

Fisher Boy® is Getting Even More Fun!

Discover the NEW crunchy and delicious Fisher Boy® Mini Shrimp Dippers™ and Ocean Taters™!

[Learn More](#)

Featured Products



Fisher Boy® Fish Sticks
6oz

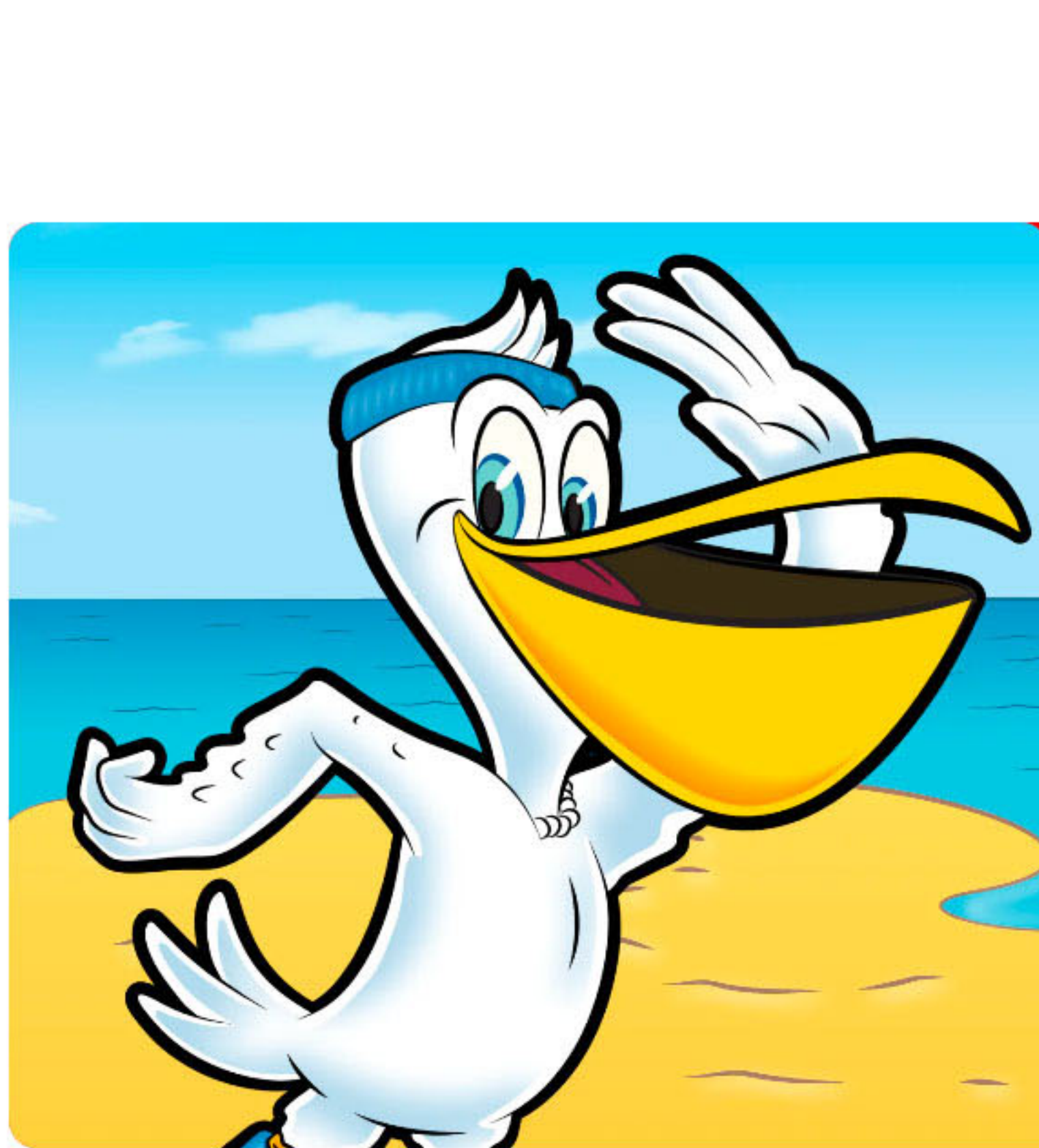
[View Product](#)[Where To Buy](#)

Fisher Boy® Livin' Large
Popcorn Shrimp 8oz

[View Product](#)[Where To Buy](#)

Fisher Boy® Fish Fillets
16oz

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We bring the fun to fish!

