

Recipe Prep Sheet

American Dairy Association North East

990045 - Crunchy Fish Tacos

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
042189	MILK,BTTRMLK,FLUID,CULTURED,RED FAT	1 qt	Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.
001287	YOGURT,GREEK,PLN,LOWFAT	12 LB	
120317	Chunky Salsa - Mild	2 cup	
			In a bowl,combine salsa,buttermilk,and yogurt. Chill until meal service.
011109	CABBAGE,RAW	1 qt, shredded + 2 CUP, shredded	Combine cabbages and shredded carrots and set aside until meal service. NOTE: Coleslaw mix can be purchased in place of this hand-prepared combination. CCP: Refrigerate until served.
011112	CABBAGE,RED,RAW	2 CUP, shredded	
011124	CARROTS,RAW	1 CUP, grated	
121908	Crunchy Breaded Alaska Pollock Fish Sticks	50 (4 pieces)	Prepare fish sticks in the oven as directed by manufacturer. Warm flour tortillas. Wedge the limes and chop the cilantro. Meal service: Place 4 fish sticks on flour tortilla,add 1/8 cup of slaw mix,top with #16 scoop (2oz) of the dressing,and place limes and cilantro out as condiments for students to add. CCP: Hold at 135° F or higher.
799965	FLOUR TORTILLAS, 10" WHL WHT	50 EACH TORTILLA	
011165	CORIANDER (CILANTRO) LEAVES,RAW	2 CUP	
009159	LIMES,RAW	16 fruit (2" dia)	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (each)

Calories ¹	463.755 kcal	Total Fat	15.831 g	Total Dietary Fiber	7.490 g	Vitamin C	*12.377* mg	30.723% Calories from Total Fat
Saturated Fat ¹	3.210 g	Trans Fat ²	*0.066* g	Protein	32.562 g	Iron	2.103 mg	6.229% Calories from Sat Fat
Sodium ¹	825.488 mg	Cholesterol	56.707 mg	Vitamin A	*873.622* IU	Water	*202.977* g	*0.129%* Calories from Trans Fat
Sugars	*7.132* g	Carbohydrate	50.259 g	Calcium	201.612 mg	Ash	*N/A* g	43.349% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.086% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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