

POPCORN SHRIMP WITH CHEESY BREADSTICK BITES



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	3/4 Cup	BAKE COOKING INSTRUCTIONSFor food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze.CONVECTION OVEN INSTRUCTIONSPlace 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.CONVENTIONAL OVEN INSTRUCTIONSPlace 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.	340922
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	BAKE 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.)	116933

Preparation Instructions

21 shrimp and 2 bread sticks

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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		310.00	
Fat		12.00g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		570.00mg	
Carbohydrates		33.00g	
Fiber		5.00g	
Sugar		1.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	266.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available