

Fish Sandwich

Nutrition Facts

Serving Size: Each

ALLERGENS

Fish, Soy, Wheat

Amount Per Serving

Calories: 410

Calories from Fat: 158

Total Fat: 17.5g

Saturated Fat: 2.5g

Trans Fat: 0.00

Cholesterol: 85mg

Sodium: 680mg

Total Carbohydrate: 45.0g

Dietary Fiber: 2.0g

Protein: 19.0g

Vitamin A: 25RE

Vitamin C: .0mg

Calcium: 60.0mg

Iron: 2.5mg

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 WG #3474 NEW SY 12- (mfg label): WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, HONEY, INVERT SUGAR, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- AND DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), MOLASSES, WHEAT STARCH, SOY LECITHIN, CALCIUM PROPIONATE (PRESERVATIVE), YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), CITRIC ACID. CONTAINS: WHEAT, SOY [903106]

Fish-Alaska Pollock Portions Viking (mfg label): 71.3% COD: SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) 28.7% BATTER AND BREADING; WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: WHEAT [903165]