

FISH SANDWICH

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

FISH ON WG BUN

Nutrition Information

Calories	330.00	Protein	21.00g
Fat	9.50g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	42.00g	Fiber	3.00g
Sugar	5.00g	Sodium	470.00mg
Iron	9.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	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:

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN NUTRITION'S)

TARTER SAUCE