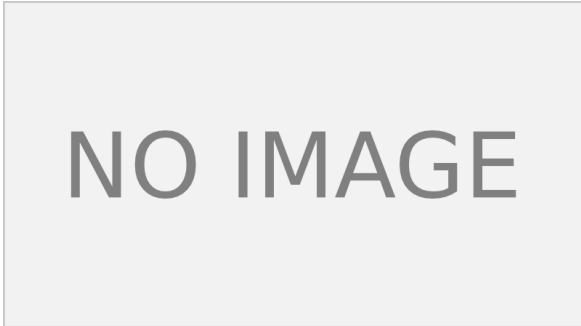


Crispy Baked Fish w/ cornbread poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: 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 155°F MINIMUM.	519420

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.333
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	375.67		
Fat	17.07g		
Saturated Fat	5.53g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	501.73mg		
Carbohydrates	42.00g		
Fiber	2.87g		
Total Sugar	6.00g		
Added Sugar	2.67g		
Protein	14.13g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.35mg

Nutrition - Per 100g

No 100g Conversion Available