Tuna and Noodles (210)

(Tuna and Noodles MC210)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		2 Gal		4 Gal		1. Heat water to rolling boil.
Pasta, egg noodle, medium	2 lb 8 oz	1 Gal 3 ½ Qt	5 lb	3 Gal 3 Qt		2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK.
Margarine, lb Celery, fresh, raw, diced, ¼" Onions, fresh, yellow, diced	6 oz 1 lb 14 oz	¾ Cup 3 ¾ Cup,diced 2 ¼ Cup	12 oz 2 lb 1 lb 12 oz	1 ½ Cup 1 Qt 3 ½ Cup 1 Qt 3/4 Cup		3. Melt margarine. Add celery and onions. Cook over medium heat for 5-6 minutes.
Flour, all purpose white, enriched, bleached	8 oz	1 ¾ Cup	1 lb	3 ½ Cup		4. Add flour and stir until smooth.
Milk 2% lowfat Base, chicken Water Black Pepper Parsley, dried Table salt		1 Gal 3 oz 1 Gal 1 ½ Tsp ½ Cup 1 Tsp		2 Gal 6 oz 2 Gal 1 Tbsp 1 Cup 2 Tsp		5. Add milk, chicken base, water, pepper, parsley flakes, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Tuna, light, water pak, drained Lemon juice, canned/bottled	6 lb 6 oz	2 66 1/2 –oz can 2/3 Cup	12 lb 12 oz	4 661/2-oz cans 1 1/3 Cup		6. Add cooked noodles, tuna, and lemon juice. Stir gently to combine. 7. Cook over medium heat for 6-8 minutes, or until heated through.
						8. Pour into serving pans sprayed with food release spray.
Bread Crumbs		2 Cup		1 Qt		9. Sprinkle bread crumbs evenly over each pan.
						10. To bake: Conventional oven: 350 F, 30 minutes Convection oven: 325 F, 25 minutes CCP: Internal temperature of product must register 165 F for 15 seconds or longer.

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Tuna and Noodles (Continued)

						11. Portion with 8 oz ladle (1 cup). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 cup (8 oz ladle) portion provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings; about 3 1/8 gallons
100 servings: about 6 ¼ gallons

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

Calories	245		Iron	2.15	Mg	Protein	21.82	G	Percent ⇒	Protein	35.59%
Cholesterol	44	Mg	Calcium	116.75	Mg	Carbohydrates	26.19	G	Of ⇒	Carbohydrates	42.73%
Sodium	589	Mg	Vitamin A	84	RE	Total Fat	5.71	G	Calories ⇒	Total Fat	20.96%
Dietary Fiber	1.33	G	Vitamin C	2.91	Mg	Saturated Fat	1.90	G	From ⇒	Saturated Fat	6.99%

Production Notes:

Serving Notes:
For color, add ½ cup chopped pimento per 50 servings.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: