

# FISH TACO WITH CRISPY SHELL (WGR)

## MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 3 oz. eq. whole grain, ¼ cup of other vegetable, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 taco

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Breaded Fish Sticks, Pollock, WGR	400 pieces
Taco Shell, Crunchy, WGR, #2140	200 shells
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces
Slaw, Cabbage, Separate Color	3 pounds + 8 ounces
Cheese, Pepper Jack, Shredded, USDA	3 pounds + 2 ounces
Salsa, Bulk, #2823	3 quarts

## DIRECTIONS

- Prepare the fish sticks according to the package or case instructions.  
Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Warm the taco shells according to the package directions.
- FOR TOPPINGS:
  - Rinse the tomatoes under cool, running water, then drain them thoroughly. Core and dice tomatoes in ½ inch pieces.  
Combine the diced tomatoes with the cabbage, tossing lightly. Portion 3/8 cup in portion containers.
  - Weigh ½ ounce of cheese in individual portion containers.
  - Portion 1 ounce of salsa in individual portion containers.
  - Cover and refrigerate for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Before serving or on serving line, fill each shell with 2 fish sticks.
- Serve preportioned cabbage and tomato mixture, salsa, and 1-ounce of cheese on the side with fish-filled tortillas. Instruct students to "build" their own tacos.
- Portion 1 taco with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 3 oz. eq. of whole grain, ¼ cup of other vegetable, and 1/8 cup of red/orange vegetable.  
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. Discard assembled leftovers.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

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

## NUTRIENTS PER SERVING

Calories	400	Dietary Fiber	3.45 g	Sodium	723.00 mg	Sat. Fat	4.51 g
Carbohydrates	41.70 g	Protein	17.31 g	Total Fat	20.56 g	Trans Fat	0.00 g