



Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.

AGES: 3–5 years

PREP TIME: 1 hour

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

1 oz eq meat/meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Tuna, canned, in water, drained	1 lb 9 oz	3 cups	3 lb 2 oz	6 cups	<ol style="list-style-type: none"> 2 In a medium bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).
Mayonnaise, reduced-fat	4 oz	½ cup	8 oz	1 cup	
Cheddar cheese, reduced-fat, shredded	4 oz	1 cup	8 oz	2 cups	
Celery seed, dried		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pickle relish, sweet		2 Tbsp + 2 tsp		1/3 cup	
Apples, fresh, unpeeled, cored, sliced thin* (gently wash apples under running water before cutting)	3 lb 7 oz	3 qt+ 1/2 cup	6 lb 14 oz	1 gal + 2 qt + 1 cup	3 Serve 2 Tbsp tuna salad and 1/2 cup (#8 scoop) apple slices (about 5-7). Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide



NUTRITION INFORMATION

2 Tbsp tuna and ½ cup apple slices

NUTRIENTS	AMOUNT
Calories	89
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	16 mg
Sodium	151 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	6 g
Includes Added Sugars	N/A
Protein	8 g
Vitamin D	N/A
Calcium	6 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	3 lb 13 oz	7 lb 9 oz

NOTES

- **Contains milk (cheddar cheese) and fish (tuna).**
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an airtight container at 40 °F or lower until ready to serve.

WEIGHT/YIELDS

25 Servings	50 Servings
2 lb 2 oz tuna salad, 3 lb 7 oz apples	4 lb 4 oz tuna salad, 6 lb 15 oz apples
3 cups 2 Tbsp tuna salad, 3 qt ½ cup apples	1 qt 2¼ cups tuna salad, 1 gal 2 qt 1 cup apples