

# Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	1. 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.
Dry mustard		½ tsp		1 tsp	
Reduced calorie salad dressing	11 oz	1 ¼ cups 2 Tbsp	1 lb 5 ½ oz	2 ¾ cups	2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
OR Lowfat mayonnaise	OR 11 oz	OR 1 ¼ cups 2 Tbsp	OR 1 lb 5 ½ oz	OR 2 ¾ cups	
Canned tuna, water-packed, chunk, drained	1 lb 9 ¼ oz (½ can 66 ½ oz)	3 ½ cups	3 lb 2 ½ oz (1 can 66 ½ oz)	1 qt 3 cups	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	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.
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	
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  CCP: Heat to 145° F.

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\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 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.	<b>24 Servings:</b> 3 lb 5 ½ oz (filling) 4 lb 9 oz	<b>24 Servings:</b> 1 quart 2 ¼ cups (filling) 24 sandwiches
	<b>48 Servings:</b> 6 lb 11 oz (filling) 9 lb 2 oz	<b>48 Servings:</b> 3 quarts ½ cup (filling) 48 sandwiches
Tested 2004		

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

## Nutrients Per Serving

<b>Calories</b>	183	<b>Saturated Fat</b>	2.31 g	<b>Iron</b>	1.37 mg
<b>Protein</b>	14.36 g	<b>Cholesterol</b>	40 mg	<b>Calcium</b>	189 mg
<b>Carbohydrate</b>	16.78 g	<b>Vitamin A</b>	164 IU	<b>Sodium</b>	462 mg
<b>Total Fat</b>	6.20 g	<b>Vitamin C</b>	0.8 mg	<b>Dietary Fiber</b>	1.1 g