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
## BBQ TUNA CRUNCH SANDWICH OR SALAD

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

### INGREDIENTS | WEIGHT | MEASURE | METHOD
---|---|---|---
Tuna, canned, low sodium, chilled, then drained (such as USDA Foods) | 2 - 66.5 oz. cans |  | CHEF’S TIP: Pre-chill tuna and BBQ sauce to 41°F prior to opening containers to control time in the temperature danger zone.  
1. Place drained tuna in a large mixing bowl and flake with a fork to separate tuna.

Carrots, shredded, ready to eat | 10 lb., 4 oz. | 3 gal., 2 cups | 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).

BBQ Sauce, chilled | 96 fl. oz. (2 qt.), or less to taste |  |  

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### Serving Suggestion for Sandwiches:
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.  
4. Serve 1 sandwich for grades 9-12; if desired, serve half for grades K-8.

OR

### Serving Suggestion for Salads:
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.  

### 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.