# Idaho Child Nutrition



**Recipe: 500196 TUNA AND NOODLES**
Recipe Source: USDA D-37
Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: CUP

| | | |
|---|---|---|
| 014429 WATER,MUNICIPAL.....<br>020109 NOODLES,EGG,DRY,ENRICHED..... | 2 GAL<br>2 LB + 8 OZ | 1. Heat water to rolling boil.<br><br>2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6. |
| 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD.....<br>011143 CELERY,RAW.....<br>011282 ONIONS,RAW..... | 8 OZ<br>1 LB, chopped<br>14 OZ, chopped | 3. Melt margarine or butter. Add celery and onions. Cook over medium heat for 5-6 minutes. |
| 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...<br>001155 MILK,DRY,NONFAT,INST,WO/ VIT A.....<br>044188 SOUP,CHICKEN BROTH,LO SODIUM,CND.....<br>002030 PEPPER,BLACK.....<br>002029 PARSLEY,DRIED.....<br>002047 SALT,TABLE..... | 8 OZ<br>1 GAL<br>1 GAL<br>1 1/2 TSP<br>1/2 CUP<br>1 TSP | 4. Add flour and stir until smooth.<br><br>5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes. |
| 015126 TUNA,WHITE,CND IN H2O,DRND SOL.....<br>009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH..... | 2 (66 1/2 OZ CAN, drained)<br>2/3 CUP | 6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes.<br><br>**CCP: Heat to 165° F or higher for at least 15 seconds**. |
| | | 7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly.<br><br>8. **CCP: Hold for hot service at 135° F or higher**.<br><br>Portion with 8 oz ladle (1 cup). |
| | | **Food as Purchased**<br><br>**50 Servings** / **100 Servings**<br>Celery: 1 lb 4 oz / 2 lb 8 oz<br>Mature onions: 1 lb / 2 lb |

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| | | **Serving**<br><br>1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate an d 1 ¼ serving of grains/breads. |

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|---|---|---|---|---|---|---|---|---|---|
| Calories | 282 | | Iron | 3.91 | mg | Protein | 23.18 | g | 32.88% Calories from Prot |
| Cholesterol | 51 | mg | Calcium | 132.99 | mg | Carbohydrates | 33.15 | g | 47.02% Calories from Carb |
| Sodium | 391 | mg | Vitamin A | 276 | IU | Total Fat | 5.79 | g | 18.47% Calories from T Fat |
| Dietary Fiber | 1.48 | g | Vitamin C | 2.79 | mg | Saturated Fat | 1.24 | g | 3.97% Calories from S Fat |
| | | | | | | Trans. Fat | 0.00* | g | 0.00% Calories from Trans. Fat |

| **Miscellaneous** | | | **Attributes** | **Allergens Present** | **Allergens Absent** | **Allergens Unidentified** |
|---|---|---|---|---|---|---|
| Meat/Alt..... | oz. | | | | | ? - Milk |
| Grain/Bread..... | srv. | | | | | ? - Egg |
| F/V/J..... | cup | | | | | ? - Peanut |
| Milk..... | fl. oz. | | | | | ? - Tree Nut |
| | | | | | | ? - Fish |
| **Moisture & Fat Change** | | | | | | ? - Shellfish |
| Moisture Change. | 0% | | | | | ? - Soy |
| Fat Change..... | 0% | | | | | ? - Wheat |
| Type of Fat..... | | | | | | |

**Production Specification**

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|---|---|---|---|---|---|
| I | 050121 | Tuna and Noodles | | | |
| I | 014429 | WATER,MUNICIPAL | | | |
| I | 020109 | NOODLES,EGG,DRY,ENRICHED | | | |
| I | 004075 | MARGARINE,REG,HARD,SOYBN (HYDR)&CTT | | | |
| I | 011143 | CELERY,RAW | | | |
| I | 011282 | ONIONS,RAW | | | |
| I | 020081 | WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA | | | |
| I | 001155 | MILK,DRY,NONFAT,INST,WO/ VIT A | | | |
| I | 044188 | SOUP,CHICKEN BROTH,LO SODIUM,CND | | | |
| I | 002030 | PEPPER,BLACK | | | |
| I | 002029 | PARSLEY,DRIED | | | |
| I | 002047 | SALT,TABLE | | | |
| I | 015126 | TUNA,WHITE,CND IN H2O,DRND SOL | | | |
| I | 009154 | LEMON JUC,FRZ,UNSWTND,SINGLE STRENG | | | |