

# FISH STICKS

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 4 sticks

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Breaded Fish Sticks, Pollock, WGR	400 pieces
Pan Release Spray, Vegetable Oil, #2514	10 second spray

**DIRECTIONS**

- Count out the number of frozen fish sticks needed to provide 2 oz. eq. meat/meat alternate (4 fish sticks per portion).
- Place the frozen fish sticks on sheet pans (18" x 26" x 1") sprayed with pan release spray.
- Bake the fish sticks according to package directions. (Prepare in batches to maintain quality.)  
 CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Remove the fish sticks from the oven and place in steamtable pans. Serve immediately, or cover and place in warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil until ready for service.
- Portion four sticks per serving. Each portion provides 2 oz. eq. meat/meat alternate and 2 oz. eq. whole grain.  
 Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	210	Dietary Fiber	0.00 g	Sodium	400.00 mg	Sat. Fat	2.00 g
Carbohydrates	22.00 g	Protein	12.00 g	Total Fat	10.00 g	Trans Fat	0.00 g