

# 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>	330.00	<b>Protein</b>	21.00g
<b>Fat</b>	9.50g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	50.00mg
<b>Carbohydrates</b>	42.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g	<b>Sodium</b>	470.00mg
<b>Iron</b>	9.08mg	<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

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