



Crabby Sandwich

Looking for a budget-friendly way to include seafood on your menu? Try this tasty sandwich made with imitation crab.

Ages: 3–5 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

the INGREDIENTS

- 3** croissants (at least 68 g or 2 oz each)
- 12 oz** surimi seafood, commercially prepared (imitation crab; see chef tips)
- ¼ cup** mayonnaise, reduced-fat
- ¾ tsp** lemon juice, bottled
- ½ tsp** seafood seasoning
- 3** leaves lettuce, romaine (gently wash lettuce leaves under running water)

the DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** Slice croissants in half horizontally (if not pre-sliced).
- 3.** In a medium bowl, combine surimi (imitation crab), mayonnaise, lemon juice, and seafood seasoning. Stir until well-blended.
- 4.** Place $\frac{2}{3}$ cup seafood mixture and 1 lettuce leaf between each sliced croissant.
- 5.** Cut sandwiches in half crosswise.
- 6.** Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

1 half Crabby Sandwich

Nutrients	Amount
Calories	218
Total Fat	10 g
Saturated Fat	5 g
Cholesterol	40 mg
Sodium	262 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	10 g
Vitamin D	N/A
Calcium	22 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ oz eq meat
 1 oz eq grains

the CHEF TIPS

- **Contains fish (surimi; imitation crab), eggs (mayonnaise), and wheat (croissant).** Surimi (imitation crab) can be a hidden source of common allergens which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (croissants) and may be included in the ingredients statements as “spice” or “flavoring.”
- To credit surimi as a meat/meat alternate:
 - A 4.4-ounce portion of surimi seafood credits as 1.5 ounce equivalent meat/meat alternate;
 - A 3.0-ounce portion of surimi seafood credits as 1.0 ounce equivalent meat/meat alternate; and
 - A 1.0-ounce portion of surimi seafood credits as 0.25 ounce equivalent meat/meat alternate.
- To credit surimi seafood differently than what is listed above, program operators should obtain a Child Nutrition (CN) label or Product Formulation Statement (PFS) from the manufacturer. These products may credit based on the creditable ingredient quantities identified in the CN label or PFS. For more information on crediting surimi, refer to CACFP policy memorandum SP 24 CACFP 11 SFSP 10-2019 Revised “Crediting Surimi Seafood in the Child Nutrition Programs” at fns.usda.gov/cacfp/policy.
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



Crabby Sandwich

Looking for a budget-friendly way to include seafood on your menu? Try this tasty sandwich made with imitation crab.

AGES: 3–5 years

PREP TIME: 30 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ oz eq meat

1 oz eq grains

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Croissants (at least 68 g or 2 oz each)	1 lb 9 oz	12½ (850 g)	3 lb 2 oz	25 (1700 g)	2 Slice croissants in half horizontally (if not pre-sliced).
Surimi seafood, commercially prepared (imitation crab; see notes)	3 lb 2 oz		6 lb 4 oz		3 In a large bowl, combine surimi (imitation crab), mayonnaise, lemon juice, and seafood seasoning. Stir until well-blended.
Mayonnaise, reduced-fat	8 oz	1 cup	1 lb	2 cups	
Lemon juice, bottled		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Seafood seasoning		2 tsp		1 Tbsp + 1 tsp	
Lettuce, romaine* (gently wash lettuce leaves under running water)	12½ oz	12½	1 lb 9 oz	25	4 Place ⅔ cup seafood mixture and 1 lettuce leaf between each sliced croissant.
					5 Cut sandwiches in half crosswise.
					6 Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide

NUTRITION INFORMATION

1 half Crabby Sandwich

NUTRIENTS	AMOUNT
Calories	218

Total Fat	10 g
Saturated Fat	5 g
Cholesterol	40 mg
Sodium	262 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	10 g
Vitamin D	N/A
Calcium	22 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 12 oz	Weight: 13 lb 8 oz
Yield: 25 sandwich halves	Yield: 50 sandwich halves

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Romaine lettuce, fresh	1 lb 3¾ oz	2 lb 7 oz

NOTES

- **Contains fish (surimi; imitation crab), eggs (mayonnaise), and wheat (croissant).** Surimi (imitation crab) can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (croissants) and may be included in the ingredients statements as “spice” or “flavoring.”
- To credit surimi as a meat/meat alternate:
 - A 4.4-ounce portion of surimi seafood credits as 1.5 ounce equivalent meat/meat alternate;
 - A 3.0-ounce portion of surimi seafood credits as 1.0 ounce equivalent meat/meat alternate; and
 - A 1.0-ounce portion of surimi seafood credits as 0.25 ounce equivalent meat/meat alternate.
- To credit surimi seafood differently than what is listed above, program operators should obtain a Child Nutrition (CN) label or Product Formulation Statement (PFS) from the manufacturer. These products may credit based on the creditable ingredient quantities identified in the CN label or PFS. For more information on crediting surimi, refer to CACFP policy memorandum SP 24 CACFP 11 SFSP 10-2019 Revised “Crediting Surimi Seafood in the Child Nutrition Programs” at fns.usda.gov/cacfp/policy.
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.