

FISH MELT

**MEAL COMPONENT CONTRIBUTION:**

2½ oz. eq. meat/meat alternate, 3 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 sandwich**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Rectangle, #1041	100 Squares
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Bun, Hamburger, WGR, #1228	100 buns
Cheese, American Process, Sliced, #1308	3 pounds + 2 ounces

DIRECTIONS

- Place the frozen fish patties on sheet pans lined with parchment paper or sprayed with food release spray.
- Follow package or case directions for baking fish patties
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Assemble the sandwiches immediately or cover the pans and hold them in the warmer until ready for sandwich assembly.
 CCP: Hold in warmer at 135 degrees F or warmer until ready for assembly.
- SANDWICH ASSEMBLY:**
 - Place 24 bottom portions of hamburger buns on each sheet pan, 4 down and 6 across.
 - Place the cooked fish patties each bun.
 - Top each fish patty with 1 slice of cheese
 - Cover with the top portion of the bun.
 - Fish Sandwiches may also be wrapped in deli paper, waxed paper, foil sheets, plastic wrap or placed in sandwich bags.
 - Place each Fish Melt Sandwich in a steamtable pans (12" x 20" x 2½") lined with pan liners.
 - Prepare the Fish Melt Sandwiches in batches to maintain quality.
 Serve immediately, or cover the pan with lid, foil or plastic wrap. If foil or plastic wrap is used, cut holes in it to allow steam to escape. Place the pan in warmer until ready for service.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 sandwich per serving. Each portion provides 2½ oz. eq. meat/meat alternate and 3 oz. eq. whole grains.
 CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Unassembled leftovers should be covered, labeled, and dated. For best quality, assembled sandwiches should be discarded. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

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PRODUCTION NOTES

Use USDA Foods products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
 "Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for sandwiches.

Prepare only what can be served in a 30 minute period to maintain quality.

SERVING NOTES

Alternate instructions: Assemble sandwiches on the serving line.

Have condiments available for selection by students. Condiments have not been included in this nutrient analysis – remember to include them in the weekly menu nutrient analysis.

NUTRIENTS PER SERVING

Calories	384	Dietary Fiber	5.00 g	Sodium	803.63 mg	Sat. Fat	4.33 g
Carbohydrates	43.23 g	Protein	22.18 g	Total Fat	14.49 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF FISH MELT

1.



1 serving of Fish Melt