

Tuna Salad Sandwich (795)

(Tuna Salad Sandwich MC795)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tuna, light, water pack, drained.....	8 lb 5 oz.....	2 Can (66.5oz).....	16 lb 10 oz.....	4 Can (66.5oz).....		1. Drain and flake tuna.
Onions, dehydrated, flakes.....		½ Cup 2 Tbsp.....	2 ½ oz.....	¾ Cup.....		2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise. Mix lightly until well blended.
Celery, fresh, raw, diced, 1/4".....	2 lb.....	1 Qt diced 3 ½ Cup.....	4lb.....	3 Qt 3 Cup.....		3. Cover and refrigerate until ready to use. CCP: Hold and maintain at a maximum temperature of 41 F. Check temperature every 30 minutes.
Pickles, relish, sweet.....	8 ¾ oz.....	1 Cup.....	1 lb 1 ½ oz.....	2 Cup.....		
Mustard, powder/dry.....		1 ½ Tsp.....		1 Tbsp.....		
Eggs, fresh, large, Mayonnaise, reduced cal.....	14 oz..... 2 lb 11 oz.....	8 Egg..... 1 Qt ½ Cup.....	1 lb 12 ½ oz..... 5 lb 6 oz.....	16 Egg..... 2 Qt 3 Cup.....		
Bread, white, sliced.....		50 slice.....		100 slice.....		4. Portion with No. 8 scoop (1½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready for service.
Bread, whole wheat, sliced.....		50 slice.....		100 slice.....		CCP: Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Tuna Salad Sandwich (Continued)

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	319	Iron	2.74	Mg	Protein	20.58	G	Percent ⇒	Protein	25.77%
Cholesterol	68	Mg	65.37	Mg	Carbohydrates	29.09	G	Of ⇒	Carbohydrates	36.42%
Sodium	695	Mg	24	RE	Total Fat	13.04	G	Calories ⇒	Total Fat	36.74%
Dietary Fiber	2.76	G	1.58	Mg	Saturated Fat	2.46	G	From ⇒	Saturated Fat	6.93%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Tuna Caesar Wrap (794)

(Tuna Caesar Wrap MC794)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tortilla, soft flour, 8".....	2 oz.....	50 each.....	4 oz.....	100 each.....		1. Spread each tortilla with a thin layer of cream cheese.
Cheese, cream.....						
Tuna, light, water pack, drained.....						2. Mix together tuna, lettuce, tomatoes, cheese, and ranch dressing. Place 4 ounces in center of each tortilla with a #8 scoop.
Lettuce, romaine, raw.....	3 lb.....	1 can (66.5oz)	6 lb.....	2 can (66.5oz)		
Tomatoes, fresh, red, ripe.....	3 lb.....		6 lb.....			
Cheese, parmesan, grated.....		2 Cup.....		1 Qt.....		
Dressing, ranch (from packet).....		½ Qt.....		1 Qt.....		3. To Roll Sandwich" a. Fold 2 sides of wrap 2 inches over filling b. Roll tightly as for jelly roll, starting to roll from side not over filling.
						4. Wrap each sandwich in deli-paper. Cut in half diagonally. One portion is two halves. Keep cold below 41° F.
						CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minute. Refrigerate any leftover immediately. Leftovers should be covered, labeled and dated.

Servings: 1 sandwich provides 2 oz meat/meat alternate, 2 servings grain/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 100 sandwiches

Tuna Caesar Wrap (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	200	Iron	1.82	Mg	Protein	13.46	G	Percent	⇒	Protein	26.93%
Cholesterol	16	Mg	105.96	Mg	Carbohydrates	22.12	G	Of	⇒	Carbohydrates	44.25%
Sodium	347	Mg	104	RE	Total Fat	6.29	G	Calories	⇒	Total Fat	28.32%
Dietary Fiber	1.76	G	11.78	Mg	Saturated Fat	1.92	G	From	⇒	Saturated Fat	8.65%

Production Notes:

Thaw tortillas the day before in frozen.
 Drain Tuna.
 Shred Romaine lettuce.
 Chop tomatoes.

Serving Notes:

Purchasing Guide:

Commodity Tuna may be used
 Shredded iceberg lettuce may be used in place of romaine.
 Caesar dressing may be used instead of Ranch dressing.

