

# FISH SANDWICH (FRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 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
Bun, Hamburger, WGR, #1228	100 buns

**DIRECTIONS**

1. Fry according to package directions.

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.

2. Place the cooked fish squares in steamtable pans. Assemble sandwiches immediately or cover pan until ready for service. If aluminum 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 the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

3. 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.
- 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 Sandwich in a steamtable pan (12" x 20" x 2½") lined with pan liners.
- Prepare the Fish 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 the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

4. Portion 1 sandwich and bun. Each portion provides 2 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 different ingredients are used.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for sandwiches.

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

## SERVING NOTES

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.

Alternate instructions: Assemble sandwiches on the serving line.

## NUTRIENTS PER SERVING

Calories	371	Dietary Fiber	5.00 g	Sodium	590.00 mg	Sat. Fat	1.91 g
Carbohydrates	43.00 g	Protein	19.00 g	Total Fat	14.08 g	Trans Fat	0.00 g