Who said midweek meals can't be full of family fun? At Fisher Boy, this is our specialty! Enjoy crunchy, golden breaded seafood your family craves. Join the fun with our spokesbird Telly the Pelly® and discover why Fisher Boy has been a family favorite for years!

[Read Our Story](#)

Our Values



FUN

Fisher Boy makes
mealtimes, family FUNTIME!



DELICIOUS

Crunchy, golden breaded
seafood with a flavor kids
love!



NOURISHING

Provides strength to help
power you through your
day!



EASY

Quick and easy to prepare.
Ready in as little as 15
minutes!

Featured Recipes

Have fun creating delicious recipes to enjoy with the whole family! Both kids and adults are sure to love these creative twists to Fisher Boy® products!



Fish Sticks Tacos

[View Recipe](#) 15-20 mins

Stacked Fish Fillet Club
Sandwich

[View Recipe](#) 25-30 mins

Popcorn Shrimp Pitas

[View Recipe](#) 18-20 mins[View More Recipes](#)

What Parents Are Saying



Such a good snack and always crispy. These are like the ones I had in school, I airfry them for 10 minutes at 400 degrees f.

- Lisa from Jacksonville

These were my favorite college food and now my boys love them too. Super easy to make and they taste delicious!!

- Alisha from Chicago

I am picky about fish sticks and patties. I love these fish sticks. They are so crispy out of the oven and are great for snack or dinner. This bag lasts a long time and worth the price.

- Tom from San Diego

< Products < Fish Sticks

Fisher Boy® Fish Sticks 6oz



Select Size: 12 Pack, 6oz

Fisher Boy® Fish Sticks, 12 Pack, 6oz

Golden breaded fish sticks with a delicious crunchy texture! The small pack size makes this product perfect for younger kids' meals, snacks, and appetizers.

instacart

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Features

Nutritional Facts

Cooking Instructions

Recipes

Features



Maximum Crunch!

Fisher Boy Fish Sticks are coated in golden, crispy breading. Maximum crunchiness guaranteed in every bite!

Nourishing!

Fisher Boy Fish Sticks are a good source of protein and made with NO High Fructose Corn Syrup and NO Artificial Flavors.



A Fisher Boy Classic!

A favorite for many years, our fish sticks help you build a fun, delicious family meal!

Nutritional Facts

Serving Size: 6 oz (170g)

Nutrient	Amount	% Daily Value
Calories	450	
Total Fat	19 g	24%
Saturated Fat	3 g	15%
Trans Fat	0 g	0 %
Cholesterol	20 mg	7 %
Sodium	1000 mg	43%
Total Carbohydrates	50 g	18%
Dietary Fiber	5 g	18%
Total Sugar	5 g	0 %
Added Sugars	4 g	7 %
Protein	19 g	30 %
Vitamin D	0.6 mcg	2 %
Calcium	70 mg	6 %
Iron	2.7 mg	15 %
Potassium	530 mg	10%

Cooking Instructions



Conventional Oven

- Place oven rack in center of the oven.
- Preheat oven to 425°F.
- Place frozen fish sticks in a single layer on shallow cooking pan.
- Bake for 14 to 16 minutes. For best results, flip halfway through cooking.
- Let stand for 2 minutes before serving.



Convection Oven

- Place oven rack in center of the oven.
- Preheat oven to 400°F.
- Place frozen fish sticks in a single layer on shallow baking pan. Bake for 10 to 12 minutes. For best results, flip halfway through cooking.
- Let stand for 2 minutes before serving.



Air Fryer

- Set air fryer temperature to 400°F.
- Place frozen fish sticks in a single layer in the air fryer basket.
- Air fry for 5 to 6 minutes.
- Let stand for 2 minutes before serving.
- Guideline: Reference air fryer manual.



Microwave (1100 Watt Oven)

- Place 1 serving of frozen fish sticks in a single layer in a microwave safe dish lined with 2 paper towels.
- Loosely cover and microwave on high power for 1.5 to 2 minutes. For best results, flip halfway through cooking.
- Let stand covered in microwave for 2 minutes before serving.
- CAUTION! Steam can cause burns. Please use caution when removing hot food!



Toaster Oven

- Place oven rack in center of the oven.
- Preheat oven to 450°F.
- Place frozen fish sticks in a single layer on shallow baking pan.
- Bake for 10 to 12 minutes. For best results, flip halfway through cooking. For added crispiness broil on HIGH for 1 to 2 minutes.
- Let stand for 2 minutes before serving.



Skillet

- Place frozen fish sticks in a single layer on a sauté pan or skillet.
- Cook over medium heat for 8 to 10 minutes. Flip fish sticks over halfway through cooking.
- Let stand for 2 minutes before serving.

Recipes



Fish Sticks Tacos

View Recipe

🕒 15-20 mins



Fish Sticks Caesar Wrap

View Recipe

🕒 20-25 mins



Spiced Up Fish Sticks

View Recipe

🕒 20-25 mins

You May Also Like



Fisher Boy® Fish Fillets 16oz

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Fisher Boy® Livin' Large Popcorn Shrimp 8oz

View Product

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Fisher Boy® is delicious and easy to prepare!

Our frozen seafood products are perfect for all sizes and types of families!

Product Categories



Fish Sticks

Golden-breaded fish sticks with a delicious crunchy texture!

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Fish Fillets

Tender, flaky wild caught pollock fillets!

[Learn More](#)



Shrimp

Delicious oven crispy shrimp products that are perfect for the entire family!

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Ocean Taters™

A delicious crispy potato tater that has lightly seasoned pollock mixed in!

[Learn More](#)



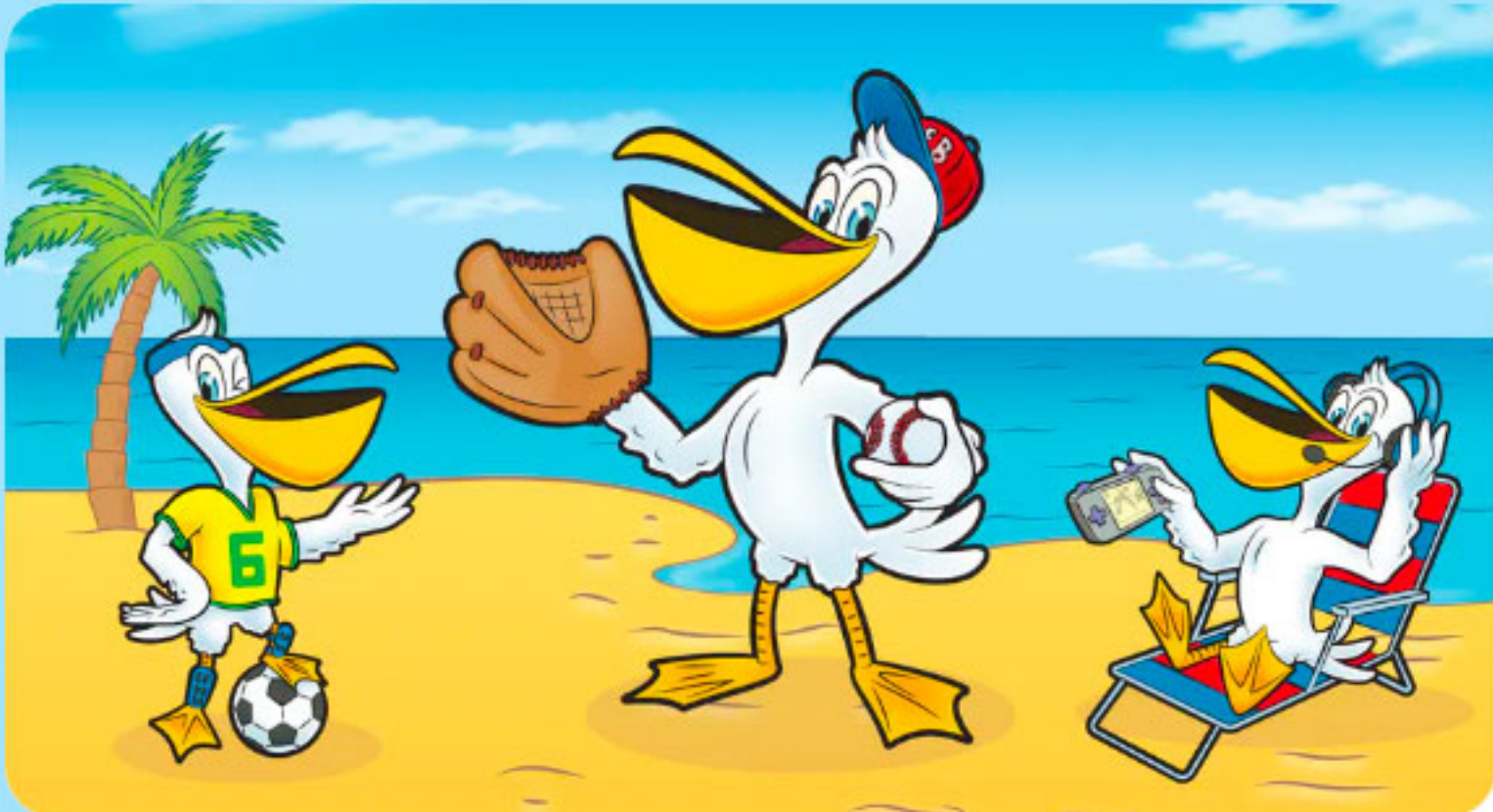
Maximum Crunch and Oven Crispy!

Our battered and breaded seafood is coated in golden breading for an irresistible crunch!

Nourishing!

Fisher Boy products are a good source of protein and made with NO High Fructose Corn Syrup and NO Artificial Flavors.

*See nutritional information for sodium and cholesterol content.



Family Approved!

Fisher Boy products are created with families and kids in mind. Easy to make, delicious, nourishing, and FUN!

Family Favorites

Stacked Fish Fillet Club Sandwich

Time for that turkey to take a time out. Swap in our crispy fish fillets into this classic stacked club sandwich.

