



376 Fish Tacos w/ Fresh Pineapple Salsa

Category: Lunch Entree

Serves: 50 (Serving)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Fish, Wheat	None	None

PICKLIST
100 2 ounces of Alaska Pollock Fish Sticks, 1 1# bag of Cilantro, 1 5# bag of Onion, Red, Fresh, 5 13 oz containers of Peppers, Crushed Red, 1 #10 can of Pineapple Tidbits, Cnd, in Natural Juice, 1 Teaspoon of Salt, Table

#	INGREDIENTS	INSTRUCTIONS
1	12 1/2 pounds of Alaska Pollock Fish Sticks	Cook fish sticks according to package instructions, or until heated to proper temp. Place 2 tortillas side by side in clamshell container, and place 2 cooked fish sticks inside each tortilla.
2	50 x 1/4 Cup of Fresh Pineapple Salsa	Make the salsa according to the directions. Portion 1/4 cup servings of salsa into small 4 oz cups. Serve alongside tacos.
3	100 x Tortilla of Tortilla, Corn, Thick (6")	

NUTRIENT	SERVING
Calories	430.1438 kcals
Saturated Fat	1.9913 g
Sodium	495.7331 mg
Total Carbohydrate	69.0456 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Serving	2.000 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)



906557 Onion, Red

Category: Vegetables and Vegetable Products

Serves: 1 (Pound)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	8 x 1/2 up sliced of Onion, Red, Fresh	

NOTES
FBG (Column 3 & 4) 1# FRESH ONION = 4.65 (1/2 cup) servings diced onion = .5 OTHER VEGETABLE FBG (Column 3 & 4) - 1# FRESH ONION = 7 (1/2 cup) servings sliced onion = .5 OTHER VEGETABLE

NUTRIENT	POUND
Calories	170.0972 kcals
Saturated Fat	0 g
Sodium	14.175 mg
Total Carbohydrate	42.5241 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Pound	



375 Fresh Pineapple Salsa

Category: Condiments

Serves: 50 (1/4 Cup)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	7 2/3 x cup(s) of Pineapple Tidbits, Cnd, in Natural Juice	Drain pineapple.
2	11 ounces 3 1/4 grams of Red Peppers 1 ounce 11 1/8 grams of Cilantro	Rinse and dry peppers and cilantro. Dice peppers into 1/2" pieces and finely chop cilantro.
3	5 ounces 15 3/4 grams of Juice, Lime 12 1/2 ounces of Onion, Red, Fresh 3/4 x tsp of Peppers, Crushed Red 3/4 teaspoon of Salt, Table	Combine drained pineapple, diced onions and peppers, chopped cilantro, lime juice, red pepper flakes, and salt in a mixing bowl. Toss to combine. Portion 1/4 C servings into small 4oz cups.

NUTRIENT	1/4 CUP
Calories	21.2526 kcals
Saturated Fat	0.0019 g
Sodium	37.845 mg
Total Carbohydrate	5.1618 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
1/4 Cup	



365 Alaska Pollock Fish Sticks

Category: Lunch Entree

Serves: 13 (Pound)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Fish, Wheat	None	None

NOTES
Fish is uncooked. Item needs to be cooked.

NUTRIENT	POUND
Calories	835.5649 kcals
Saturated Fat	7.9578 g
Sodium	1591.5523 mg
Total Carbohydrate	87.5354 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Pound	