

ALASKAN POLLOCK ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9424
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for20-22 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142
BUN HAMB WHT WHE 4IN	1 Each		248151

Preparation Instructions

Cook from Frozen. Place parchment paper on a shallow metal baking sheet. ; Place portions on pan leaving space between pieces. Conventional Pre-Heated Oven: Bake at 425 degrees F for 20-22 minutes. Convection Pre-Heated Oven: Bake at 375 degrees F for 15-17 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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		320.00	
Fat		9.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		520.00mg	
Carbohydrates		42.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available