



# NORTH DAKOTA AGING SERVICES

## LUNCH MENUS

JULY 2023

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**\*PLEASE NOTE THAT ALL RECIPES PAGES HAVE THEIR OWN NUMBERING\***

## INTRODUCTION

This menu resource was developed by Dietary Solutions for the North Dakota Department of Health and Human Services, Adult and Aging Services Section under guidelines established by the Older Americans Act (OAA) Nutrition Programs. These menus are designed to be utilized by congregate and home-delivered nutrition program providers to support the goal of reducing hunger and food insecurity, promoting socialization, promoting health and well-being, and delaying adverse health conditions.

Meals approved for this menu provide at least one-third of the recommended Dietary Reference Intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences and adhere to the 2020-2025 Dietary Guidelines for Americans, issued by the Secretaries of the Departments of Health and Human Services and Agriculture. Adhering to these criteria ensures the meals provided promote good health and meet nutritional needs of the older adults served. Meals are planned to offer a greater variety of vegetables and fruit, whole grains, lean meats/meat alternatives, and low-fat and fat-free dairy while minimizing added sugar and saturated fat. These menus have been created and approved by registered dietitians. Computer-based nutrient analysis has been used to ensure these menus meet nutrient requirements.

These menus are designed to honor preferences of the participants based on feedback solicited from both home-based and congregate meal recipients. Menus are intended to meet ethnic, cultural and food preferences of participants with a focus on the younger 60 plus American while allowing choice in meals served.

Providing healthy meals that are enjoyed and well accepted by the population served are key components of safe and productive living for the Older Americans we serve.

We welcome any feedback including questions, concerns or additional menu and recipe related needs. Contact [NDsupport@dietarysolutions.net](mailto:NDsupport@dietarysolutions.net) if we can assist in any way.



## MENU OVERVIEW

These menus are based on the 2020-2025 Dietary Guidelines for Americans and Older Americans Act nutrition requirements. Each meal is designed to provide the required 1/3 of the Dietary Reference Intakes (DRIs). This guide details best practices for food purchasing and preparation to ensure the guidelines are met.

## Menus Best Practice Guide

<b>Standard Meal Patterns</b>	
<b>ALL MEALS HAVE BEEN EVALUATED NUTRITIONALLY AND MEET REQUIREMENTS OF OAA NUTRITION GUIDELINES</b>	
Meals may be re-ordered as desired throughout the menu cycles	
Substitutions must be a like for like item (ex 1oz WG bread for 1oz WG pasta)	
Desserts are not on the menu frequently. If you choose to provide a small dessert on occasion it is an optional item and above the nutritional requirements for a reimbursable meal	
<b>Beverages</b>	
All meals should offer	8oz milk- to be low-fat (1%) or fat free unflavored
	8oz Coffee or Tea
	8oz Water
Breakfast to include	4oz 100% juice
<b>Fruits</b>	
Canned	Purchase in water or juice (preferred), extra light syrup, or light syrup
Fresh	Fresh fruit may be substituted in place of canned fruit, whole fruit may be used in place of sliced or cubed fruit
Blends	Fruit cups may be substituted for single fruit (Fresh or canned)
<b>Vegetables</b>	
Canned	Purchase with no added salt
Fresh	Local and seasonal fresh vegetables are preferred and may be used in place of canned or frozen
Frozen	Preferred over canned
Blends	Vegetable blends may be substituted for single vegetable or for another vegetable blend
Salads	Should be made with dark green lettuce selections such as romain, kale, spinach and spring mix. Reduced calorie dressings are preferred
<b>Grains</b>	
Portion size	2oz whole grain serving per meal
Products	Bread, cereal, and pasta served should be whole grain
	Desserts may not be counted toward a grain serving
<b>Meats</b>	
Product	Purchase whole muscle or low-fat products
	Purchase low sodium processed meat (ex ham, bacon)
Portion Size	3oz serving size once cooked; may serve over 3oz if needed (example: 4oz chicken breast)
<b>Condiments</b>	
Dressings	Serve reduced calorie
Ketchup, Mustard, etc.	Industry standard products recommended
Mayo, sour cream	Reduced fat is recommended

## PRINTING RECOMMENDATIONS

This menu document has been put together in a way that eliminates the need for reprinting standard guidelines and resources.

It is recommended that the introduction, menu overview, and menu packet are printed with each menu. This will provide the week at a glance menu, recipes, and nutritional analysis for the menu to be used by staff preparing and serving the menus.

The alternative menu and appendices should be printed at least once and our recommendation is these are kept in one menu manual for staff use at each location. These items will not change with each new menu distributed. This will eliminate the need to print these sections with each new menu.



## MENU PACKET

The Menu Packet contains menus, recipes, and nutrient analysis for the menu. Each meal is planned to meet 1/3 of the DRI's and follow guidelines set by the 2020-2025 Dietary Guidelines for Americans.

The menus and recipes should be printed and used by staff preparing and serving the meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Provider Choice

<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>BBQ Pork Ribs</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Cheesy Hashbrowns</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Corn Cobbette</td><td style="text-align: right;">1 each</td></tr> <tr><td>Corn Muffin</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Angel Food Cake</td><td style="text-align: right;">1 slice</td></tr> <tr><td>Fresh Berries w/Whip Topping</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	BBQ Pork Ribs	3 Oz	Cheesy Hashbrowns	1/2 Cup	Corn Cobbette	1 each	Corn Muffin	1 each	Soft Margarine Cup	1 each	Angel Food Cake	1 slice	Fresh Berries w/Whip Topping	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Hamburger on Bun</td><td style="text-align: right;">1 each</td></tr> <tr><td>Baked Beans</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Fresh Watermelon Cubes</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>Lettuce Tomato Onion</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Ketchup Packet</td><td style="text-align: right;">1 each</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Hamburger on Bun	1 each	Baked Beans	1/2 Cup	Fresh Watermelon Cubes	1 Cup	Lettuce Tomato Onion	1 each	Soft Margarine Cup	1 each	Ketchup Packet	1 each	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Minestrone Soup</td><td style="text-align: right;">6 fl. oz</td></tr> <tr><td>Chicken Caesar Salad w/ Dressing</td><td style="text-align: right;">1 each</td></tr> <tr><td>Tomato Cucumber Salad</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Roll Ciabatta Whole Wheat</td><td style="text-align: right;">1 (4x4)</td></tr> <tr><td>Indv Wheat Crackers</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Bananas &amp; Pineapples</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Minestrone Soup	6 fl. oz	Chicken Caesar Salad w/ Dressing	1 each	Tomato Cucumber Salad	1/2 Cup	Roll Ciabatta Whole Wheat	1 (4x4)	Indv Wheat Crackers	1 each	Soft Margarine Cup	1 each	Bananas & Pineapples	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Salisbury Steak</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Mushroom Sauce</td><td style="text-align: right;">2 fl. oz</td></tr> <tr><td>Twice Baked Potato</td><td style="text-align: right;">0.5 each</td></tr> <tr><td>Seasoned Broccoli Florets</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Whole Wheat Bread</td><td style="text-align: right;">2 slices</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Balsamic Strawberries</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Salisbury Steak	3 Oz	Mushroom Sauce	2 fl. oz	Twice Baked Potato	0.5 each	Seasoned Broccoli Florets	1/2 Cup	Whole Wheat Bread	2 slices	Soft Margarine Cup	1 each	Balsamic Strawberries	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Lemon Pepper Cod</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Colcannon Potatoes</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Green Beans &amp; Pimento</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Whole Wheat Bread</td><td style="text-align: right;">2 slices</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Fresh Watermelon &amp; Cantaloupe Cubes</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Lemon Pepper Cod	3 Oz	Colcannon Potatoes	1/2 Cup	Green Beans & Pimento	1/2 Cup	Whole Wheat Bread	2 slices	Soft Margarine Cup	1 each	Fresh Watermelon & Cantaloupe Cubes	1 Cup	1% Milk	8 fl. oz
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\*Meals labeled as "Provider Choice" are intended to be served on a one time per month basis.

\*Only one labeled meal may be used per month as they vary from the standard nutritional requirements.

\*Meals >/=1400mg Sodium are considered "Provider Choice"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southwestern Turkey Wrap 1 each	Orange Glazed Pork Roast 3 Oz	House Salad 1 each	Saltine Crackers 1 each	Tater Tot Casserole 1 Cup
Tortilla Chips 1 Oz	Baked Sweet Potato 1 whole	Chili with Beans 1 Cup	Tuna Salad Plate w/Pita Bread 1 each	Southwest Corn 1/2 Cup
Carrot Raisin Salad 1/2 Cup	Creamy Cucumbers 1/2 Cup	Cornbread 1 (2x3)	Lentil and Tomato Soup 6 fl. oz	Whole Wheat Bread 1 slices
Soft Margarine Cup 1 each	Whole Wheat Bread 2 slices	Indv Wheat Crackers 1 each	Celery Sticks 3 Oz	Soft Margarine Cup 1 each
Oranges In Whipped Topping 1/2 Cup	Soft Margarine Cup 1 each	Soft Margarine Cup 1 each	Peaches 1 each	Fresh Whole Pear 1 each
1% Milk 8 fl. oz	Poached Pears 1/2 Cup	Choice of Dressing 1 each	1% Milk 8 fl. oz	1% Milk 8 fl. oz
	1% Milk 8 fl. oz	Stewed Strawberries Rhubarb 1/2 Cup		
		1% Milk 8 fl. oz		

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Summer Slaw	1/2 Cup	Turkey California Wrap	1 each	Beef Taco Salad	1 each	Beef Fajita	1 each	Country Beef & Veg Soup	6 fl. oz
Parmesan Baked Cod	3 Oz	Potato Salad	1/2 Cup	Tortilla Chips	2 Oz	Cilantro Rice	1/2 Cup	Egg Salad Sndw on Wheat	1 each
Sweet Potato Hash	1/2 Cup	Spinach Orange Salad with Dressing	1 Cup	Soft Margarine Cup	1 each	Corn & Black Bean Salad	1/2 Cup	Tomato Cucumber Salad	1/2 Cup
Garlic Whole Grain Texas Bread	1 each	Soft Margarine Cup	1 each	Salsa	2 Tbsp	Fresh Orange Wedges	1 Cup	Lettuce & Tomato Slice	1 each
Soft Margarine Cup	1 each	Rosy Applesauce	1/2 Cup	Fresh Berries w/Whip Topping	1 Cup	Soft Margarine Cup	1 each	Fresh Whole Pear	1 each
Strawberry & Pineapple	1/2 Cup	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
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# July Monthly Menu 2023 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																		
<table border="1"> <tr><td>Chicken Salad Sandwich on Wheat</td><td>1 each</td></tr> <tr><td>Chickpea Salad</td><td>1/2 Cup</td></tr> <tr><td>Lettuce Tomato Onion</td><td>1 each</td></tr> <tr><td>Balsamic Strawberries</td><td>1/2 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Chicken Salad Sandwich on Wheat	1 each	Chickpea Salad	1/2 Cup	Lettuce Tomato Onion	1 each	Balsamic Strawberries	1/2 Cup	1% Milk	8 fl. oz	<table border="1"> <tr><td>Meatloaf</td><td>3 Oz</td></tr> <tr><td>Mashed Potatoes w/Brown Gravy</td><td>1/2 Cup</td></tr> <tr><td>Sliced Dilled Carrots</td><td>1/2 Cup</td></tr> <tr><td>Roll Ciabatta Whole Wheat</td><td>1 (4x4)</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>Minted Pears</td><td>1/2 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Meatloaf	3 Oz	Mashed Potatoes w/Brown Gravy	1/2 Cup	Sliced Dilled Carrots	1/2 Cup	Roll Ciabatta Whole Wheat	1 (4x4)	Soft Margarine Cup	1 each	Minted Pears	1/2 Cup	1% Milk	8 fl. oz	<table border="1"> <tr><td>Hot Dog on Bun</td><td>1 each</td></tr> <tr><td>Tator Tots</td><td>1/2 Cup</td></tr> <tr><td>Whole Kernel Corn</td><td>1/2 Cup</td></tr> <tr><td>Ketchup Packet</td><td>1 each</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>Mustard Pack</td><td>1 each</td></tr> <tr><td>Fresh Cantaloupe</td><td>1 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Hot Dog on Bun	1 each	Tator Tots	1/2 Cup	Whole Kernel Corn	1/2 Cup	Ketchup Packet	1 each	Soft Margarine Cup	1 each	Mustard Pack	1 each	Fresh Cantaloupe	1 Cup	1% Milk	8 fl. oz	<table border="1"> <tr><td>Macaroni &amp; Vegetable Casserole</td><td>1 Cup</td></tr> <tr><td>Seasoned Broccoli Florets</td><td>1/2 Cup</td></tr> <tr><td>Whole Grain Breadstick</td><td>1 each</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>Cottage Cheese &amp; Pears</td><td>1 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Macaroni & Vegetable Casserole	1 Cup	Seasoned Broccoli Florets	1/2 Cup	Whole Grain Breadstick	1 each	Soft Margarine Cup	1 each	Cottage Cheese & Pears	1 Cup	1% Milk	8 fl. oz	<table border="1"> <tr><td>Saltine Crackers</td><td>1 each</td></tr> <tr><td>Shaker Pork Sandwich</td><td>1 each</td></tr> <tr><td>Mesquite Corn Chowder</td><td>6 fl. oz</td></tr> <tr><td>Parmesan Lima Beans</td><td>1/2 Cup</td></tr> <tr><td>Fresh Watermelon Cubes</td><td>1 Cup</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Saltine Crackers	1 each	Shaker Pork Sandwich	1 each	Mesquite Corn Chowder	6 fl. oz	Parmesan Lima Beans	1/2 Cup	Fresh Watermelon Cubes	1 Cup	Soft Margarine Cup	1 each	1% Milk	8 fl. oz
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# July Monthly Menu 2023 - Week 5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Scallopini	1 each	Beef Steak & Gravy	3 Oz	Marinated Cucumbers	1/2 Cup	Cheese Baked Potato	1 each	Chicken Dijon	3 Oz
Roasted Red Potatoes	1/2 Cup	Mashed Potatoes	1/2 Cup	Crispy Pork Loin	3 Oz	Seasoned Broccoli Florets	1/2 Cup	Summer Corn Pilaf	1/2 Cup
Maple Dijon Brussels Sprouts	1/2 Cup	Green Beans with Thyme	1/2 Cup	White & Wild Rice Blend	1/2 Cup	Fresh Honeydew Cubes	1 Cup	Stewed Summer Squash	1/2 Cup
Chilled Tropical Fruit	1/2 Cup	Wheat Dinner Roll	1 each	Sicilian Blend Vegetables	1/2 Cup	Wheat Dinner Roll	1 each	Wheat Dinner Roll	1 each
Cornbread	1 (2x3)	Soft Margarine Cup	1 each	Fresh Whole Pear	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Berry Crisp	1/2 Cup	Whole Wheat Bread	1 slices	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each				
				1% Milk	8 fl. oz				

# RECIPES



Please note that minor recipe adjustments may need to be made to accommodate individual site production and operational needs. Recipe instructions do not account for flash freezing and use of blast chillers will impact food storage practices. Internal policies and procedures should be followed for flash freezing and blast chiller use.

