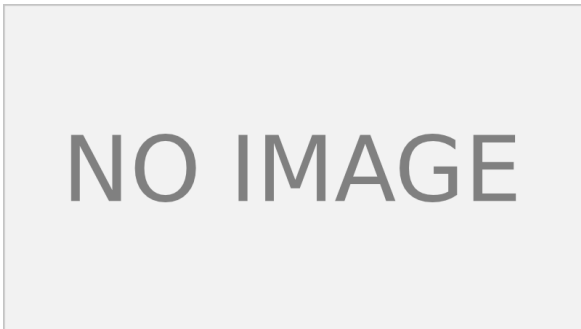


# POPCORN SHRIMP WITH CHEESY BREADSTICK BITES



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33477
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	3/4 Cup	<p><b>BAKE</b>  <b>COOKING INSTRUCTIONS</b>For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze.  <b>CONVECTION OVEN INSTRUCTIONS</b>Place oven rack in the center of the oven. Preheat oven to 375°F.Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes.  <b>CONVENTIONAL OVEN INSTRUCTIONS</b>Place oven rack in the center of the oven. Preheat oven to 450°F.Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes.                      Note: Since appliances vary, these cooking instructions are only a guideline. Shrimp is fully cooked when it reaches an internal temperature of 165°F.</p>	340922
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	<p><b>BAKE</b>                      350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)</p>	116933

## Preparation Instructions

21 shrimp and 2 bread sticks

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 266.00mg	<b>Iron</b> 1.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available