

Baja Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28626
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLAW HEART-Y	3/4 Ounce		680752
DRESSING ASIAN SESM GINGR	1 Tablespoon		166722
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
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

Preparation Instructions

bake fish according to package
place fish fillets on bun
add 3/4 oz of prepared slaw on top
Top with Bun
Serve with a 2 oz cup of Chipotle ranch on side
updated: 02/23/26 AP

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	401.25
Fat	16.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	837.50mg
Carbohydrates	45.25g
Fiber	5.50g
Total Sugar	7.00g
Added Sugar	4.50g
Protein	16.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 39.25mg	Iron 3.39mg

Nutrition - Per 100g

Calories	1886.46
Fat	75.22g
Saturated Fat	11.75g
Trans Fat	0.00g
Cholesterol	117.54mg
Sodium	3937.47mg
Carbohydrates	212.74g
Fiber	25.86g
Total Sugar	32.91g
Added Sugar	21.16g
Protein	77.57g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 184.53mg	Iron 15.94mg