

Fish Sandwich

Nutrition Facts

Serving Size: Each

ALLERGENS

Fish, Soy, Wheat

Amount Per Serving

Calories: 320

Calories from Fat: 81

Total Fat:	9.0g
Saturated Fat:	1.0g
Trans Fat:	0.00
Cholesterol:	35mg
Sodium:	590mg
Total Carbohydrate:	42.0g
Dietary Fiber:	4.0g
Sugars:	4.0g
Protein:	18.0g

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 60.0mg

Iron: 3.2mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Bun, Hamburger Grain Essential #3474 (mfg label): WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, HONEY, INVERT SUGAR, CORN SYRUP, WHEAT STARCH, MOLASSES, SODIUM STEAROYL LACTYLATE, VINEGAR, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, ASCORBIC ACID, AMMONIUM SULFATE, CITRIC ACID, ETHOXYLATED MONO- AND DIGLYCERIDES. CONTAINS: WHEAT [902067]

Fish - WG Alaska Pollock Wedge 3.6 oz (mfg label): INGREDIENTS: 53% COD; 47% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), YEAST, YEAST EXTRACT, SOYBEAN OIL, GARLIC POWDER, ONION POWDER, NATURAL FLAVOR, SUGAR, SPICES, PAPRIKA EXTRACT (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT [903624]