

# FISH SANDWICH

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

FISH ON WG BUN

## Nutrition Information

<b>Calories</b>	320.00	<b>Protein</b>	17.00g
<b>Fat</b>	9.50g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	35.00mg
<b>Carbohydrates</b>	42.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	520.00mg
<b>Iron</b>	8.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	30.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 bun	1711	4" WG WHITE HAMBURGER BUN	
100 Each	519420	POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	BAKE TO BAKE: HEAT AT 400°F FOR 14-16 MIN. IN CONVECTION OVEN, OR AT 425°F FOR 18-20 MIN. IN CONVENTIONAL OVEN. NOTE: Fish is fully cooked when it reaches an internal temperature of 165°F

## Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1. Cook fish patty as directed on package.
2. Place cooked fish patty on bottom of roll. Top with remaining half of roll.
3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes: