

FISH FILLET WITH GARLIC CHEESE BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28305
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
DOUGH BISC GARL CHS	1 Each	BAKE Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.	142210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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 Each

Amount Per Serving			
Calories		280.00	
Fat		12.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		610.00mg	
Carbohydrates		29.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available