Fish Nuggets, baked (202)

(Fish Nuggets, baked MC 202)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Codfish nugget, 1 oz.....	.....	250 nugget.....	.....	500.....	.....	1. Count out number of frozen fish nuggets needed to provide a 2 ounce meat/meat alternate nuggets per portion 2. Place frozen fish nuggets on sheet pans (18"x26"x1") coated with food release spray.
						3. Bake according to package directions. (Prepare in batches to maintain quality. *CCP: Heat product to minimum temperature of 140°F.* 4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 5 fish nuggets provide 2 oz. meat/meat alternate and 2 ¾ grain/bread

Yield: 50 servings: 250 fish nuggets
100 servings: 500 fish nuggets

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Fish Nuggets, baked (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	354		Iron	1.21	Mg	Protein	15.19	G	Percent ⇒	Protein	17.14%
Cholesterol	0	Mg	Calcium	0.00	Mg	Carbohydrates	30.38	G	Of ⇒	Carbohydrates	34.29%
Sodium	861	Mg	Vitamin A	0	RE	Total Fat	18.56	G	Calories ⇒	Total Fat	47.14%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.69	G	From ⇒	Saturated Fat	4.28%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label to insure correct portion is served.

Miscellaneous Notes:

Fish Nuggets, Fried (204)

(Fish Nuggets, Fried MC204)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Codfish nugget, 1 oz.....	.....	250 Nugget	.....	500 Nugget.....	.....	1. Count out number of frozen fish nuggets needed to provide 2 oz. meat/meat alternate (5 nuggets per portion). 2. Fry according to package directions. *CCP: Heat product to minimum temperature of 140 °F.*
						3. Place fried nuggets in steamtable pans and over with aluminum foil. Cut holes in foil and place in warmer until ready for service. CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.

Serving: 5 nuggets provide 2 oz. meat/meat alternate and 2 ¾ grain/bread

Yield: 50 servings: 250 fish nuggets
100 servings: 500 fish nuggets

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Fish Nuggets, Fried (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	367		Iron	1.21	Mg	Protein	15.19	G	Percent ⇒	Protein	16.56%
Cholesterol	0	Mg	Calcium	0.00	Mg	Carbohydrates	30.38	G	Of ⇒	Carbohydrates	33.12%
Sodium	861	Mg	Vitamin A	0	RE	Total Fat	19.98	G	Calories ⇒	Total Fat	49.01%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.87	G	From ⇒	Saturated Fat	4.60%

Production Notes:

Serving Notes:
Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label to insure correct portion is served.

Miscellaneous Notes: