

Fish Sandwich



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|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-52168 |
| School: | Walton-Verona High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|---|------------|
| FISH BRD 3Z O/R WGRAIN | 1 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. | 576255 |
| wg 4 inch Hamburger Bun x | 1 bun | | 3474 |

Preparation Instructions

CONVENTIONAL OVEN: PLACE FROZEN IN A PREHEATED 425°F OVEN AND BAKE APPROXIMATELY 15-18 MINUTES. ,CONVECTION OVEN: BAKE AT 400°F 12-15 MINUTES. Put on bun for service

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.500 |
| Grain | 3.000 |
| 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 Each

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 330.00 |
| Fat | 10.00g |
| Saturated Fat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 700.00mg |
| Carbohydrates | 43.00g |
| Fiber | 4.00g |
| Total Sugar | 5.00g |
| Added Sugar | 0.00g |
| Protein | 17.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 71.00mg | Iron 3.30mg |

Nutrition - Per 100g

No 100g Conversion Available