

Cookbook for Hoosier Road Elementary

Created by HPS Menu Planner

Table of Contents

[Breaded Fish Sticks](#)

[Breaded Fish Sticks](#)

Breaded Fish Sticks

| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45758 |
| School: | Hoosier Road Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| POLLOCK BRD STIX WGRAIN MSC 1Z | 4 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. | 547102 |

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 210.00 | | |
| Fat | 8.00g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 330.00mg | | |
| Carbohydrates | 22.00g | | |
| Fiber | 2.00g | | |
| Sugar | 1.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.50mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45935 |
| School: | Hoosier Road Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| POLLOCK BRD STIX WGRAIN MSC 1Z | 4 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. | 547102 |

Preparation Instructions

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| Sodium | 330.00mg | | |
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