Miscellaneous Notes:

Fish Sandwich, Baked (750)

(Fish Sandwich, Baked MC750)

Meat/Meat Alternate—Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, rectangle, American, SF, 3.6 oz.....		50 Piece.....		100 Piece.....		<ol style="list-style-type: none"> Place frozen, precooked fish patties on (18"x26"x1") sheet pans with pan liners. Bake according to package directions.
Buns, hamburger, plain.....		50 buns.....		100 buns.....		<ol style="list-style-type: none"> Open hamburger buns and place cooked breaded cod square on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 1/2") lined with pan liners. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.)
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe..... Pickles, dill slices.....	1 lb 4 oz..... 2 lb 8 z..... 4 oz.....	7 each..... 100 slices.....	2 lb 8 oz..... 5 lb..... 8 oz.....	13 each..... 200 slices.....		<p>CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes.</p> <p>TRIMMINGS:</p> <ol style="list-style-type: none"> If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. Wash, core, and thinly slice tomatoes (8 slices/tomato). Place lettuce, 1 tomato slice, and 2 pickle slices on the side. <p>CCP: Cover and place under refrigeration (41 F or lower) until ready for service.</p> <ol style="list-style-type: none"> Portion 1 sandwich with trimmings per serving. <p>CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.</p>

Fish Sandwich, baked (Continued)

Serving: 1 sandwich with trimmings provides 2 meat/meat alternate and 2 serving grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	325	Iron	2.52*	Mg	Protein	15.72	G	Percent ⇒	Protein	19.35%
Cholesterol	30	Calcium	75.42*	Mg	Carbohydrates	42.50	G	Of ⇒	Carbohydrates	52.30%
Sodium	494	Vitamin A	18*	RE	Total Fat	10.75	G	Calories ⇒	Total Fat	29.76%
Dietary Fiber	2.80	Vitamin C	4.75*	Mg	Saturated Fat	1.63	G	From ⇒	Saturated Fat	4.52%

Production Notes:

Serving Notes:

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

Purchasing Guide:

Use commodity products when available
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:

Fish Sandwich, Fried (752)

(Fish Sandwich, Fried MC752)

Meat/Meat Alternate—Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, rectangle,		50 Piece.....		100 Piece.....		FISH PATTIES 1. Fry according to package directions. 2. Place patties in steamable pan. Cover pan with aluminum foil and place in warmer until ready for service or assembly.
Buns, hamburger, plain.....		50 buns.....		100 buns.....		CCP: Heat product to minimum temperature of 140°F. ASSEMBLY 3. Open hamburger buns and place hot breaded cod square on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½") lined with pan liners. 4. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.)
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe..... Pickles, dill slices.....	1 lb 4 oz..... 2 lb 8 oz..... 4 oz..... 7 each..... 100 slices.....	2 lb 8 oz..... 5 lb..... 8 oz..... 13 each..... 200 slices.....		CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. TRIMMINGS: 5. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 6. Wash, core, and thinly slice tomatoes (8 slices/tomato). 7. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. 8. Portion 1 sandwich with trimmings per serving. CCP: Cover and place under refrigeration (41 F or lower) until ready for service. CCP: Hold and maintain product at minimum temperature of 135° F. Refrigerate any leftovers.

Fish Sandwich, Fried (Continued)

Serving: 1 sandwich with trimmings provides 2 meat/meat.
a Alternate and 2 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:

*** Denotes Missing Nutrient Values**

Calories	430	Iron	4.64*	Mg	Protein	20.00	G	Percent Of	⇒	Protein	18.60%
Cholesterol	30	Mg	155.88	Mg	Carbohydrates	51.35	G	⇒	⇒	Carbohydrates	47.77%
Sodium	532	Mg	157*	RE	Total Fat	17.67	G	⇒	⇒	Total Fat	36.99%
Dietary Fiber	8.73	G	21.27*	Mg	Saturated Fat	2.55	G	From	⇒	Saturated Fat	5.33%

Production Notes:

Serving Notes:

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

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Fish Sandwich with Cheese (754)

(Fish Sandwich with Cheese MC754)

Meat/Meat Alternate—Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, reclangle,.....		50 Piece.....		100 Piece.....		<ol style="list-style-type: none"> Place frozen, precooked fish patties on 18" x 26" sheet pans wit pan liners. Follow package directions for baking fish patties. Conventional: 325 F for 15 minutes or according to package directions. Convection oven: 325 F for 10-15 minutes or according to package directions.
Cheese, American process, slice.....	1 lb 9 oz.....		3 lb 2 oz.....			<p>CCP: Heat product to minimum temperature of 140°F.</p> <ol style="list-style-type: none"> Top each patty with ½ oz slice of cheese.
Buns, hamburger, plain.....		50 buns.....		100 buns.....		<ol style="list-style-type: none"> Open hamburger buns and place fish patty with cheese on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½") lined with pan liners. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. Alternate instructions: Wrap in each sandwich in foil sandwich wrap. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
						<ol style="list-style-type: none"> Portion 1 sandwich per serving.

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

(Continued on Back)

Fish Sandwich, fried (Continued)

Serving: 1 sandwich provides 2 meat/meat. alternate and 1 serving grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	374	Iron	2.37	Mg	Protein	17.92	G	Percent Of	⇒	Protein	19.18%
Cholesterol	43	Mg	147.23	Mg	Carbohydrates	41.14	G	⇒	⇒	Carbohydrates	44.04%
Sodium	641	Mg	0	RE	Total Fat	15.20	G	⇒	⇒	Total Fat	36.62%
Dietary Fiber	2.40	G	0.00	Mg	Saturated Fat	2.87	G	From	⇒	Saturated Fat	6.92%

Production Notes:

Serving Notes:

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

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.