

BBQ TUNA CRUNCH SANDWICH OR SALAD

Adapted from StarKist



PROCESS METHOD 2: Same Day Service

YIELD: 50 servings

SERVING SIZE: ½ cup

PREP TIME: 20 minutes **COOK TIME:** 0

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Tuna, canned, low sodium, chilled, then drained (such as USDA Foods)	2 - 66.5 oz. cans		<p>CHEF'S TIP: Pre-chill tuna and BBQ sauce to 41°F prior to opening containers to control time in the temperature danger zone.</p> <p>1. Place drained tuna in a large mixing bowl and flake with a fork to separate tuna.</p>
Carrots, shredded, ready to eat	10 lb., 4 oz.	3 gal., 2 cups	<p>2. Add carrots and BBQ sauce to tuna; mix thoroughly to blend all ingredients. CCP: Cold hold at 41°F or below. Serve as sandwiches or salads (directions follow).</p>
BBQ Sauce, chilled		96 fl. oz. (2 qt.), or less to taste	
			<p>Serving Suggestion for Sandwiches:</p> <p>3. Portion a packed #8 scoop of tuna mixture on whole grain-rich bread, bun or English Muffin, top with second slice or half. CCP: Cold hold at 41°F or below.</p> <p>4. Serve 1 sandwich for grades 9-12; if desired, serve half for grades K-8.</p>
			OR
			<p>Serving Suggestion for Salads:</p> <p>3. Portion a packed #8 scoop of tuna mixture on 1 cup bed of mixed salad greens. CCP: Cold hold at 41°F or below.</p> <p>4. Serve full salad portion for grades 9-12. If desired, serve half for grades K-8.</p>

COMPONENT CONTRIBUTION PER SERVING: 2 oz. equivalent Meat/Meat Alternate; ½ cup Vegetables (½ cup red/orange subgroup) — whole grain contribution on sandwich depends on grain used

APPROXIMATE NUTRIENT ANALYSIS PER FULL SERVING: 190 calories, 0 g fat, 0 g saturated fat, 0 g *trans* fat, 730 mg sodium, 32 g carbohydrate, 1.5 g dietary fiber, 13 g protein, 9188 IU vitamin A, 9 mg vitamin C, 18 mg calcium and 1.6 mg iron

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

