

# FISH SANDWICH (BAKED)

**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
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Bun, Hamburger, WGR, #1228	100 buns

**DIRECTIONS**

1. Thaw the hamburger buns according to the package directions.
2. Spray sheet pans (18" x 26" x 1") with food release spray or line with parchment paper.
3. Place the frozen fish patties on the sheet pans. Bake them according to package directions. Overcooking will cause fish squares to be dry.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

4. Cover the pans with aluminum foil. Cut holes in foil and place in a warmer until ready for assembly.

CCP: Hold in warmer at 135 degrees F or higher until ready for assembly.

5. SANDWICH ASSEMBLY:

- -Place 24 bottom parts of hamburger buns on each sheet pan, 4 down and 6 across.
- -Place a cooked fish squares on each of the buns.
- -Cover the fish patties with the top part of the buns.
- -Sandwiches may also be wrapped in deli paper, waxed paper, foil sheets, plastic wrap or placed in sandwich bags.
- -Place each sandwich in a steamtable pans (12" x 20" x 2½") lined with pan liners.

Prepare the sandwiches in batches to maintain quality.

Serve the sandwiches immediately, or cover the pan with a 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 a warmer until ready for service.

CCP: Hold in warmer at 135 degrees F or warmer until ready for assembly.

6. Place fish sandwiches on the line for service.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher.

7. Portion one sandwich and bun per serving. 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**

- Thaw the hamburger buns according to package directions.
- The Fish Sandwiches may be assembled on the serving line.
- Prepare the Fish Sandwiches for just in time service. Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum 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.

**PURCHASING GUIDE**

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

**MISCELLANEOUS NOTES**

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

**NUTRIENTS PER SERVING**

Calories	330	Dietary Fiber	4.00 g	Sodium	570.00 mg	Sat. Fat	1.50 g
Carbohydrates	43.00 g	Protein	19.00 g	Total Fat	10.00 g	Trans Fat	0.00 g

**ILLUSTRATED PRESENTATION OF FISH SANDWICH (BAKED)**

1.



1 serving of Fish Sandwich