

# BAKED FISH NUGGETS

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1½ oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 4 nuggets

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



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Codfish, Nugget, #1040	400 codfish nuggets

**DIRECTIONS**

- Spray sheet pans (18" X 26" X 1") with pan release spray.
- Count out number of frozen fish nuggets needed to provide 2 oz. eq. meat/meat alternate (4 nuggets per portion).  
Place frozen fish nuggets on prepared sheet pans.
- Bake according to package directions. (Prepare in batches to maintain quality.)  
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Remove from oven and place in steamtable pans. Serve immediately, or cover and place in warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.
- Portion 4 nuggets per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1½ oz. eq. whole grains.

**PRODUCTION NOTES**

Prepare only what can be served in a 30 minute period to maintain maximum quality.

"Culinary Techniques for Healthy School Meals: Preparing Fish" provides seasoning and serving ideas for fish.

**NUTRIENTS PER SERVING**

Calories	210	Dietary Fiber	2.00 g	Sodium	360.00 mg	Sat. Fat	1.50 g
Carbohydrates	18.00 g	Protein	15.00 g	Total Fat	9.00 g	Trans Fat	0.00 g