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Milk 1% 8 flz PC (1% Milk)	61
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# BBQ Pork Ribs (BBQ Pork Ribs)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	Bake	3 Oz	☐ Contains: Tomato, Pork & Products, AllergenWheat, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	21 g	21 g	18 g	50 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Ribs Raw	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Separate ribs into serving size pieces. *Refrigerate at <40F/4C.
2 Sauce, BBQ	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		Place in roasting pan and brown uncovered in oven at 350F until browned lightly, about 30 min. Pour off fat. *Maintain at >135F/57C. Pour Sauce over Ribs.
3						Cover with foil and bake at 350F until Meat is tender and *internal temp 160F/71C for 15 sec is reached, about 1 1/2 hrs.
4						Uncover and bake an additional 20-30 min.
5						CCP -- Maintain >135F/57C for only 4 hrs.
6						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7						CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.



# Potato Hashbrown Cheesy f/Frz (Cheesy Hashbrowns)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Cook	1/2 Cup	☐ Contains: Potatoes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	13 g	6 g	14 g	150 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Hash Brown Shredded Frz	3 lb 12 Oz	7 lb 8 Oz	11 lb 4 Oz	15 lb	Rehydrate hash browns according to package directions. Cook with oil as directed.
Oil, Vegetable	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
<b>3</b> Cheese, Cheddar Shredded	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal	Sprinkle cheese over hashbrowns. Pan & cover hashbrowns.
<b>4</b>					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>5</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Corn Cobbette Frz (Corn Cobbette)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1 each	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	3 g	0.5 g	0 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Corn, Cobbette Frz 2.75z	4 lb 5 Oz	8 lb 10 Oz	12 lb 14 Oz	17 lb 3 Oz	Steam or boil vegetables according to package instructions.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Muffin Corn f/Corn Muffin Mix (Corn Muffin)

SERVING SIZE		ALLERGENS
1 each		<input type="checkbox"/> Contains: AllergenWheat, Corn, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	30 g	4 g	5 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Baking Mix, Corn Muffin	2 lb 6 Oz	4 lb 12 Oz	7 lb 2 Oz	Prepare product as per package instructions.
	Water, Tap	2 3/4 Cup	1 1/2 Qt	2 1/8 Qt	
<b>3</b>					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping)



Health & Human Services



SERVING SIZE	ALLERGENS
1/2 Cup	☐ Contains: Strawberry, AllergenSoy, Blueberry, Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	1 g	1.5 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	WASH ALL PRODUCE under cool, running water. Drain well. Wash blueberries the day of service. Do not prep in advance.
3 Raspberries, Red Fresh	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	
4					Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
5					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Hamburger on Bun (Hamburger on Bun)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Make	1 each	☐ Contains: Beef, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	27 g	16 g	14 g	100 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef Patty Baked	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	Cooked	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bun Hamburger White	25 each	50 each	75 each	100 each		Prepare meat per separate recipe.
3						Sandwich Serving: at time of service, place 1 patty on 1 bun. Serve immediately.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						Discard unused product.

# Beef Patty Baked (Baked Beef Patty)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	155 °F	Bake	3 Oz	☐ Contains: Beef, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	0 g	11 g	12 g	20 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Patty 2.7z Raw	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Paprika	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
Garlic, Powder	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
2					Season beef patties. Place on sheet pans & bake for 20 min.
3					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Beans Baked f/Cnd (Baked Beans)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1/2 Cup	☐ Contains: Onion, AllergenSoy, Garlic, AllergenSulphites, Pork & Products, Beans/Legumes, AllergenMilk, Apples, Tomato, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	36 g	7 g	5 g	100 mg	650 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b> Onion, Yellow	1 lb 5 Oz	2 lb 10 Oz	3 lb 15 Oz	5 lb 3 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
	Margarine, Solids	3 Oz	6.5 Oz	9.5 Oz			12.5 Oz
<b>2</b> Beans, Baked w/Bacon Cnd	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Add beans, ketchup, vinegar, brown sugar and mustard to onions. Stir to mix well.	
	Ketchup, Bulk	1.0 Cup	2 1/8 Cup	3 1/8 Cup			1.0 Qt
	Vinegar, Cider Apple	2 Tbsp	1/4 Cup	1/3 Cup			1/2 Cup
	Sugar, Brown Light	1/2 Cup	1.0 Cup	1 1/2 Cup			2 1/8 Cup
Mustard, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp			

# Beans Baked f/Cnd (Baked Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Scale 3 1/2 qt into steam table pans. Bake, uncovered, in a 350F oven for 1 hour.
4							CCP -- Maintain >140F/57C for only 4 hrs. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Watermelon, Seedless	8 lb 5 Oz	16 lb 11 Oz	25 lb	33 lb 5 Oz	Remove rind and and seeds from fruit. Cut in cubes, less than 1/2 inch.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	<input type="checkbox"/> Contains: Onion, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						WASH ALL PRODUCE under cool, running water. Drain well.	
3	Lettuce, Iceberg	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	Peel and slice onion and tomato crosswise in slices. Separate lettuce into individual leaves.
	Tomato, Fresh	1 lb 7 Oz	2 lb 14 Oz	4 lb 5 Oz	5 lb 12 Oz	Sliced	
	Onion, Yellow	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Sliced	
4						Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.	
5						CCP -- Maintain <40F/4C; discard unused product.	

# Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 g	0 g	0 g	0 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Ketchup PC (Ketchup Packet)

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# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.



# Soup Minestrone Hmd (Minestrone Soup)



COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	6 fl. oz	<input type="checkbox"/> Contains: Beans/Legumes, AllergenWheat, Tomato, Onion, Beef, Garlic, Corn, Pork & Products, Potatoes, Spinach, Cabbage, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	4 g	0.5 g	40 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Rinse Beans. Peel & Dice potatoes.
Beans Kidney f/Dry	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	Prepared	
Potato, Red Fresh	1 Cup	2 Cup	3 Cup	1 Qt		In large pot saute raw Vegetables with Bacon. Cook until Onions are transparent.
<b>3</b>						
Onion, Yellow	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Diced	
Carrot, Fresh	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	Diced	
Cabbage, Green Fresh	1 Cup	2 Cup	3 Cup	1 Qt	Shredded	
Bacon, Pork 18-26 ct	2.5 Oz	5 Oz	7.5 Oz	10 Oz		

# Soup Minestrone Hmd (Minestrone Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Macaroni, Elbow Dry	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		Add Base, Water, Tomatoes, Potatoes, Beans and Pasta to Vegetable mixture. Bring to boil and simmer 1 hr to *internal temp 155F for 15 sec until Vegetables are tender and flavors blended.
	Base, Beef Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal		
	Tomato, Diced Cnd	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
5	Salt, Iodized	1/2 tsp	1 1/8 tsp	1 3/4 tsp	2 1/4 tsp		Add Spices and Spinach; simmer 10-15 min more. Serve immediately.
	Pepper, Black Ground	1/2 tsp	1 1/8 tsp	1 3/4 tsp	2 1/4 tsp		
	Garlic, Powder	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
	Oregano, Dry	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Basil, Dried Leaves	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Spinach, Chopped Frz	4 Oz	8 Oz	12 Oz	16 Oz		

# Soup Minestrone Hmd (Minestrone Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Beans Kidney f/Dry (Kidney Beans)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	0.0 °F	145 °F	Boil	1/2 Cup	<input type="checkbox"/> Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	23 g	9 g	0 g	75 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Kidney Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal	
3					Place beans in a large pot or steam-jacketed kettle and cover with water.	
4					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.	
5	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

# Beans Kidney f/Dry (Kidney Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>8</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>						Note: Soaking beans in water overnight can reduce cooking time, if desired.

# Chicken Caesar Salad w/Dressing (Chicken Caesar Salad w/Dressing)



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COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Chill	1 each	<input type="checkbox"/> Contains: AllergenEggs, Chicken, AllergenMilk, AllergenFish, AllergenWheat, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	11 g	17 g	11 g	100 mg	450 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Chicken Breast Baked f/Bnls	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Prepared	Prepare and cool chicken per separate recipe. Slice chicken into strips.
Lettuce, Romaine Fresh	3 lb 7 Oz	6 lb 13 Oz	10 lb 4 Oz	13 lb 10 Oz	Trimmed	For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
Lettuce, Green Leaf	1 lb 7 Oz	2 lb 13 Oz	4 lb 4 Oz	5 lb 11 Oz	Trimmed	
<b>3</b> Dressing, Caesar Creamy Bulk	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		
Cheese, Parmesan Grated	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		
Croutons, Seasoned	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz		
<b>4</b>						Cut lettuce into bite size pieces. Toss lettuce with dressing and parmesan cheese.

# Chicken Caesar Salad w/Dressing (Chicken Caesar Salad w/Dressing)



Health & Human Services



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							For each serving place 1 cup salad on plate. Top with croutons and 2oz chicken.
6							CCP -- Maintain <40F/4C; discard unused product.

# Chicken Breast Baked f/Bnls (Baked Chicken Breast)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	Tongs	3 Oz	<input type="checkbox"/> Contains: Chicken

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g		20 g	2.5 g	10 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Place chicken on greased baking sheet.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Sprinkle chicken with seasonings.
<b>3</b> Paprika	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>4</b>					Bake uncovered or grill.
<b>5</b>					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.



# Chicken Breast Baked f/Bnls (Baked Chicken Breast)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Cucumber & Tomato Salad f/Fresh (Tomato Cucumber Salad)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Tomato, Cucumber, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	6 g	1 g	5 g	20 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>	Vinegar, White	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	
	Sugar, Granulated Bulk	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Salt, Iodized	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp	
	Dill, Weed Dried	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>2</b>	Tomato, Fresh	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Diced Mix vinegar, oil and spices until thoroughly blended.
	Cucumber, Fresh	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	
<b>3</b>						Add seasoning mixture to vegetables and toss well.

# Cucumber & Tomato Salad f/Fresh (Tomato Cucumber Salad)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Banana & Pineapple Chunks f/Cnd (Bananas & Pineapples)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Pineapple, Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Chill pineapple. Mix banana slices gently with pineapple and allow pineapple juice to cover the bananas to prevent browning. Carefully spoon 1/2 cup portions into fruit dish.
Pineapple, Chunks JcPk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Drained	
Banana Whole Fresh	9 each	18 each	27 each	36 each	Peeled & Sliced	
<b>3</b>						+CCP - Serve Chilled <40F/4C.

# Banana Whole Fresh (Banana)

▼ 4 PU4     
 ▼ 5 MM5     
 ▼ 6

▼ 7 SB6     EC7

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Banana Whole Fresh (Banana)

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# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.



# Steak Salisbury f/Hmd Patty (Salisbury Steak)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	325.0 °F	160 °F	Bake	3 Oz	☐ Contains: Onion, Garlic, AllergenMilk, AllergenWheat, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	5 g	15 g	16 g	40 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Chopped Fine	Mix all ingredients in mixer. Avoid over mixing. CCP -- Maintain <40F/4C until ready to bake.
Bread Crumbs, Plain	1 Cup	2 Cup	3 Cup	1 Qt		
Milk, 2% Bulk	1 Cup	2 Cup	3 Cup	1 Qt		
<b>2</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Garlic, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		

# Steak Salisbury f/Hmd Patty (Salisbury Steak)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Portion 1/4 cup for each patty into baking pans and flatten slightly. CCP -- Maintain <40F/4C if not baking immediately. Bake at for 25-35 min. Transfer to steam table pans, overlapping slightly.
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Sauce Mushroom f/Soup (Mushroom Sauce)

SERVING SIZE	ALLERGENS
2 fl. oz	<input type="checkbox"/> Contains: AllergenSoy, Mushroom, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	4 g	2 g	2.5 g	40 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine Soup and Milk in saucepan. Heat to *internal temp 165F for 15 sec.
Soup, Cream of Mushroom Cnd Cond	2 lb 1 Oz	4 lb 2 Oz	6 lb 3 Oz	8 lb 4 Oz	
Milk, 2% Bulk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Bkd Twice (Twice Baked Potato)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
105 Min	400.0 °F	Bake	0.5 each	☐ Contains: AllergenMilk, AllergenSoy, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	3 g	20 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b> Potato, Russet/Baking Fresh	12.5 each	25 each	37.5 each	50 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup		1/2 Cup
<b>2</b> Salt, Iodized	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp	Scrub potatoes and remove blemishes. Rub or brush lightly with margarine. Place on baking pans. Bake at 400F/204C for 1 - 1 1/2 hrs or until soft.	
	Pepper, White	1/4 tsp	1/2 tsp	3/4 tsp		1 tsp
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup		1 Cup
	Milk, 2% Bulk	1.0 Cup	1 3/4 Cup	2 2/3 Cup		3 1/2 Cup
<b>3</b> Paprika	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Cut a slice in hot baked potatoes lengthwise. Scoop out contents. Mash potatoes. Season with salt & pepper and add margarine and milk. Beat until light and fluffy. Pile lightly into shells, leaving tops rough.	
<b>4</b>					Sprinkle with paprika.	

# Potato Bkd Twice (Twice Baked Potato)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Bake at 425F/218C until Potatoes are hot and lightly browned, about 30 min. Portion 1 potato per person unless otherwise instructed.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
10 Min	Steam	4z Spoodle	1/2 Cup	☐ Contains: AllergenSoy, Broccoli, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g		3 g	2 g	50 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Broccoli, Florets Frz	5 lb	10 lb	15 lb	20 lb	Thawed Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Strawberries Balsamic f/Fresh (Balsamic Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	11 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Strawberries, Fresh	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz	Rinsed/Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vinegar, Balsamic	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Hull and slice strawberries lengthwise.
Sugar, Granulated Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
3						In large bowl, toss strawberries with vinegar and sugar. Cover with plastic wrap, and rest at room temperature for 30 minutes.
4						Transfer to refrigerator and chill for 1 hour prior to serving.
5						Serving Suggestion: May be served alone, with a dollop of whipped topping, with ice cream, or topping on a pound cake.
6						CCP -- Maintain <40F/4C; discard unused product.



# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Fish Cod Lemon Pepper Bkd (Lemon Pepper Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Bake	3 Oz	<input type="checkbox"/> Contains: AllergenSoy, Garlic, AllergenFish, AllergenWheat, AllergenMilk, Citrus, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	5 g	21 g	13 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Dredge fish in flour. Place in greased counter pan(s).
Fish, Cod	4 lb 11 Oz	9 lb 6 Oz	14 lb 2 Oz	18 lb 13 Oz		
Flour, All Purpose	4 Oz	8 Oz	12 Oz	1 lb		Sauté onion in margarine. Add rest of ingredients and heat slightly; 3-5 min.
Onion, Yellow	2 Oz	4 Oz	6 Oz	8 Oz	Minced	
Margarine, Solids	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz		
<b>3</b>						
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt		

# Fish Cod Lemon Pepper Bkd (Lemon Pepper Cod)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Juice, Lemon RTS	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
4							Just before baking, pour 1 cup lemon sauce over fish, per pan. Bake until fish easily flakes with fork.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Colcannon w/Cabbage (Colcannon Potatoes)



COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	☐ Contains: Cabbage, Potatoes, AllergenSoy, Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	34 g	6 g	17 g	100 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Gold Fresh	7 lb 5 Oz	14 lb 10 Oz	21 lb 15 Oz	29 lb 4 Oz	Peeled & Cubed	In a stock pot, cover potatoes with water and bring to a boil, reduce heat and allow to simmer approx 20-30 minutes until tender. Drain.
Garlic, Whole Fresh	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Minced	In a large skillet, melt margarine and cook garlic until fragrant. Add first portion of the cabbage and stir constantly until cabbage is wilted.
<b>3</b> Margarine, Solids	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt		
Cabbage, Green Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Shredded	
Milk, 2% Bulk	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		Add milk and cream and bring to a simmer.
<b>4</b> Cream, Whipping Heavy	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		

# Potato Colcannon w/Cabbage (Colcannon Potatoes)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Cabbage, Green Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Shredded	Add potatoes, remaining cabbage, salt, and pepper. Coarsely mash.
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Green Beans w/Pimento f/Frz (Green Beans & Pimento)



COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	☐ Contains: AllergenSoy, Beans/Legumes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	2 g	2 g	40 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine vegetable and pimento. Steam or boil until tender.
Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb	
Pimento, Pieces Cnd	0.5 no. 303 can	1 no. 303 can	1.5 no. 303 can	2 no. 303 can	
<b>3</b>					Add seasonings.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp	
Pepper, Black Ground	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Green Beans w/Pimento f/Frz (Green Beans & Pimento)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Melon Watermelon Cantaloupe f/Fresh (Fresh Watermelon & Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	2 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Watermelon, Seedless	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Melon, Cantaloupe Fresh	2 lb	4 lb	6 lb	8 lb	
<b>2</b>					Cut in bite size chunks, 1/2 inch in size.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Turkey Southwestern Wrap (Southwestern Turkey Wrap)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	☐ Contains: AllergenWheat, Turkey, Tomato, AllergenSulphites, Onion, AllergenEggs, AllergenMilk, Corn, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	29 g	17 g	23 g	175 mg	990 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Turkey Southwestern f/Grd	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	Prepared	Prepare turkey southwestern f/grd per separate recipe and cool per recipe instructions. Refrigerate until needed.
<b>3</b> Dressing, Ranch Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		Assemble Wrap: On each tortilla spread 1 Tbsp of ranch dressing and layer 1/4 cup prepared turkey mixture, 1 Tbsp cheese, 1/4 cup lettuce and 1 Tbsp tomato. Fold bottom 2 inches of tortilla upward. Fold right & left sides of tortilla over contents tightly. Place tortilla in pan with seam facing down in pan.
Tomato, Fresh	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Chopped	
Cheese, Cheddar Shredded	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
Lettuce, Shredded	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup		
Tortilla, Flour 10 in	25 each	50 each	75 each	100 each		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Turkey Southwestern f/Grd (Southwestern Turkey)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	Saute	1/4 Cup	☐ Contains: Turkey, Corn, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	4 g	11 g	10 g	50 mg	470 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Powder	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Combine ground turkey with garlic powder, onion powder, taco seasoning, cumin, chili powder & salt. Mix well.
Garlic, Powder	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Turkey, Ground Bulk 85/15	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz	
<b>2</b>					
Seasoning Mix Taco Hmd	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Cumin, Ground	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Chili Powder, Mild	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	

# Turkey Southwestern f/Grd (Southwestern Turkey)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Salt, Iodized	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
<b>3</b> Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Heat oil and sauté ground turkey mixture. CCP -- cook to minimum internal temp of 165F/74C held for 15 sec.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Seasoning Mix Taco Hmd (Taco Seasoning Mix)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 1/2 tsp	<input type="checkbox"/> Contains: Garlic, Onion, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	2 g	0 g	0 g	20 mg	640 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1	Onion, Powder	3 Tbsp 1 tsp	1/2 Cup	2/3 Cup	3/4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine all ingredients. Use as per instructions in recipes. Generally, used at a ratio of 2 Tablespoons per pound of Meat.
	Garlic, Powder	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup	
	Chili Powder, Mild	2 Tbsp 1 tsp	1/4 Cup	1/3 Cup	1/2 Cup	
	Salt, Iodized	2 Tbsp 1 tsp	1/4 Cup	1/3 Cup	1/2 Cup	
	Cornstarch	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup	
	Oregano, Dry	1 1/2 tsp	3 tsp	1 Tbsp 1 tsp	2 Tbsp	
	Cumin, Ground	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup	
	Pepper, Cayenne	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup	

# Seasoning Mix Taco Hmd (Taco Seasoning Mix)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
2						Quantities of Taco Seasoning Mix may be made up ahead of time. Spoon mixture into a tightly closed container and label "Taco Seasoning Mix". Add a "Use by _" date of six months from the date mixture was produced. Store in a cool, dry place.

# Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
1 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	6 g	40 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Carrot Raisin Salad f/Fresh (Carrot Raisin Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	<input type="checkbox"/> Contains: AllergenSulphites, AllergenEggs, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	15 g	2 g	11 g	50 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine carrots, raisins and dressing. Mix lightly and chill.
Mayonnaise, Bulk	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt		
Raisins, Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Carrot, Fresh	5 lb	10 lb	15 lb	20 lb	Shredded	
<b>3</b>						Separate lettuce into leaves. Line salad plate with lettuce leaf and place 1/2 cup carrot salad on top.
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Oranges Mandarin JcPk w/Whip Topping (Oranges In Whipped Topping)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	1 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Gently fold whipped topping with oranges.
Orange, Mandarin JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	
Topping, Whip Non-Dairy Bag Frz	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Pork Roast Loin Orange Marmalade Glz (Orange Glazed Pork Roast)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
180 Min	350.0 °F	Bake	3 Oz	☐ Contains: Pork & Products, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	18 g	20 g	13 g	40 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Pork, Loin Bnls Pepper, Black Ground Salt, Iodized	7 lb 8 Oz 1 tsp 1 tsp	15 lb 2 tsp 2 tsp	22 lb 8 Oz 1 Tbsp 1 Tbsp	30 lb 1 Tbsp 1 tsp 1 Tbsp 1 tsp	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Rub Roast with Salt & Pepper. *Bake immediately or chill <40F.
<b>2</b> Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Place Pork in roasting pans, adding water to 1 1/2" level. Cover pans with foil & bake Pork for approximately 17-20 min per pound. *Internal temp must be 155F held 15 sec. DO NOT OVERCOOK.
<b>3</b> Marmalade, Orange Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Remove foil & coat Pork with Marmalade. Place Meat back in oven for 15 min basting with pan juices. Remove from oven, cover with foil, & let stand for 15 min.
<b>4</b>					Slice into 3 oz portions. CCP - Maintain >140F for only 4hrs.
<b>5</b>					CCP - Cool: Product must reach 140F to 70F within 2hrs and 70F to 40F within 4 hrs. CCP - Reheat: To temp of 165F held for 15 sec, within 1 hr - one time only.

# Potato Sweet Bkd f/Fresh (Baked Sweet Potato)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	400.0 °F	Bake	1 whole	☐ Contains: Potatoes, Sweet

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	31 g	3 g	0 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fresh	8 lb 5 Oz	16 lb 11 Oz	25 lb	33 lb 5 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Select small even-sized Sweet Potatoes or Yams. Scrub and arrange on baking sheet. Bake 50-60 min, or until tender, at 400F. CCP -Maintain >140F for no more than 4 hrs.
2					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
3					CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.

# Cucumber Onion in Sour Cream (Creamy Cucumbers)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Cucumber, Onion, Allergen Sulphites, Allergen Milk, Allergen Soy, Allergen Eggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	4 g	1 g	13 g	30 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>	Sour Cream, Real Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Salt, Iodized	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp	
	Sugar, Granulated Bulk	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	
	Vinegar, White	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
<b>2</b>	Cucumber, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	WASH ALL PRODUCE under cool, running water. Drain well.
	Onion, Yellow	4 Oz	8 Oz	12 Oz	1 lb	
<b>3</b>	Mayonnaise, Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Combine ingredients for dressing.
<b>4</b>						Pour over vegetables and lightly toss.
<b>5</b>						CCP -- Maintain <40F/4C; discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.



# Pear Halves Poached f/Cnd (Poached Pears)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	145 °F	Poach	1/2 Cup	☐ Contains: Citrus, Pear, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	1 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Pears, Halves JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Sugar, Brown Light	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	Drain pears. Reserve juice. Place pears cut side down in counter pans.
Sugar, Granulated Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	
Cinnamon, Ground	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	
Nutmeg, Ground	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	
Juice, Lemon RTS	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
<b>3</b>					Mix sugars, cinnamon, nutmeg and lemon juice. Add to 1.25 qt reserved juice. Heat to boiling, stirring until sugar is dissolved.

# Pear Halves Poached f/Cnd (Poached Pears)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4					Pour over pears. Mix thoroughly for flavors to distribute. Bake pears until sauce is bubbly and pears are heated through.
5					Portion: Serve 1/2 cup pears cut side up with sweetened syrup.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Salad House (House Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐ Contains: Tomato, Carrots, Onion, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	5 g	4 g	3 g	100 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Iceberg Tomato, Fresh Carrot, Fresh Onion, Red/Burmuda Cheese, Cheddar Shredded	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 cup of Lettuce into salad bowl. Evenly divide remaining Ingredients and sprinkle over top of Lettuce.
	1 lb 9 Oz	3 lb 3 Oz	4 lb 12 Oz	6 lb 5 Oz	Diced	
	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Julienne	
	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Julienne	
	8 Oz	1 lb	1 lb 8 Oz	2 lb		
2						CCP - Maintain <40F/4C.

# Chili with Beans f/Grd (Chili with Beans)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	1 Cup	☐ Contains: Beans/Legumes, Onion, Garlic, Beef, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	21 g	20 g	16 g	100 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Ground 80-85/20-15 Raw Onion, Yellow Garlic, Whole Fresh	6 lb 3 Oz	12 lb 5 Oz	18 lb 8 Oz	24 lb 11 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Rinse and drain Beans. Crumble and brown Beef, Onions, and Garlic until Meat loses pink color. Drain Meat to remove fat. *Maintain at >140F.
	1/2 Cup	1 1/8 Cup	1 3/4 Cup	2 1/3 Cup	Minced	
	1/2 tsp	3/4 tsp	1 1/4 tsp	1 3/4 tsp	Minced	
2 Tomato, Diced Cnd Tomato Sauce, Cnd Chili Powder, Mild Cumin, Ground Sugar, Granulated Bulk Pepper, Black Ground	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Mix Tomato and Seasonings. Add to Beef. Cook until blended. *Maintain at >140F.
	1 3/4 Qt	3 1/4 Qt	1 Gal 2 Cup	1 Gal 4 Cup		
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	1/3 Cup		
1/2 tsp	1 tsp	1 1/2 tsp	2 tsp			

# Chili with Beans f/Grd (Chili with Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Beans Kidney f/Dry	1 3/4 Qt	3 1/4 Qt	1 Gal 2 Cup	1 Gal 4 Cup	Prepared	Add Beans. Simmer 1 1/2-2 hrs to *internal temp >165F for 15 sec. Add Water if Chili becomes too thick.
4							CCP -- Maintain >140F for only 4 hrs.
5							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
7							Cook Time: 2-3 Hours

# Beans Kidney f/Dry (Kidney Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	0.0 °F	145 °F	Boil	1/2 Cup	<input type="checkbox"/> Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	23 g	9 g	0 g	75 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Kidney Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal	
3					Place beans in a large pot or steam-jacketed kettle and cover with water.	
4					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.	
5	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

# Beans Kidney f/Dry (Kidney Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>8</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>						Note: Soaking beans in water overnight can reduce cooking time, if desired.



# Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	Bake	1 (2x3)	<input type="checkbox"/> Contains: AllergenWheat, Corn, AllergenSoy, AllergenEggs

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g		3 g	4 g	20 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Egg, Liquid Frz 1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		
	Baking Mix, Corn Muffin 1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
<b>3</b>						Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						Discard unused product.

# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	1 g	0 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Strawberry & Rhubarb Stewed f/Frz (Stewed Strawberries Rhubarb)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1/2 Cup	<input type="checkbox"/> Contains: Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	27 g	0 g	0 g	100 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Rhubarb, Unsweetened Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Combine fruit and water. Cover and simmer on low heat until softened. Stir frequently. Add water as needed.
Strawberries, Sliced Unsweetened Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
Water, Tap	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup	
<b>3</b> Sugar, Granulated Bulk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	Stir in sugar, until dissolved. Serve warm or cold per manager's instructions.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	0 g	0 g	0 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

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# Tuna Salad Plate/Pita Bread (Tuna Salad Plate w/Pita Bread)



COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	☐ Contains: Carrots, Cucumber, Citrus, AllergenEggs, AllergenFish, AllergenWheat, AllergenSoy, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	28 g	17 g	7 g	100 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Lettuce, Green Leaf	2 lb 1 Oz	4 lb 3 Oz	6 lb 4 Oz	8 lb 5 Oz	Separated	Prepare vegetables as indicated. Slice each pita into 6 wedges. Combine tuna with egg.
Cucumber, Fresh	2 lb 6 Oz	4 lb 11 Oz	7 lb 1 Oz	9 lb 6 Oz	Sliced	
Tomato, Fresh	3 lb	5 lb 16 Oz	8 lb 16 Oz	11 lb 16 Oz	Cut into Wedges	
<b>2</b>						
Carrot, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Cut into Matchsticks	
Bread Pita	12.5 each	25 each	37.5 each	50 each	Cut into Wedges	
Tuna, Chunk Light WtrPk Bulk	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Drained/Flaked	



# Tuna Salad Plate/Pita Bread (Tuna Salad Plate w/Pita Bread)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Egg Boiled Hard Whole RTS	5.5 Oz	10.5 Oz	0 lb 16 Oz	1 lb 5 Oz	Diced	
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Combine lemon juice, pepper and mayonnaise with tuna mixture. Mix well.
<b>3</b> Mayonnaise, Bulk	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		
Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>4</b>						To prepare plates, line each chilled 9" plate with 2 lettuce leaves. Place 1 #12 scoop of tuna salad in center of plate.
<b>5</b>						Around the tuna arrange 3 pita wedges. Place 3 cucumber slices then space out. Place 1 tomato wedge on top of each cucumber slice. Place 2 carrot sticks between cucumber/tomato wedges. Wrap and hold for same day service.
<b>6</b>						CCP -- Maintain <40F/4C; discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	1 g	7 g	5 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.
5					Discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