See Recipe



All Recipes

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Fish Sticks Caesar Wrap

View Recipe

🕒 20-25 mins



Fish Sticks Grilled Cheese

View Recipe

🕒 20-25 mins



Fish Sticks Tacos

View Recipe

🕒 15-20 mins



Stacked Fish Fillet Club Sandwich

View Recipe

🕒 25-30 mins



Popcorn Shrimp Lettuce Boats

View Recipe

🕒 18-20 mins



Fish Sticks & Potato Chip Coleslaw

View Recipe

🕒 20-25 mins



Spiced Up Fish Sticks

View Recipe

🕒 20-25 mins



Tex Mex Chop Salad with Popcorn Shrimp

View Recipe

🕒 20-25 mins



Popcorn Shrimp Pitas

View Recipe

🕒 18-20 mins

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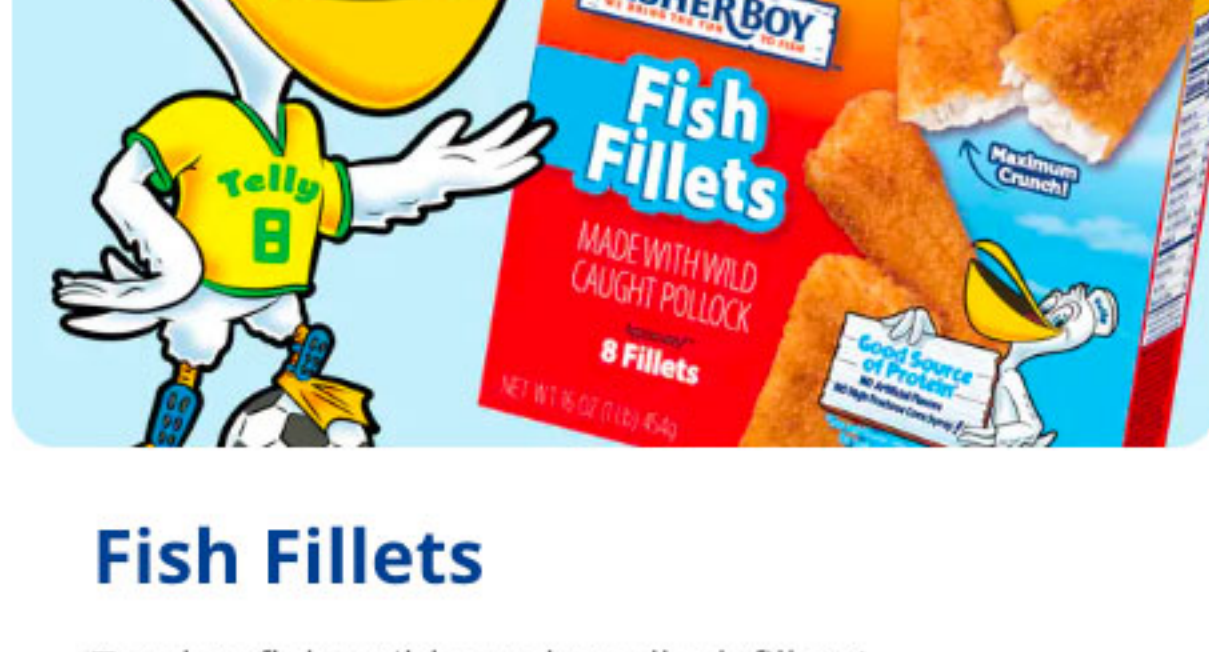


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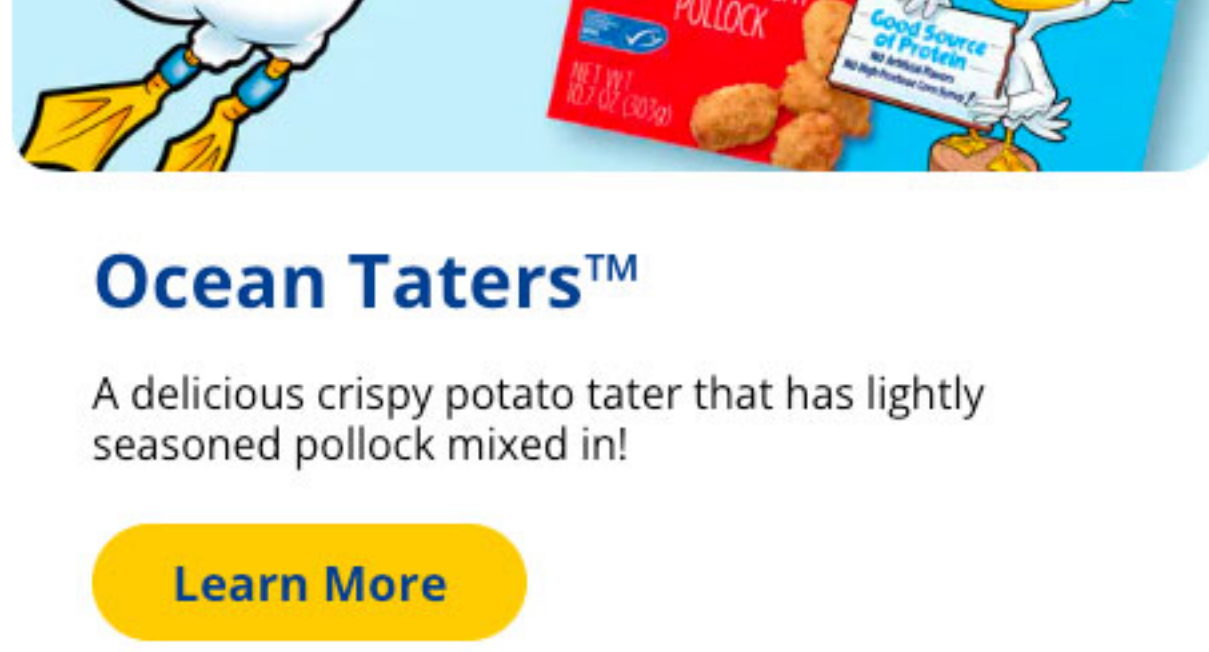
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