

Tuna Salad, only (630)

(Tuna Salad MC630)

Meat/Meat Alternate

Source: MS Cycles

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chunk Light Tuna in Water		2-66.5 oz cans		4-66.5 oz cans		<ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Combine tuna, celery, cooked eggs (optional), onions, pickle relish, dry mustard, mayonnaise. Mix lightly until well blended. 3. Cover and place under refrigeration until ready to use. <p>CCP: Hold and maintain product at a maximum temperature of 41°F.</p> <ol style="list-style-type: none"> 4. Portion tuna salad with No. 8 scoop.
Fresh Celery, Diced		7½ cups		3 qt 3 cups		
Dehydrated Onion Flakes		¼ cup 2 Tbsp		¾ cup		
Sweet Pickle Relish	8¾ oz		1 lb 1½ oz			
Mustard, Powder		1½ tsp		1 Tbsp		
Mayonnaise	2 lb 11 oz		5 lb 6 oz			
Large Eggs		8 eggs		16 eggs		

Serving: ½ cup (No. 8 scoop) tuna salad provides 2 oz meat/meat alternate.

**Yield: 50 servings: 50 salads
100 servings: 100 salads**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	186	Iron	1.09	Mg	Protein	15.91	G	Percent ⇒	Protein	34.29%	
Cholesterol	68	Mg	Calcium	18.42	Mg	Carbohydrates	4.15	G	Of ⇒	Carbohydrates	8.95%
Sodium	418	Mg	Vitamin A	24	RE	Total Fat	11.01	G	Calories ⇒	Total Fat	53.36%
Dietary Fiber	0.36	G	Vitamin C	1.58	Mg	Saturated Fat	2.01	G	From ⇒	Saturated Fat	9.74%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

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

Tomato Stuffed with Tuna Salad (632)

(Tomato Stuffed with Tuna Salad MC632)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Tomatoes	16 lb.		32 lb.			<ol style="list-style-type: none"> 1. Wash tomatoes. 2. Wedge tomatoes into 8 sections. Do not cut tomatoes more than ¼ deep. 3. In bottom of clear 10 oz hinged container, place ¼ cup shredded lettuce. 4. Place tomato on top of bed of lettuce. Portion ½ cup (#8 scoop) of tuna salad in wedged tomato. 5. Place 2 packs of saltine crackers on side. Close container. <p>CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.</p>
Iceberg Lettuce, Shredded		3 qt.		6 qt.		
Tuna Salad (630)		50-1½ cups.		100-1½ cups.		
Saltine Crackers		100-4 packs.		200-4 packs.		

Serving: 1 stuffed tomato provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

**Yield: 50 servings: 50 salads
100 servings: 100 salads**

Nutrients Per Serving:

*** Denotes Missing Nutrient Values**

Calories	317	Iron	1.78	Mg	Protein	17.21	G	Percent ⇒	Protein	21.72%	
Cholesterol	68	Mg	Calcium	26.94	Mg	Carbohydrates	11.03	G	Of ⇒	Carbohydrates	13.92%
Sodium	751	Mg	Vitamin A	116	RE	Total Fat	14.50	G	Calories ⇒	Total Fat	41.16%
Dietary Fiber	2.05	G	Vitamin C	29.56	Mg	Saturated Fat	2.08	G	From ⇒	Saturated Fat	5.90%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

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

Tuna Salad, Graphic (634)

(Tuna salad, Graphic MC634)

