

CHILI RANCH SLAW & FISH WRAP



PROCESS METHOD 2: Same Day Service

YIELD: 48 servings

SERVING SIZE: 1 wrap grades 9-12; Half of wrap grades K-8

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

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Fish sticks, frozen (2 M/MA, 1 oz. eq. Grains per four 1 oz. sticks)	12 lb.	192 fish sticks	1. Place fish sticks on parchment paper-lined baking sheets; sprinkle tops with 1 tablespoon chili lime seasoning. Bake fish sticks according to manufacturer's directions and until they reach 165°F internal temperature for 15 seconds. CCP: Hot Hold at 135°F or higher.
Chili lime seasoning, salt-free variety		2 Tbsp., divided	
Ranch dressing, low-fat, prepared		3 cups	2. While fish sticks are baking, combine ranch dressing and 1 tablespoon of chili lime seasoning. Mix shredded carrots and cabbages, chopped cilantro and dressing to make crispy slaw. CCP: Cold Hold at 41°F or lower. CHEF'S TIP: Flavors develop if slaw is made the day before, however, slaw compacts and affects yield. Adjust as needed if made the day before. CCP: Cold Hold at 41°F or lower.
Carrots, raw, shredded RTE	2 lb., 8 oz.	12 cups	
Red cabbage, raw, shredded RTE	1 lb.	6 cups	
Green cabbage, raw, shredded RTE	1 lb.	6 cups	
Fresh cilantro, chopped	1.5 oz.	1 cup, or to taste	
Whole grain-rich flour tortilla, 8-inch size (1.7 oz. each, approximately)		48 tortillas	3. TO ASSEMBLE ON SERVING LINE: <ul style="list-style-type: none"> - Place #8 scoop (½ cup) of slaw (loose measure, not packed) in center of 8-inch whole grain-rich tortilla. - Place 4 fish sticks on top of slaw and wrap burrito-style. - If desired, cut in half for K-8 serving.

COMPONENT CONTRIBUTION PER FULL SERVING*: 2 oz. equivalent Meat/Meat Alternate; 2.5 oz. equivalent whole grain-rich Grains; ½ cup Vegetables (¼ cup red/orange subgroup, ¼ cup other subgroup)

**Values could vary based on specific fish, vegetable and grain products used*

APPROXIMATE NUTRIENT ANALYSIS PER FULL SERVING: 415 calories, 20 g fat, 5 g saturated fat, 0 g *trans* fat, 750 mg sodium, 47 g carbohydrate, 3 g dietary fiber, 16 g protein, 4757 IU vitamin A, 11 mg vitamin C, 58 calcium, 1 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.

