

FISH NUGGETS (FRIED)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1½ oz. eq. whole grains

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

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Nugget, #1040	400 codfish nuggets

DIRECTIONS

- Count out the number of frozen fish nuggets needed to provide 2 oz. eq. meat/meat alternate (4 nuggets per portion).
- Fry the nuggets according to package and/or case 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.
- Place the fish 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.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.
- Portion 4 fish nuggets for per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1½ oz. eq. of whole grains.

PRODUCTION NOTES

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

"Culinary Techniques for Healthy School Meals: Preparing Fish " provides seasoning and serving ideas for fish.

NUTRIENTS PER SERVING

Calories	255	Dietary Fiber	2.00 g	Sodium	360.00 mg	Sat. Fat	1.96 g
Carbohydrates	18.00 g	Protein	15.00 g	Total Fat	13.52 g	Trans Fat	0.00 g