



## 825078 - Fish Taco

Source: K12 Culinary  
 Number of Portions: 40  
 Size of Portion: each

### Components:

Meat/Alt: 2 oz  
 Grains: 1.25 oz  
 Fruit:  
 Vegetable:  
 Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Ethnic Foods  
 Meat/Meat Alter  
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	40 tortilla, 8" (CN=1.75G)	Thaw tortillas at room temperature at least overnight. Proper thawing will aid in handling the product without breaking and cracking.
825052R Taco Dip.....	1 qt	Prepare school made Taco Dip according to recipe. Use a #40 disher to portion 1 2/3 Tbsp. dip into a 2-ounce portion cup. <b>CCP: Hold at 41 degrees F. or lower.</b>
050338 CATFISH, BREADED, STRIPS, PARTIALLY-FRIE....	10 lbs	Line sheet pans with parchment paper or spray with pan release. Place catfish strips on prepared pans leaving at least 1 inch between each piece for proper browning. Bake according to the manufacturer's instructions. Do not overcook! <b>CCP: Heat to 145° F or higher for at least 15 Seconds</b>  <b>CCP: Hold at 135° F or higher.</b>

		<p>To assemble for just in time service, use tongs to place two catfish strips (2 oz each) in the center of each thawed tortilla. Fold tortilla over the two fish portions.</p> <p>Serve 1 Fish Taco and 1 portion cup of Taco Dip.</p> <p>Menu recommendations: Offer Pineapple Jalapeno Slaw, Pico Cup, or Salsa Cup on the side and school made Lime Yogurt Dip as an additional condiment.</p> <p><b>Important note: This recipe was based on each 2 oz filet crediting for 1 oz eq M/MA. Please use the CN label or product formulation statement to confirm crediting information on the fish product received. Crediting may vary requiring recipe adjustment.</b></p> <p>Note: This menu item does not provide adequate 2 oz eq grain for grades 9-12 lunch; additional tortilla or tortilla chips could be offered.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
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\*Nutrients are based upon 1 Portion Size (each)

Calories	370 kcal	Cholesterol	52 mg	Sugars	*2.7* g	Calcium	125.60 mg	32.18%	Calories from Total Fat
Total Fat	13.22 g	Sodium	485 mg	Protein	21.14 g	Iron	1.48 mg	6.70%	Calories from Saturated Fat
Saturated Fat	2.75 g	Carbohydrates	39.69 g	Vitamin A	32.5 IU	Water <sup>1</sup>	*19.30* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.03 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*0.19* g	42.95%	Calories from Carbohydrates
								22.88%	Calories from Protein

\*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.