FISH BITES

Harbor Banks® brings an innovative approach to fish that’ll have your students biting! Popcorn-style, breaded Alaskan pollock bites are a natural for your school menu. Alaskan seafood is wild and sustainable. It is managed for protection against overfishing, habitat damage and pollution. The kids will love popping this delicious fish bite; and you will love how nutritious it is for them.
CATCHING QUALITY AROUND THE WORLD

With its full selection of frozen fish and seafood, including convenient, value-added varieties, Harbor Banks® offers a flavorful experience, raising the bar for quality products by meeting or exceeding industry standards. We promise safety and integrity while striving to maintain sustainability. Our catches from domestic and international waters are the perfect foundation for your customized fish and seafood menu creations.

Product Inspiration

The health benefits of adding fish to your diet are unmistakable. Offering a savory food item that also boasts these benefits is a sure winner. The whole muscle Alaskan pollock in our Fish Bites is high in protein and low in fat and a great source of the omega-3 fatty acids essential for good health. It’s deep-skinned, which leads to a less fishy taste.

The breading is 51% whole grain—completely in compliance with USDA child nutrition mandates and are an easy product to help reach those weekly whole grain minimums required for government lunch subsidies. Try baking them—it cuts the fat content and calories in half. They still taste great; and it makes them even healthier!

Features & Benefits

- Healthy menu option, if baked
- Low in saturated fat—just 0.5 grams per serving
- Just 300 mg of sodium per serving
- Bite-sized, whole-muscle pieces
- Tasty, even when baked
- 51% whole grain breading
- Alaskan pollock—known for its sustainability

Ideal Uses

- School menu
- Kids’ menu
- Appetizer/bar snack
- Entrée component
- Side dish
- Salad topping
- Fish taco
- Fish po’ boy

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