz Frozen Peas  
1/2 cup Heavy Cream  
2 tbsp Unsalted Butter  
2 tsp Kosher Salt

### FOR THE SMASHED PEAS

1. Bring a pot of salted water to a boil over medium-high heat. Add frozen peas, and cook for 3 minutes, or until tender and then drain.
2. Transfer the peas to a blender or large food processor. Add cream and butter and process until blended, but not pureed completely. Adjust seasoning if desired and reserve.

3. Prepare the Potato Crunch Nuggets according to the package instructions.  
COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Preheat oven to 385°F and bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 15-20 minutes. TO DEEP FRY: Preheat fryer to 350°F and fry for 3-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

4. Prepare the frozen french fries according to their package instructions.

### TO FINISH THE DISH

5. Plate the fully cooked Potato Crunch Pollock Nuggets along with approximately 3 oz of cooked french fries onto a small plate or serving bowl. Add 2 oz of smashed peas to the side of the dish along with a ramekin of 1 oz of your preferred brand of tartar sauce.



Product Code	Item Description	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Meat/Grains per serving	Case Size	Servings Per Case
<b>USDA Commodity Alaska Pollock</b>														
06533C	3.6 oz WG OR Potato Crunch Brd AK Pollock Fillet, 1x	46/3.6 oz	190	11	1.5	0	35	330	13	<1	10	1=2/.5	10.35	46
06551C	1 oz WG OR Potato Crunch Brd AK Pollock Nugget, 1x	40/4 oz	240	13	2	0	35	450	20	1	11	4=2/.75	10	40
53228	3.6 oz WG OR Brd Potato AK Pollock Wedge, 1x	89/3.6 oz	190	11	2	0	35	330	13	<1	11	1=2/.75	20	89
53458	.875 oz WG OR Brd Potato AK Pollock Nugget, 1x	73/4.375 oz	230	10	1.5	0	35	470	23	1	12	5=2/1.5	20	73
53448	1.3 oz WG OR Brd Potato AK Pollock Fry, 1x	82/3.9 oz	210	10	1.5	0	35	420	20	1	11	3=2/1	20	82
1089865	1 oz WG OR Brd AK Pollock Sea Wonder, 1x	80/4 oz	260	10	1.5	0	20	480	29	5	16	4=2/1.75	20	80
1089271	3.6 oz WG OR Brd AK Pollock Fillet, 1x	46/3.6 oz	170	7	1	0	35	260	16	1	11	1=2/1	10.35	46
53978	1 oz WG OR Brd Sweet Potato AK Pollock Nugget, 1x	80/4 oz	220	9	1.5	0	35	420	23	2	12	4=2/1	20	80
1089300	3.6 oz WG OR Golden Crunchy Brd AK Pollock Rectangle, 1x	80/3.6 oz	170	7	1	0	35	270	16	1	11	1=2/1	18	80
1089301	1 oz WG OR Golden Crunchy Brd AK Pollock Nugget, 1x	80/4 oz	210	8	1.5	0	35	330	23	2	12	4=2/1.5	20	80
1089302	1 oz WG OR Golden Crunchy Brd AK Pollock Stick, 1x	80/4 oz	210	8	1.5	0	35	330	22	2	12	4=2/1.5	20	80
38118	1 oz WG OR Nacho Brd AK Pollock Stick, 1x	80/4 oz	220	9	1.5	0	35	400	22	2	12	4=2/1	20	80
53998	3.6 oz WG OR Brd AK Pollock & Cheese Rectangle, 1x	89/3.6 oz	270	15	6	0	40	640	21	2	13	1=2/1.25	20	89
53989	1.25 oz WG OR Brd Southern Cornmeal AK Pollock Strip, 1x	85/3.75 oz	210	11	1.5	0	45	530	13	1	14	3=2/1	20	85
1089877	3.6 oz WG OR Golden Crunchy AK Pollock Wedge, 1x	44/3.6 oz	160	6	1	0	35	280	15	1	11	1=2/1	10	44
02090	3 oz WG OR Brd AK Pollock Rectangle, 1x	80/3 oz	160	6	1	0	25	250	16	1	9	1=1.5/1	15	80
1089876	1 oz WG OR Golden Crunchy AK Pollock Stick, 1x	40/4 oz	170	6	1	0	35	270	18	1	11	4=2/1	10	40
26264	0.5 oz WG Breaded AK Pollock Bites, 1x	40/4 oz	210	8	1.5	0	35	330	22	2	12	8=2/1.5	2/5	40
<b>Mozzarella Cheese Sticks</b>														
G1042DF	.84 oz WG OR Italian Style Brd Sticks- Reduced Sodium	83/4.2 oz	400	22	8	0	30	380	32	3	19	5=2/2	21.78	83
<b>Pollock</b>														
26253	1 oz WG OR Brd Minced AK Pollock Stick, 1x	40/40 oz	270	10	1.5	0	20	480	29	5	16	4=2/1.5	10	40
06591	1 oz WG OR Potato Crunch Brd Pollock Stick, 2x	40/4 oz	260	13	2	0	45	400	21	1	15	4=2/.75	10	40
06533	3.6 oz WG OR Potato Crunch Brd AK Pollock Fillet, 2x	46/3.6 oz	200	10	1.5	0	45	290	14	1	14	1=2/.5	10.35	46
06584	4 oz WG OR Potato Crunch Brd Pollock Fillet, 2x	40/4 oz	250	11	1.5	0	45	400	22	1	15	1=2/.75	10	40
53364	3.6 oz WG OR Brd Potato Pollock Wedge, 2x	46/3.6 oz	210	11	2	0	45	330	13	1	14	1=2/.75	10.35	46
06646	3.6 oz WG OR Cornmeal Brd Pollock Fillets, 2x	46/3.6 oz	180	9	1.5	0	40	490	15	<1	12	1=2/.5	10.35	46
26240	1 oz WG OR Brd Pollock Sticks, 2x	40/4 oz	220	9	1.5	0	40	380	23	2	14	4=2/1.5	10	40
53267	3.6 oz WG OR Brd Pollock Rectangle, 2x	44/3.6 oz	180	7	1	0	40	320	16	1	13	1=2/1	10	44
06233	3.6 oz WG OR Potato Crunch Breaded Pollock Rectangle, 2x	92/3.6 oz	200	10	1	0	40	350	14	<1	13	1=2/.5	20.7	92
<b>Cod</b>														
51267	3.6 oz WG OR Brd Cod Rectangle, 2x	44/3.6 oz	180	7	1	0	30	280	16	1	13	1=2/1	10	44
51067	1 oz WG OR Brd Cod Nugget, 2x	40/4 oz	220	8	1.5	0	30	340	23	2	14	4=2/1	10	40
55167	1 oz WG OR Brd Minced Cod Stick, 2x	40/4 oz	210	8	1	0	30	290	21	2	15	4=2/1	10	53
<b>Shrimp</b>														
26242	110 ct. WG OR Brd Shrimp Poppers, USA	53/3 oz	180	7	1	0	50	380	19	3	11	21=1/1	10	53
<b>SeaFit</b>														
10020540	1 oz WG OR Brd SeaFit® Pollock Nugget Shape, 2x	40/4 oz	240	10	1.5	0	35	690	22	3	15	4=2/1.5	10	40
10020621	3 oz WG OR Brd SeaFit® Pollock Sandwich Shape, 2x	53/3 oz	180	8	1	0	25	490	16	2	11	N/A	10	53
10020622	4 oz WG OR Brd SeaFit® Pollock Sandwich Shape, 2x	40/4 oz	230	10	1.5	0	35	650	21	3	15	N/A	10	40