

Fishwich on Bun

Servings:	53.00
Serving Size:	1.00 1 sandwich
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Fishwich on Bun

Nutrition Information

Calories	300.00	Protein	16.00g
Fat	9.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	42.00g	Fiber	7.00g
Sugar	4.00g	Sodium	705.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
53 Serving	576255	FISH BRD 3Z O/R WGRAIN 10 HILNR	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.
53	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	

Preparation Instructions

CONVENTIONAL OVEN: PLACE FROZEN IN A PREHEATED 425°F OVEN AND BAKE APPROXIMATELY 15-18 MINUTES. ,,CONVECTION OVEN: BAKE AT 400°F 12-15 MINUTES.

Serve on Whole Grain Bun.