



SALMON

Cafeteria Connection

Tell Me about Salmon

The Salmon family, Salmonidae, includes six species of Pacific salmon. Wild-caught chinook (king), coho (silver), keta (chum/dog), sockeye (red), and pink (humpy) salmon are all harvested in the Pacific Northwest. They are born in freshwater and migrate to the ocean to feed and grow before returning to their birthplace to spawn.

Salmon have flesh that ranges from orange to pink to red. The flavor is delicate to mild with a firm texture that lends well to a variety of cooking preparations such as teriyaki rice bowls, salmon tacos, seafood chowder, and salmon patties. The oil and fat content varies by species.

Crediting Information

- Salmon credits toward the Meat/Meat Alternate (M/MA) meal pattern component.
- MMA is measured in ounce equivalents (oz eq). An oz eq of MMA is the amount of food representing the same nutritional content as 1 ounce of edible portion of lean meat without the bone.
- The [USDA Food Buying Guide](#) (page 1–52) tells us 1 lb. AP = 0.78 lb. baked fish (16 oz as purchased = 12.48 oz cooked fish).

Nutrition Facts

Salmon is packed with nutrients that support growth and long-term health. It is one of very few foods that contain vitamin D, which plays an important role in supporting bone strength and immune function. It is also a good source of protein, which supports muscle growth and repair, and omega-3 fatty acids, important fats that support healthy heart, brain, and eyes. The vitamin B12 found in salmon helps the body convert food into usable energy.





Selection and Storage

- Frozen, raw salmon is a great option because the freezing process locks in the salmon's fresh taste, firm texture, and high quality.
- The price of salmon varies by species. More affordable species include coho, keta, sockeye and pink salmon. Vendors may offer high-quality, local canned salmon, which sells for less per pound than frozen fillets.
- Salmon is typically packaged as a raw product with the skin on and pin bones out ("PBO"). Work with your vendor to supply frozen fillets or portions caught in Washington. These vary in size; a frozen portion is about six ounces while fillets are one to 1.6 pounds and are frequently sold in 10, 20, or 25-pound boxes.
- Salmon fillets may come individually wrapped in vacuum-sealed bags or in bulk packages with multiple frozen fillets or portions.
- Thaw packages of salmon for 12–24 hours in the refrigerator using a perforated pan set over a hotel pan.

Recipes

- [Salmon Corn Chowder Washington Recipe for Schools](#)
- [Salmon Tacos Washington Recipe for Schools](#)
- [Mini Salmon Loaves USDA Recipe for Child Care Centers](#)
- [Salmon Patties USDA Recipe for Child Care Centers](#)

Culinary Tips

- Run a finger along the fish in the opposite direction of its flakes to identify any remaining pin bones. Remove them with tweezers.
- Roasting: Put fillets into a pan sprayed with oil or lined with parchment paper. Leave one inch of space between each piece. Bake in a 350 degree F convection oven until proper internal temperature is reached. This should take about 10 minutes. Do not overcook.
- For easy skin removal, roast salmon skin-side down on plain parchment paper. Let rest for 15 minutes. Turn salmon over and remove parchment slowly. Skin should come off with the parchment. Peel off remaining skin as needed. Gray meat near the skin is normal.
- Leftover and properly cooled and stored cooked fish could be transformed into fish chowder or fish patties.

Sourcing

- Often, seafood vendors sell more than one species of fish. Search for "seafood" in the online directories below, then ask for salmon.
 - [Eat Local First – Wholesale Finder](#)
 - [Native Grown and Gathered](#)
 - [Local Catch Network](#)
- [Find your local food hub](#)



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