

Fish Sandwich - MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23833
School:	Hobart 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 fillets on a lightly oiled sheet 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
BUN HAMB SLCD WHEAT WHL 4IN 10- 12 GCHC	1 Each		517810
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600

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	360.00
Fat	12.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	810.00mg
Carbohydrates	42.00g
Fiber	5.00g
Total Sugar	5.50g
Added Sugar	0.00g
Protein	20.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.30mg

Nutrition - Per 100g

Calories	2540.58
Fat	84.69g
Saturated Fat	17.64g
Trans Fat	0.00g
Cholesterol	229.36mg
Sodium	5716.30mg
Carbohydrates	296.40g
Fiber	35.29g
Total Sugar	38.81g
Added Sugar	0.00g
Protein	141.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 211.71mg	Iron 16.23mg