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# Soup Lentil & Tomato (Lentil and Tomato Soup)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	0.0 °F	155 °F	Simmer	6 fl. oz	☐ Contains: Tomato, Apples, Garlic, Allergen Sulphites, Celery, Pork & Products, Beans/Legumes, Onion, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	19 g	7 g	0.5 g	30 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Bacon, Pork 18-26 ct	2.5 Oz	4.5 Oz	7 Oz	9.5 Oz	Chopped Fine	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  In a large soup kettle, cook bacon until browned. Do not drain bacon fat.
Onion, Yellow	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz	Diced	
Carrot, Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	
<b>2</b> Celery, Fresh	7 Oz	14 Oz	1 lb 5 Oz	1 lb 12 Oz	Diced	
Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp	Chopped	
Thyme, Dried Leaves	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		

# Soup Lentil & Tomato (Lentil and Tomato Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Marjoram, Ground	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		
	Tomato Paste, Cnd	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz		
<b>3</b>	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		Add diced onion, carrot, celery, garlic, thyme and marjoram. Sauté for 5 min or until vegetables are tender. Add tomato paste. Cook for 5 min, stirring constantly.
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Water, Tap	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	Boiled	
	Beans, Lentil Dry	1 lb 5 Oz	2 lb 11 Oz	4 lb	5 lb 5 Oz		
	Wine, White	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
	Vinegar, Cider Apple	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
<b>4</b>							Add water, lentils, white wine, vinegar, pepper and salt. Bring to a boil. Reduce heat and simmer for 2 hrs or until lentils are tender and begin to break apart, desired soup consistency is achieved.
<b>5</b>							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.

# Soup Lentil & Tomato (Lentil and Tomato Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Celery Sticks (Celery Sticks)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	3 Oz	<input type="checkbox"/> Contains: Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	50 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3 Celery, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Trim celery as needed. Cut in to 3" portions. Serve 3 oz per serving.
4					CCP -- Maintain <40F/4C; discard unused product.

# Peaches Fresh (Peaches )

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	0 g	10 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Beef Tater Tot Casserole (Tater Tot Casserole)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	1 Cup	☐ Contains: Mushroom, AllergenMilk, Potatoes, Onion, AllergenSoy, AllergenWheat, Garlic, Celery, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	26 g	15 g	23 g	100 mg	810 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Tater Tots Frz	3 lb 15 Oz	7 lb 14 Oz	11 lb 13 Oz	15 lb 12 Oz		Prepare potatoes according to package directions.
<b>3</b> Beef, Ground 80-85/20-15 Raw	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		Brown meat and drain well. Add celery and onion. Cook until vegetables are tender.
Celery, Fresh	1 Cup	2 Cup	3 Cup	1 Qt	Diced	
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
<b>4</b> Milk, 2% Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		Combine milk, soup, and seasoning. Chill until ready to continue.
Soup, Cream of Mushroom Cnd Cond	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		

# Beef Tater Tot Casserole (Tater Tot Casserole)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
5	Cheese, Cheddar Shredded	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		Assemble: Layer potatoes, meat mixture, and soup mixture into sprayed shallow pan(s), 2 layers of each. Sprinkle grated cheese over casserole before baking. Bake until cheese is melted, approximately 30-40 minutes.
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Corn Southwest f/Frz (Southwest Corn)



COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
8 Min	Steam	4z Spoodle	1/2 Cup	☐ Contains: Peppers Bell, Corn, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	3 g	2.5 g	0 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Corn, Whole Kernel Frz	5 lb	10 lb	15 lb	20 lb		Steam or boil vegetables until tender. Add margarine and seasonings. *Maintain >135F/57C.
Peppers Red Roasted f/Fresh	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Minced	
<b>2</b> Pepper, Green Fresh	1 Cup	2 Cup	3 Cup	1 Qt	Minced	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Chili Powder, Mild	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Cumin, Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		

# Corn Southwest f/Frz (Southwest Corn)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	500.0 °F	Roast	1/2 Cup	☐ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	20 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pepper, Red Fresh	25 each	50 each	75 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice Pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3 Oil, Olive	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Pour the oil and salt over the sliced Peppers. CCP -- Maintain >135F/57C. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Coleslaw Summer (Summer Slaw)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Cabbage, Carrots, Allergen Sulphites, Citrus, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	2 g	8 g	50 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Olive	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup		In a medium bowl, whisk together ingredients for dressing. Set aside. Seal and chill if not using immediately.
Vinegar, Wine White	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup		
Mustard, Dijon	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>2</b> Juice Orange f/Frz Conc 6 flz	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
<b>3</b> Cabbage, Green Fresh	2 lb 12 Oz	5 lb 8 Oz	8 lb 4 Oz	11 lb	Shredded	In a large bowl, combine remaining ingredients. Pour dressing over cabbage mixture, and toss to mix and coat evenly with dressing. Serve immediately.
Cabbage, Red Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb	Shredded	

# Coleslaw Summer (Summer Slaw)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Carrot, Fresh	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Shredded	
<b>4</b>							CCP -- Maintain <40F/4C; discard unused product.

# Juice Orange f/Frz Conc 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<input type="checkbox"/> Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	2 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Juice, Orange Conc Unsweetened	35 fl. oz	70 fl. oz	105 fl. oz	Dilute in cool water; stirring well. Refrigerate <40F/4C.
	Water, Tap	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	
<b>3</b>					CCP -- Keep chilled at 40F/4C.

# Fish Cod Parmesan Bkd (Parmesan Baked Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	375.0 °F	145 °F	Bake	3 Oz	☐ Contains: AllergenMilk, AllergenFish, AllergenSoy, AllergenWheat, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	9 g	24 g	6 g	150 mg	320 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Bread Crumbs, Plain 2 Cup	1 Qt	1 1/2 Qt	2 Qt		Combine bread crumbs, parmesan cheese and thyme.
	Cheese, Parmesan Grated 8 Oz	1 lb	1 lb 8 Oz	2 lb		
	Thyme, Ground 2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
<b>3</b>	Fish, Cod 4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb		Dip fillets in milk and then in crumb mixture. Arrange on well greased baking pan.
	Milk, 2% Bulk 2 Cup	1 Qt	1 1/2 Qt	2 Qt		
<b>4</b>	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Combine melted margarine and lemon juice. Drizzle over fillets.

# Fish Cod Parmesan Bkd (Parmesan Baked Cod)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Juice, Lemon RTS	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		
<b>5</b>						Fish: Cook to internal temp of 145F/63C held for 15 sec.
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Sweet Hash (Sweet Potato Hash)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Saute	4z Spoodle	1/2 Cup	☐ Contains: Potatoes, Sweet, Peppers Bell, Onion, Garlic, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	2 g	4.5 g	30 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Sweet Fresh Onion, Yellow Oil, Olive Garlic, Powder	12.5 medium	25 medium	37.5 medium	50 medium	Peeled & Cubed	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Over medium heat, saute the Potatoes & Onions with the Olive Oil, & Garlic Powder. Cover until softened. Remove lid and cook until browned.
	3.13 medium	6.25 medium	9.38 medium	12.5 medium	Chopped	
	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
2 Pepper, Green Fresh Tomato, Grape Fresh Cilantro, Raw Bunch	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Chopped	Add remaining ingredients and cook until softened, mixing everything together. When ready, remove lid, and garnish with extra Cilantro. Serve
	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Halved	
	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Chopped	
3						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding.

