

Tuna Salad Pita Sandwich

Meat/Meat Alternate

F-08 Modified

	48 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned tuna, water-packed, chunk, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)			<ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Cover and refrigerate until ready to use. 5. CCP: Cool to 41° F or lower within 4 hours. 6. CCP: Hold at 41° F or colder. 7. Cut each 2 oz WGR pita into two semi-circular halves. Portion ¼ cup of tuna salad into each pita half. Distribute the meat evenly. 8. Cut each pita half into two even quarter pieces if serving children age 5 years and under. 9. Cover and refrigerate until ready to use. 10. CCP: Cool to 41° F or lower within 4 hours. 11. CCP: Hold at 41° F or colder. 12. Serve with shredded romaine lettuce.
*Fresh onions, finely chopped (pieces no larger than ¼ inch) OR Dehydrated onions	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Fresh celery, chilled, finely chopped (pieces no larger than 1/4 inch)	2 lb	1 qt 3 ¾ cups			
Sweet pickle relish, undrained	8 oz	1 cup			
Dry mustard		1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups			
WGR pita bread, 2 oz		48 each			

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Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	
Celery	2 lb 8 oz	

Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable and 2 oz grain equivalent.	Yield:	Volume:
1-2 years: not for under 3 years	50 Servings:	50 Servings:
3-5 years: 3 quarter pieces of sandwich		
6-18 Years: 1 full sandwich	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	268.92 kcal	Saturated Fat	0.10 g
Protein	23.80 g	Cholesterol	41.56 mg
Carbohydrate	37.86 g	Vitamin A	7.30 RAE mcg
Total Fat	3.44 g	Vitamin C	1.07 mg
		Iron	1.83 mg
		Calcium	17.73 mg
		Sodium	918.94 mg
		Dietary Fiber	5.61 g