

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

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