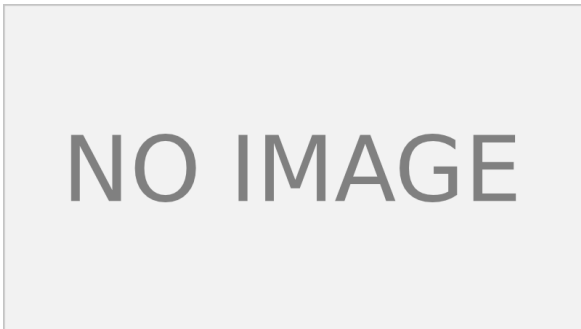


# Crunchy Nacho Fish Sticks w/ Cornbread Poppers



<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-49313

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each		963499
POLLOCK BRD STIX NACH MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

## Preparation Instructions

Gather fish sticks and cornbread popper boxes.

Wash hands thoroughly and apply fresh gloves.

On sheet pans, assemble fish sticks and cornbread poppers in a single layer.

Bake fish sticks and cornbread poppers according to directions.

For the fish:

COOK FROM FROZEN CONVENTIONAL OVEN: BAKE AT 475°F ABOUT 11 TO 13 MINUTES. CONVECTION OVEN: BAKE AT 400°F ABOUT 9 TO 11 MINUTES. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

CCP: Fish must reach internal temperature of 140F or higher.

Cornbread Poppers: Bake according to package directions.

CCP: Hold at 140F or higher for service.

To Serve:

Assemble 4 fish sticks (2 oz meat + 1 oz grain) and 3 cornbread poppers (1 oz grain) in a boat.

## 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 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	374.25		
<b>Fat</b>	16.55g		
<b>SaturatedFat</b>	4.90g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	43.00mg		
<b>Sodium</b>	603.80mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	3.40g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	14.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.83mg	<b>Iron</b>	2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available