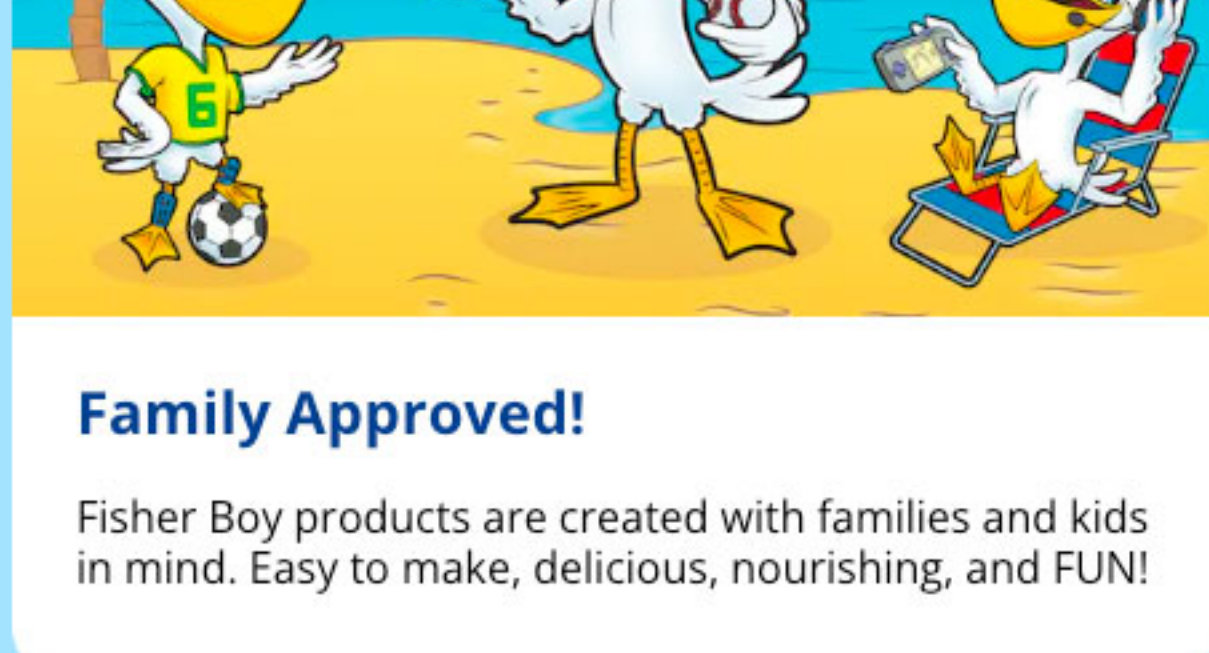
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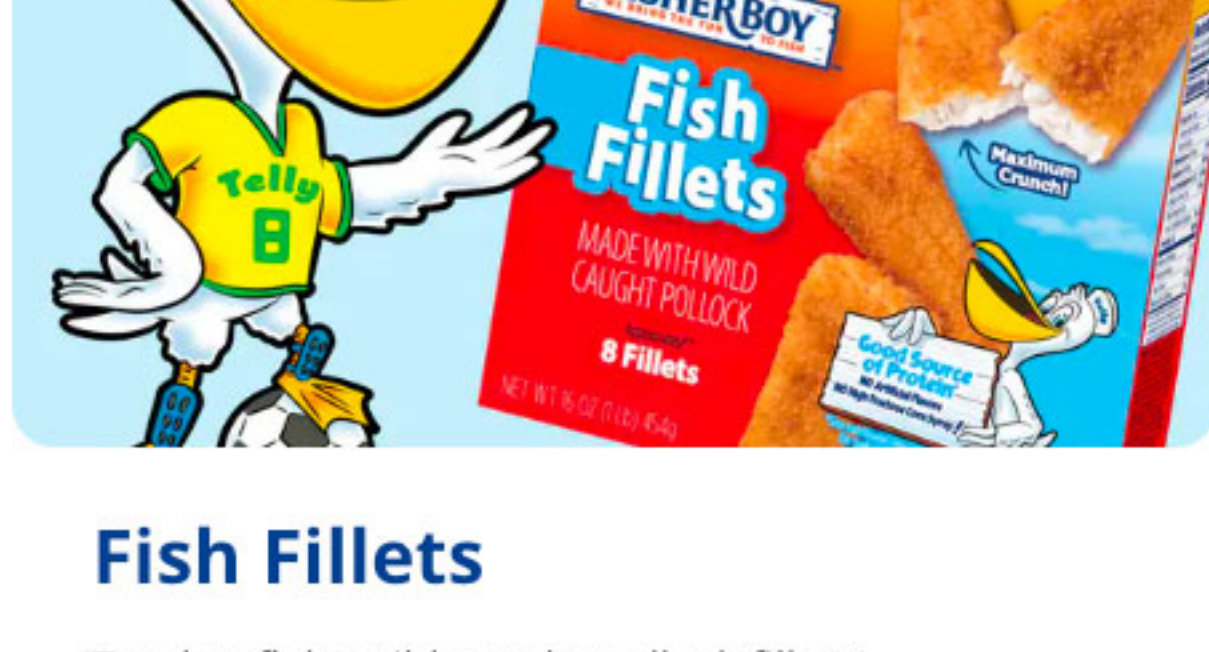


