

Mozzarella Crusted Pollock



Student Feedback

"I love this fish!"
— 1st Grade Student



"I want more school lunches like this."
— 4th Grade Student



"This is like eating at a fancy restaurant."
— 5th Grade Student



"I have never liked fish, but this is really good."
— 7th Grade Student



"This might be the best school lunch ever made."
— High School Student



"I can't wait to eat. This meal smells so good."
— High School Student

CHEF RECOMMENDS



Mozzarella Crusted Pollock

Vegetable Pasta Salad

Sweet Potato Sticks

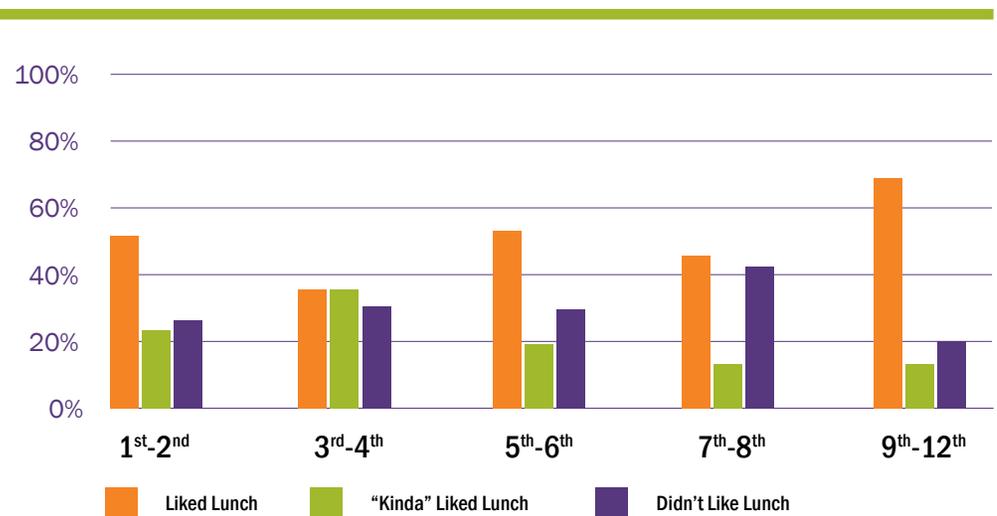
Apple Crisp

Low-Fat Milk

Estimated
Food Cost

94¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Mozzarella Crusted Pollock	1 Pollock Wedge	1 Pollock Wedge
Vegetable Pasta Salad	7/8 cup	7/8 cup
Sweet Potato Sticks	1/2 cup	3/4 cup
Apple Crisp	1 piece	1 piece + 1/2 cup mixed fruit
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 2 Grains .5 cup Fruit .875 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable

MOZZARELLA CRUSTED POLLOCK

Number of Portions: 100

Portion Size: Grades K-12: 2.6 oz. wedge

INGREDIENTS:

K-12
Quantities:

Green Onions, whole, fresh		¼ lb.
Mozzarella Cheese 		1 lb.
Mayonnaise, light 		2 ½ cups
Garlic Powder		1 ¼ tbsp.
Dried Oregano		2 tbsp.
Dried Basil		2 tbsp.
Salt		½ tbsp.
Black Pepper		½ tbsp.
Pollock Wedges 		100 wedges



DIRECTIONS:

PRE-HEAT OVENS:

Conventional Oven: Pre-heat to 425 °F.

Convection Oven: Pre-heat to 375 °F.

PREPARE INGREDIENTS:

Chop green onions. Shred mozzarella cheese.

PREPARE MOZZARELLA TOPPING:

In a mixer, using the paddle attachment, mix mayonnaise, onions, mozzarella, garlic powder, oregano, basil, salt and pepper.

TIP: Sauce is best if made one day ahead of time. Store in refrigerator.

PREPARE FISH:

Do not thaw. Spread 1 ¼ tbsp. of mozzarella topping across the top of each frozen pollock piece.

BAKE FISH:

Place parchment paper on a shallow metal baking sheet. Place fish portions on pan, leaving space between pieces.

Conventional Oven: Bake at 425 °F for 20-25 minutes.

Convection Oven: Bake at 375 °F for 15-20 minutes.

Fish is done when it flakes apart easily and internal temperature reaches 155 °F.

RECIPE CONTRIBUTIONS

GRADES K-12

Meats/MA Contribution

Meats/MA Total

Pollock

Cheese

2 oz. eq.

2.16

2

.16



CALORIES

GRADES K-12

95

SATURATED FAT

GRADES K-12

.98g

SODIUM

GRADES K-12

158mg

DIRECTIONS:

PREPARE INGREDIENTS:

Dice tomatoes.

COOK PASTA:

Cook pasta according to package directions until “al dente” (tender, but still a little firm) and cool. **DO NOT OVERCOOK PASTA.**

PREPARE DRESSING:

In a mixer, using a whisk attachment, combine mayonnaise, yogurt, parsley, onion powder, garlic powder, lemon juice, salt, and dill weed.

ASSEMBLE DISH:

Toss dill-ranch dressing, pasta, broccoli florets, and diced tomatoes in a large mixing bowl. Serve chilled.

RECIPE CONTRIBUTIONS

GRADES K-12

Vegetables Contribution	.375 cup
Vegetables Total	.376
Broccoli	.25
Tomatoes	.126

Grains Contribution	1 oz. eq.
Grains Total	1.02
Rotini	1.02



CALORIES

GRADES K-12

177

SATURATED FAT

GRADES K-12

2.62g

SODIUM

GRADES K-12

394mg

Chef Brenda's Tips



- ☞ Rather than serving the fish with a tartar sauce, this recipe bakes a sauce on top to add flavor and texture. A cheese sauce adds great flavor and binds well when baked. It also adds a nice golden brown color to the fish. This is a very quick and easy item to add to the fish, and it really improves the quality of the meal.
- ☞ Be sure to watch the fish so you do not overcook it. The fish does not take long to cook, even from a frozen state. If the fish is overcooked, it dries out and affects the quality of the meal.
- ☞ The USDA pasta is delicious as long as it is not overcooked. Cook the pasta until it is “al dente” (tender, but still a little firm). When the pasta has reached the desired texture, rinse with cold water to stop the cooking.
- ☞ Making the pasta one day ahead of time is highly recommended so that it is chilled well. This also provides the best flavor for the salad.

VEGETABLE PASTA SALAD

Number of Portions: 100

Portion Size: Grades K-12: 7/8 cup

INGREDIENTS:

K-12
Quantities:

Tomatoes, whole, raw		6 5/8 lbs.
Whole Grain Rotini 		6 lbs.
Mayonnaise, light 		1 gallon
Plain Yogurt, low-fat		2 cups
Dried Parsley		1 cup
Onion Powder		2 1/2 tbsp.
Garlic Powder		1/4 cup
Lemon Juice		1/4 cup
Salt		2 tbsp.
Dried Dill Weed		1/2 cup
Broccoli, florets, fresh		3 1/2 lbs.

