

FISH TACO IN A SOFT TORTILLA (WGR)

MEAL COMPONENT CONTRIBUTION:

2 oz.eq. meat/meat alternate, 2¼ oz. eq. whole grain, ¼ cup of other vegetable, and 1/8 cup of 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
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Nugget, #1040	300 codfish nuggets
Tortilla, Soft Flour, 8" , #1222	100 tortillas
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces
Slaw, Cabbage, Separate Color	3 pounds + 8 ounces
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, #1307	1 pound + 9 ounces
Salsa, Bulk, #2823	3 quarts

DIRECTIONS

1. Prepare the codfish nuggets according to the instructions on the case or package. Keep them warm until ready for service.

CCP: Heat to 165 degrees F or higher for 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. Warm the tortillas according to the package directions.
3. For toppings:
 - Rinse the tomatoes under cool, running water, then drain them thoroughly. Core and dice tomatoes in ½ inch pieces.
 - Combine the tomatoes with the cabbage, tossing lightly. Portion 3/8 cup in a portion container.
 - Combine the cheeses and portion ½ ounce of cheese mixture in a portion container.
 - Portion 1 ounce of salsa in a portion container.

Cover and refrigerate each of these, until ready for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated.

4. Before serving or on serving line, fill each tortilla with 3 codfish nuggets. Serve preportioned cabbage and tomato mixture, salsa, and ½ ounce of cheese on the side of the fish filled tortillas. Instruct students to "build" their own tacos.
5. Portion 1 taco with trimmings per serving. Each portion provides 2 oz. eq. meat/meat alternate, 2¼ oz. eq. 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.

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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 the recipe is altered.
If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

NUTRIENTS PER SERVING

Calories	325	Dietary Fiber	5.20 g	Sodium	574.00 mg	Sat. Fat	4.73 g
Carbohydrates	36.20 g	Protein	18.06 g	Total Fat	12.69 g	Trans Fat	0.00 g