

FISH STICKS

Servings:	1.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

FISH STICKS

Nutrition Information

Calories	722.42	Protein	29.21g
Fat	14.56g	SaturatedFat	2.25g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	117.68g	Fiber	6.23g
Sugar	24.03g	Sodium	1381.06mg
Iron	5.28mg	Vitamin C	54.18mg
Vitamin A	2006.52IU	Calcium	87.76mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Piece	272231	POLLOCK ULTIM BRD STIX WGRAIN 10	BAKE COOK FROM FROZEN.; FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER; CONVECTION OVEN : BAKE AT 400° F. FOR 9 TO 11 MINUTES.; CONVENTIONAL OVEN : 475° F. FOR 11 - 13 MINUTES.; COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.
1/2 Cup	834850	RICE SPANISH 6- 36Z GCHC	
1/2 Cup	152811	ORANGES MAND BRKN L/S 6-10 GFS	

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	221990	BEANS GREEN R/SOD 6-10 P/L	

Preparation Instructions