

FISH NUGGETS (BAKED)

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)
Codfish, Nugget, #1040	400 codfish nuggets
Pan Release Spray, Vegetable Oil, #2514	10 second spray

DIRECTIONS

- 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 sheet pans (18" x 26" x 1") sprayed with pan release spray.
- 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