Meat/Meat Alternate-Vegetable-Grain/Bread Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cumber with Peel	4 lb.		8 lb.			<ol style="list-style-type: none"> 1. Wash cucumbers and tomatoes. 2. Slice cucumbers ¼" thick. 3. Slice cherry tomatoes in half. 4. Line 9X5 salad tray with green leaf lettuce (2 leaves). 5. Fill with 2 cups of washed mixed greens. 6. Portion ½ cup (#8 scoop) of tuna salad in center of mixed greens. Garnish with paprika. 7. Place 5 cherry tomatoes cut in half around tuna salad mixture. 8. In front corner, place 3 slices of cucumber. 9. Cut boiled eggs into quarters. Place 2 quarters in opposite corners. 10. In top corner, place cluster of grapes (3/8 cup) or other fresh fruit. 11. At top of salad, place two 4 count packs of saline crackers or four 2-count pack of club crackers. 12. Serve 1 tuna salad with 1 packet of dressing. <p>CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.</p>
Cherry Tomatoes	2½ lb.		5 lb.			
Green Salad Mix	12 lb 8 oz.	6 ¼ gal.	25 lb.	12½ gal.		
Loose Leaf Lettuce		100 leaves.		200 leaves.		
Tuna Salad (630)		50 - ½ cups.		100 - ½ cups.		
Large Eggs		25 eggs.		50 eggs.		
Fresh Grapes		9½ cups.		1 gal 3 cups.		
Crackers, Assorted		100 - 4 packs		200 - 4 packs		
Assorted Non-Fat Dressings		50 - 1.5 oz packets.		100 - 1.5 oz packets.		

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 grain/bread. Yield: 50 servings: 50 salads
100 servings: 100 salads

Tuna Salad, Graphic (Continued)

Nutrients Per Serving:

* **D**enotes Missing Nutrient Values

Calories	464		Iron	4.86	Mg	Protein	25.83	G	Percent ⇒	Protein	22.25%
Cholesterol	176	Mg	Calcium	162.69	Mg	Carbohydrates	36.15	G	Of ⇒	Carbohydrates	31.16%
Sodium	1420	Mg	Vitamin A	349	RE	Total Fat	17.62	G	Calories ⇒	Total Fat	34.16%
Dietary Fiber	10.41	G	Vitamin C	48.93	Mg	Saturated Fat	2.97	G	From ⇒	Saturated Fat	5.76%

Production Notes:

Serving Notes:

Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Tuna Salad with Crackers (636)

(Tuna Salad with Crackers MC636)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chunk Light Tuna in Water		2-66.5 oz cans		4-66.5 oz cans		<ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise, and cooked eggs (optional). Mix lightly until well blended. <p>CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p> <ol style="list-style-type: none"> 3. Wash lettuce thoroughly, separate leaves and dry thoroughly. (Shredded lettuce is an option.) 4. Wash tomatoes and wedge with 6-count wedger. 5. Portion tuna salad with #8 scoop onto lettuce leaf and place one tomato wedge on the side. 6. Serve with two 4-count packs of crackers.
Fresh Celery, Diced.		7½ cups.		3 qt 3 cups.		
Dehydrated Onion Flakes.		¼ cup 2 Tbsp		¾ cup.		
Sweet Pickle Relish.	8¾ oz.		1 lb 1½ oz.			
Mustard Powder.		1½ tsp.		1 Tbsp.		
Mayonnaise.	2 lb 11 oz.		5 lb 8 oz.			
Large Eggs.		8 eggs.		16 eggs.		
Loose Leaf Lettuce.	1 lb 4 oz.		2 lb 8 oz.			
Fresh Tomatoes.		9 tomatoes.		18 tomatoes.		
Crackers, Assorted.						

Serving: ½ cup (#8 scoop) tuna salad and 8 crackers provide 2 oz meat/meat alternate and 1 grain/bread.

**Yield: 50 servings: 50 salads
100 servings: 100 salads**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

	294	Iron	2.27	Mg	Protein	18.44	G	Percent ⇒	Protein
Calories	294							⇒	25.11%
Cholesterol	68	Mg	Calcium	25.86	Mg	Carbohydrates	21.89	G	29.80%
Sodium	701	Mg	Vitamin A	45	RE	Total Fat	13.88	G	42.53%
Dietary Fiber	0.76	G	Vitamin C	6.25	Mg	Saturated Fat	2.72	G	8.33%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes: