

# Fish Nugget Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51619
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

## Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add 1 oz. scoop cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

## Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

## Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.00 Each			
Amount Per Serving			
Calories		450.00	
Fat		18.00g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		937.00mg	
Carbohydrates		52.50g	
Fiber		7.00g	
Sugar		3.00g	
Added Sugar		0.00g	
Protein		23.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

## Nutrition - Per 100g

No 100g Conversion Available	
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