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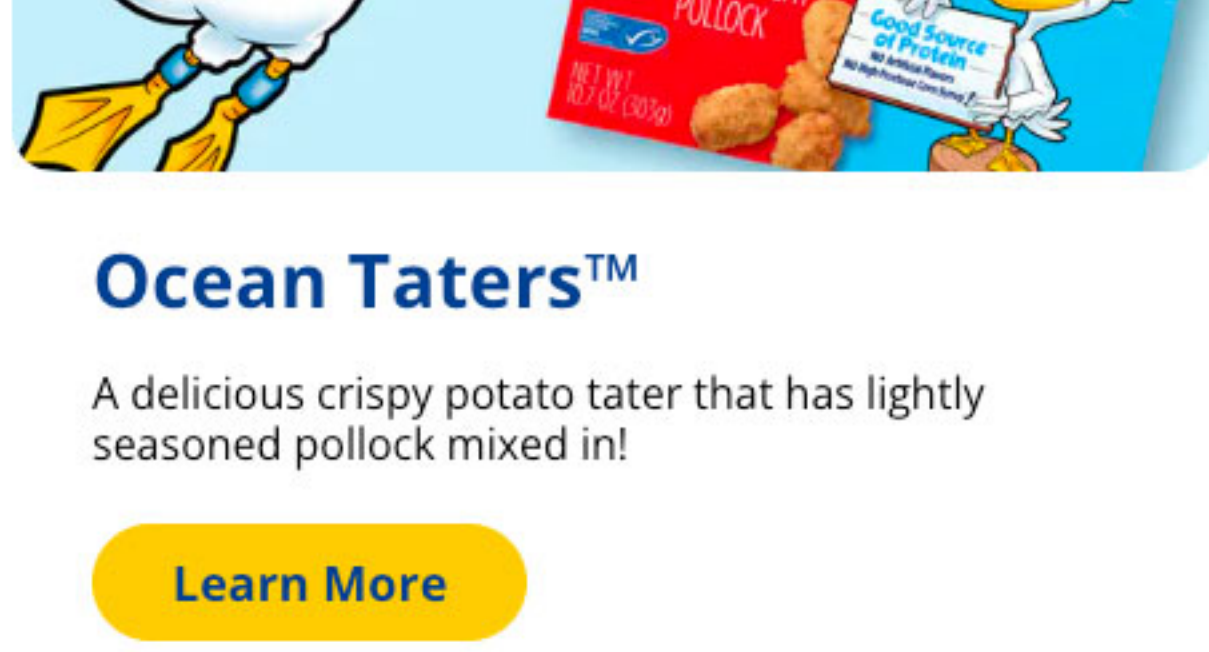
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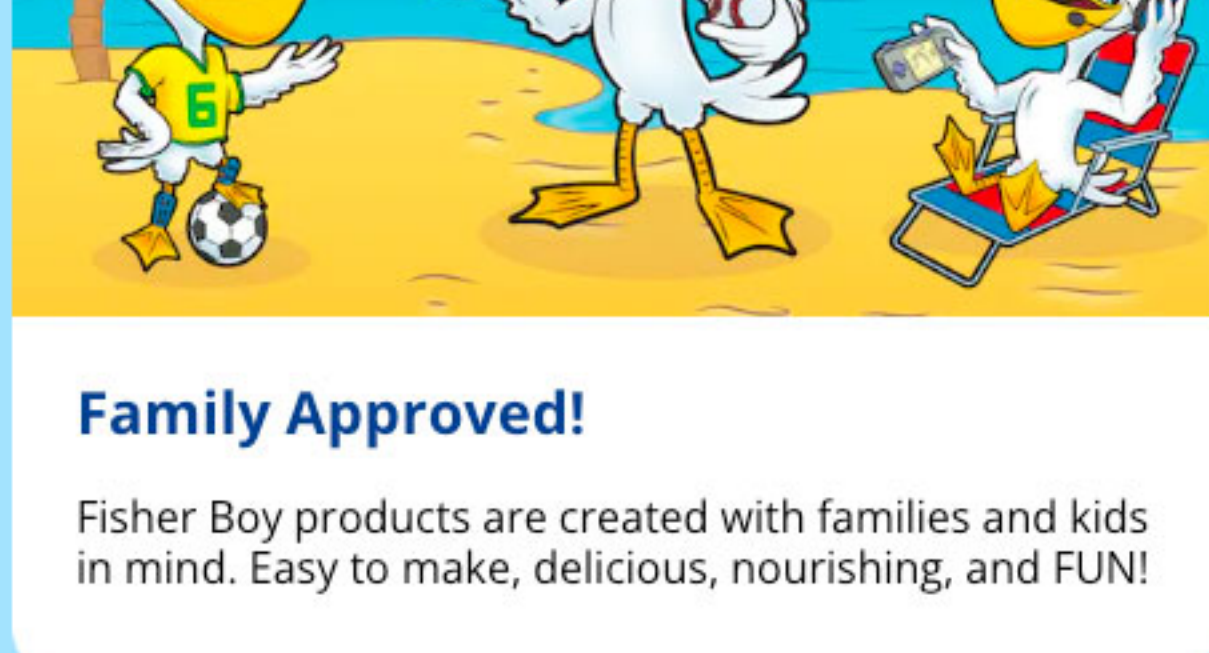
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