

# Breaded Fish Sticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45758
<b>School:</b>	HOOSIER ROAD ELEMENTARY		

## Ingredients

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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	210.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	330.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available