

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. Thaw the hamburger buns according to the package directions.
2. Heat the fryer oil to the desired temperature. Fry the frozen fish patties according to the fryer or package directions.
 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.
3. Assemble the sandwiches immediately or place the fish patties on sheet pans. Place the pans in a warmer until ready for service.
 CCP: Hold and maintain the product at a minimum temperature of 135 degrees or higher.
4. SANDWICH ASSEMBLY:
 - Place 24 bottom portions of hamburger buns on each sheet pan, 4 down and 6 across.
 - Place the cooked fish patties on each bun.
 - Cover each sandwich 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 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 warmer until ready for service.
 CCP: Cover and hold for service at 135 degrees F or higher.
5. Portion one sandwich 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. 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. Leftover assembled sandwiches do not have good quality when reheated. For best quality, assembled sandwiches should be discarded.

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.

FISH SANDWICH (FRIED)

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	370	Dietary Fiber	4.00 g	Sodium	569.00 mg	Sat. Fat	1.91 g
Carbohydrates	42.00 g	Protein	19.00 g	Total Fat	14.08 g	Trans Fat	0.00 g