

# Baja Fish Tacos - CACFP

## General Information

Recipe #	Category	Source
1977169	Lunch Entree	Local

## Ingredients

Name	Quantity	+ Quantity 2
Cabbage, raw	5 1/8 oz. shredded	
Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914	3 tbsp., 2 5/8 tsp. diced	
Lime juice, raw	3/4 tsp.	
Salt, table	1/8 tsp.	
Coriander (cilantro) leaves, raw	1 tbsp., 2 7/8 tsp.	
Spices, pepper, black	< 1/8 tsp. ground	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	4 1/4 oz.	
Spices, cumin seed	< 1/8 tsp. ground	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1 1/2 tsp.	
Salt, table	< 1/8 tsp.	
Coriander (cilantro) leaves, raw	1 tbsp., 2 7/8 tsp.	
Fish, fish sticks, frozen, prepared	6 oz.	
Tortilla, Corn, White, 6", 12/60ct, 22.5#, Mission, 10605	6 tortillas	



## Preparation Instructions

### HACCP Process: #3 - Complex Food Preparation

1. In a bowl, combine shredded cabbage, diced onion, lime juice, cilantro, salt, and black pepper. Mix together and set aside.
2. In another bowl mix together yogurt, cumin, milk, salt and minced cilantro. Set aside
3. Cook the fish nuggets per package instructions (make sure that the internal temperature is at 165° F) and hold above 140° F until ready to serve.
4. Steam or bake the tortillas to warm (Best to use foil wrap)
5. To serve, place tortilla on a plate and spread 1/3 cup cabbage mixture down the center. Top with 1 fish nugget and 1 Tbsp of yogurt sauce.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Place product in a single layer on a clean pan.

## Baja Fish Tacos - CACFP

Serving Size	Yield
1 Taco	6.00

## Nutrition Facts

### Serving Size 1 Taco (97 gm)

Amount Per Serving	% Daily Value*
Calories	136.867
Total Fat 5.103 gm	7.851%
Saturated Fat 1.099 gm	5.495%
Trans Fat 0.036* gm	
Cholesterol 9.013 mg	3.004%
Sodium 205.332 mg	8.556%
Total Carbohydrate 16.919 gm	5.64%
Dietary Fiber 1.934 gm	7.737%
Total Sugars 2.217 gm	
Includes 0.000 gm of Added Sugars	
Protein 6.346 gm	12.691%
Vitamin A 4.831* mcg RAE	0.537%
Vitamin C 9.902* mg	16.504%
Vitamin D 0.015* mcg	0.075%
Calcium 46.638* mg	4.664%
Iron 0.658* mg	3.656%
Potassium 150.036 mg	3.192%
Saturated Fat % of Calories	7.226%
Added Sugar % of Calories	0.000%

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD:** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains	0.5 oz
Other Vegetables	0.25 cups

## Added Sugar Limitations

Not applicable.

## Vendors

Hiland Dairy Foods 

Mission Foodservice 

US Foods 

## Dates

Last Updated

12-19-2025

Created

09-18-2025

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