

Tuna and Noodles



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11756
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4IN MED	4 1/2 Pound		654541
MARGARINE SLD	1 Pint		733061
CELERY JUMBO 16-24CT	1 1/2 Quart		198536
ONION YELLOW JUMBO	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart		330094
MILK WHT FF	1 Gallon		557862
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
PARSLEY CALIF CLND	1 Ounce		272396
TUNA CHNK WHT ALBA	16 Pound 10 Ounce (266 Ounce)	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100	1 1/4 Cup		311227
BROTH CHIX	1 Gallon		264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	16.369
Grain	1.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.000
OtherVeg	0.340
Legumes	0.000
Starch	0.050

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		645.32	
Fat		5.77g	
SaturatedFat		1.84g	
Trans Fat*		0.00g	
Cholesterol		207.69mg	
Sodium		709.30mg	
Carbohydrates		37.03g	
Fiber		2.42g	
Sugar		4.80g	
Protein		114.59g	
Vitamin A	378.23IU	Vitamin C	6.95mg
Calcium	103.76mg	Iron	1.66mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
