

Tuna Melt

Meal Components: Grains, Meat / Meat Alternate

Sandwiches, F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	<ol style="list-style-type: none"> Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
Dry mustard		1/2 tsp		1 tsp	
Reduced calorie salad dressing	11 oz	1 1/4 cups 2 Tbsp	1 lb 5 1/2 oz	2 3/4 cups	<ol style="list-style-type: none"> In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	11 oz	1 1/4 cups 2 Tbsp	1 lb 5 1/2 oz	2 3/4 cups	
Canned tuna, water-packed, chunk, drained	1 lb 9 1/4 oz (1/2 can 66 1/2 oz)	3 1/2 cups	3 lb 2 1/2 oz (1 can 66 1/2 oz)	1 qt 3 cups	
*Fresh onions, chopped		1/4 cup	2 1/2 oz	1/4 cup 3 Tbsp	
OR		OR		OR	

*Fresh celery, 1/4" diced	8 oz	2 cups	1 lb	1 qt	
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	4. Place 12 English muffin halves on each half-sheet pan (13" x 18" x 1"). Spread No. 16 scoop (¼ cup) of tuna salad on each muffin half. Place ½ slice of cheese on top of the tuna salad.
Enriched English muffins (at least 1.8 oz each)		12 each		24 each	5. Bake until cheese is melted: Conventional oven: 350°F for 5 minutes. Convection oven: 325°F for 5 minutes. 6. CCP: Heat to 145°F. 7. CCP: Hold for hot service at 140°F or warmer. Portion is 1 muffin half (1 open-faced sandwich).

Notes

* See Marketing Guide

Special Tip:

Hamburger rolls (at least 1.8 oz each) may be substituted for English muffins.

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Mature onions	2 oz	4 oz
Celery	10 oz	1 lb 4 oz

Serving	Yield	Volume
1 muffin half (1 open-faced sandwich) provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.	24 Servings: 3 lb 5 ½ oz (filling) 4 lb 9 oz	24 Servings: 1 quart 2 ¼ cups (filling) 24 sandwiches
Portion sizes 1-5 years olds 1 muffin half 6-12 years old 2 muffin halves credits M/MA and grain components	48 Servings: 6 lb 11 oz (filling) 9 lb 2 oz	48 Servings: 3 quarts ½ cup (filling) 48 sandwiches

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Nutrients Per Serving					
Calories	183	Saturated Fat	2.31 g	Iron	1.37 mg
Protein	14.36 g	Cholesterol	40 mg	Calcium	189 mg
Carbohydrate	16.78 g	Vitamin A	164 IU	Sodium	462 mg
Total Fat	6.2 g	Vitamin C	0.8 mg	Dietary Fiber	1.1 g