

Fish Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23832
School:	Hobart 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 SLCD WHEAT WHL 4IN 10- 12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Serving

Amount Per Serving	
Calories	310.00
Fat	8.50g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	450.00mg
Carbohydrates	41.00g
Fiber	4.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available