

## MEAT/MEAT ALTERNATES

### Sandwiches

Trays of cold sandwiches should be covered with plastic wrap prior to refrigeration. Trays of hot sandwiches should be covered with aluminum foil with holes cut into the foil.

To maintain quality and freshness of hot wrapped sandwiches, always use sandwich wrap that encloses the sandwich. Individual sandwich bags may be used for cold sandwiches.

It is recommended to discard assembled leftover hot sandwiches. To meet HACCP requirements when a meat item is reheated, the meat in the sandwich must reach 165 ° F for 15 seconds. Consider the quality of the product when this process is followed. Toward the end of meal service, sandwiches should be prepared to the line to prevent excessive leftovers.

Many smoked ham and turkey ham products have water added. This increases the amount of raw weight needed to yield a serving of cooked lean meat. Refer to the *Food Buying Guide for Child Nutrition Programs*, USDA-FNS, Revised November 2001, for the specific cut of meat used.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure with a fluid measure.

Trimnings of lettuce, tomato and pickle are included in sandwich recipes. The amount planned is not large enough to be credited as a serving of a vegetable. To meet student preferences, offer a variety of trimnings such as lettuce with pickle, lettuce with tomato, and other combinations.

Review Culinary Techniques for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

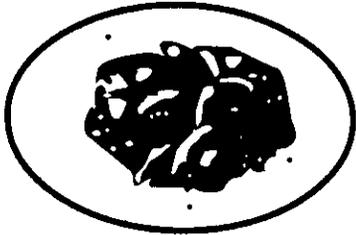
If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- ⊙ Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.
- ⊙ Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

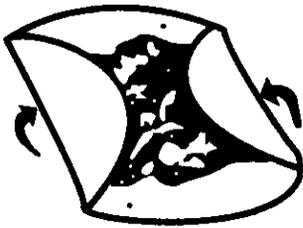
Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

Wrap sandwich recipes are included in this section. Follow the “wrapping” directions on the next page.

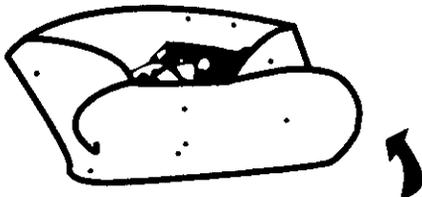
# WRAPS MADE SIMPLE



Portion Ingredients  
in Center of Wrap



Fold in Two Sides



Roll From the  
Bottom up



Bias Slice in Half for an  
Appealing Presentation

MS Cycles II