



Tuna Salad on a Whole-Grain Roll

USDA Recipe for CACFP

A whole grain roll packed with a deliciously satisfying and healthy tuna salad containing onion, celery, eggs and a special dressing make our Tuna Salad on a Whole Grain Roll recipe the one to try for a light lunch!

CACFP CREDITING INFORMATION:
 1 sandwich provides 2.25 oz equivalent meat/meat alternate, 3/8 cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned tuna, chunk style, water packed, drained	3 lb 2½ oz	1 qt 2⅔ cups (about ¾ 66 ½ oz cans)	6 lb 5 oz	3 qt 1⅓ cups (about 1½ 66 ½ oz cans)	1 Drain and flake tuna. Set aside for step 2. 2 Combine tuna, onions, celery, dry mustard, eggs, mayonnaise, parsley, sugar, garlic powder, and onion powder in a large bowl. Stir well. Set aside for step 5.
*Fresh onions, chopped	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Fresh celery, chopped	12 oz	2⅓ cups	1 lb 8 oz	1 qt ⅔ cup	
Dry mustard		¾ tsp		1½ tsp	
Eggs, hard boiled, peeled, chilled, chopped	8 oz	¾ cup 2 Tbsp ⅔ tsp	1 lb	1¾ cups 1⅓ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat mayonnaise	1 lb	1½ cups	2 lb	3 cups	
Parsley		1 Tbsp		2 Tbsp	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Garlic powder		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
					3 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Mini whole-grain rolls (1 oz each)	25 oz	25 each	50 oz	50 each	4 Place the bottom half of 25 rolls on a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Using a No. 8 scoop, portion ½ cup (about 3¾ oz) tuna salad on bottom half of each roll.
*Fresh romaine lettuce, leaves, rinsed, dry	9 oz	25 each	1 lb 2 oz	50 each	6 Place 1 lettuce leaf (about .36 oz) on top of each scoop of tuna salad.
*Fresh tomatoes, sliced	1 lb 9 oz	25 each	3 lb 2 oz	50 each	7 Place 1 tomato slice (about 1 oz) on top of lettuce.
					8 Place top half of roll on each sandwich.
					9 Critical Control Point: Hold at 40 °F or below.
					10 Serve 1 sandwich.



NUTRITION INFORMATION

For 1 sandwich.

NUTRIENTS	AMOUNT
Calories	216
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	60 mg
Sodium	414 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	18 g
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Vitamin D	7 IU
Calcium	52 mg
Iron	1 mg
Potassium	239 mg

N/A=data not available

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	15 oz	1 lb 14 oz
Lettuce	15 oz	1 lb 14 oz
Tomatoes	1 lb 14 oz	3 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 15½ oz (tuna mixture)	About 11 lb 15 oz (tuna mixture)
About 3 qt/25 sandwiches	About 1 gal 1 qt 3¾ cups/50 sandwiches

