

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

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 them with parchment paper.
3. Bake the frozen fish squares according to the package directions. Overcooking the patties will cause them 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 the pans 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 portions of hamburger buns on each sheet pan, 4 down and 6 across.
- Place a cooked fish patties on each bun.
- Top each fish patty with one slice of cheese
- 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 Melt 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: Cover and hold for service at 135 degrees F or higher.

6. Portion one 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. 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.

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PRODUCTION NOTES

- Thaw the hamburger buns according to package directions.
- See MRS Recipe #4170.1 for a recipe that uses USDA Foods sliced cheese, instead of the purchased sliced cheese.
- Use USDA Foods products when available.
- Prepare the Fish Melts 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.
- Alternate serving instructions: Fish Melts can be assembled on the service line.

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	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