

K-3 JUNIOR CAPTAIN'S BASKET

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	4 Each	BAKE CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes. CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.	523291
POTATO ROUNDS 6-5 GFS	6 Piece		324167
BREAD GARL TX TST SLC WGRAIN 12-12CT	1 Slice		644802
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
SAUCE TARTAR PKT 200-12GM GFS	1 Each		213361

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.50
Grain	0.38
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 4.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	173.75		
Fat	8.25g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	11.25mg		
Sodium	416.25mg		
Carbohydrates	19.00g		
Fiber	1.75g		
Sugar	1.50g		
Protein	5.25g		
Vitamin A	0.34IU	Vitamin C	0.60mg
Calcium	6.00mg	Iron	1.06mg