# Bread Texas Whole Grain Garlic (Garlic Whole Grain Texas Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 each	<input type="checkbox"/> Contains: AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g	4 g	1 g	30 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Strawberries f/Fresh & Pineapple f/JcPk (Strawberry & Pineapple)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1/2 Cup	<input type="checkbox"/> Contains: Strawberry, Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	28 g	2 g	0 g	40 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Strawberries and drain. Remove stem. Slice Strawberries add Pineapple. Combine fruit to serve.
Pineapple, Tidbits JcPk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	
2					Maintain <40F

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Turkey California Tortilla Wrap (Turkey California Wrap)



SERVING SIZE	ALLERGENS
1 each	☐ Contains: AllergenWheat, AllergenSulphites, Cucumber, Mustard, Onion, Peppers Bell, Tomato, AllergenSoy, Turkey, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
350 kcal	29 g	23 g	16 g	100 mg	550 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Turkey, Breast Whole Ckd	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Shave cooked turkey.
Avocado, Fresh	6.25 whole	12.5 whole	18.75 whole	25 whole	
<b>2</b>					
Alfalfa Sprouts	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz	
Dressing, 1000 Island Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
Tortilla, Flour 10 in	25 each	50 each	75 each	100 each	
<b>3</b>					Slice avocadoes in thin slices.
<b>4</b>					Spread 1 Tbsp of dressing on one side of tortilla.
<b>5</b>					Arrange thinly-sliced avocado, chopped turkey and sprouts on spread side of tortilla. Fold tortilla at bottom, fold in sides, then roll from bottom to top. Can slice wrap in half or thirds for easy handling.

# Turkey California Tortilla Wrap (Turkey California Wrap)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
6					CCP -- Maintain <40F/4C; discard unused product.

# Potato Salad f/Fresh (Potato Salad)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
0.0 °F	Chill	#8 scoop	1/2 Cup	<input type="checkbox"/> Contains: AllergenEggs, Potatoes, Onion, Mustard, Citrus, AllergenSulphites, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	28 g	4 g	10 g	20 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Russet/Baking Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Peeled & Cubed	Steam or boil potatoes until tender; drain, dice & chill. Keep chilled until ready for service.
Oil, Vegetable	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup		Make a marinade of oil, vinegar, lemon juice and seasonings. Add to warm potatoes and mix gently.
Vinegar, White	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup		
<b>3</b> Juice, Lemon RTS	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Salt, Iodized	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Sugar, Granulated Bulk	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>4</b> Egg Boiled Hard Whole RTS	5 each	10 each	15 each	20 each	Chopped	Chill eggs until ready to use.

# Potato Salad f/Fresh (Potato Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>5</b>	Onion, Yellow	4 Oz	8 Oz	12 Oz	16 Oz	Chopped Fine	Mix celery and onion with relish and dressing.
	Celery, Fresh	5 each	10 each	15 each	20 each	Chopped Fine	
	Pickle Relish, Sweet	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup		
	Mayonnaise, Bulk	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup		
	Mustard, Yellow Prepared	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
<b>6</b>							Add mixture to potatoes and mix lightly.
<b>7</b>							CCP -- Maintain <40F/4C; discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)



SERVING SIZE	ALLERGENS
<b>1 each</b>	<input type="checkbox"/> <b>Contains: AllergenEggs</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	1 g	7 g	5 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
<b>3</b>					Portion according to serving size.
<b>4</b>					CCP -- Maintain <40F/4C; discard unused product.
<b>5</b>					Discard unused product.



# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

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## Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	☐ Contains: Onion, AllergenFish, Spinach, AllergenSoy, Citrus, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	0 g	3 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Spinach, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Lettuce, Iceberg	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		
<b>2</b> Onion, Red/Burmuda	6.5 Oz	13.5 Oz	1 lb 4 Oz	1 lb 11 Oz		Tear lettuce and spinach. Thinly slice 1st onion in rings.
Orange, Mandarin JcPk	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Drained	
<b>3</b> Sugar, Granulated Bulk	1 lb 1 Oz	2 lb 1 Oz	3 lb 2 Oz	4 lb 3 Oz		
Paprika	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		Combine lettuce, spinach, sliced onion and orange slices. Toss salad well to mix greens. Serve 1 cup salad with 1/4 cup dressing.
Onion, Yellow	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Minced	
Sauce, Worcestershire	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b> Oil, Vegetable	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		Dressing: Combine sugar, paprika, minced onion and worcestershire.

## Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Vinegar, White	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>5</b>						Using a whip, add vinegar and oil in slow stream. Whip at least 2 min to dissolve sugar.
<b>6</b>						CCP -- Maintain <40F/4C; discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Applesauce Rosy f/Cnd (Rosy Applesauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Pork & Products, Apples, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	0 g	0 g	0 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Applesauce, Unswt	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	Combine dry gelatin and applesauce and mix well.
	Gelatin, Dry Strawberry	1/4 Cup	1/2 Cup	3/4 Cup	
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Beef Taco Salad (Beef Taco Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Pan Fry	1 each	☐ Contains: Beef, Corn, Tomato, Onion, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	23 g	19 g	25 g	300 mg	690 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Beef, Ground 80-85/20-15 Raw  Chili Powder, Mild	4 lb	8 lb	12 lb	16 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, drain, shred or tear Lettuce. Chop Onions and Tomatoes. Crumble and brown Beef with Chili Powder in skillet. Pour off fat.
	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
<b>2</b> Tomato Sauce, Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Add Sauce and heat to *internal temp 165F for 15 sec.
<b>3</b> Lettuce, Iceberg  Tomato, Fresh  Onion, Yellow  Olives, Black-Ripe Pieces  Cheese, Cheddar Shredded	2 Gal 3 Cup	5 Gal	7 Gal 3 Cup	10 Gal	Place 1 1/2 Cup Lettuce and 1/2 oz Chips on platter. Place #12 Scp Meat mixture over Lettuce. Top with 1 Tbsp each of Tomato, Onions and Olives. Top with 2 Tbsp (1 oz) shredded Cheese.
	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	
	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	
	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	

# Beef Taco Salad (Beef Taco Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Chips Tortilla Yellow Bulk	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	
<b>4</b>						CCP - Maintain Meat Sauce >140F for only 4 hrs.
<b>5</b>						CCP - Cool Meat Mixture: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>6</b>						CCP - Reheat Meat Mixture: To internal temp of 165F held 15 sec within 1 hr - one time only.



# Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	39 g	5 g	12 g	75 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	39 g	5 g	12 g	75 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Sauce Salsa f/RTS (Salsa)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	2 Tbsp	☐ Contains: Allergen Sulphites, Garlic, Tomato, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	0 g	0 g	0 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Sauce, Salsa Mild RTS	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Portion 2 Tbsp (#30 scoop) per serving.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping)



Health & Human Services



SERVING SIZE	ALLERGENS
1 Cup	☐ Contains: Strawberry, AllergenSoy, Blueberry, Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	2 g	3.5 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH ALL PRODUCE under cool, running water. Drain well. Wash blueberries the day of service. Do not prep in advance.
3 Raspberries, Red Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	12 Oz	1 lb 8 Oz	2 lb 3 Oz	2 lb 15 Oz	
4					Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
5					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Fajitas Beef f/Fajita Strips (Beef Fajita)



COOK METHOD	SERVING SIZE	ALLERGENS
Grill	1 each	☐ Contains: Beef, Peppers Bell, Onion, Citrus, AllergenSoy, AllergenWheat, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	18 g	11 g	6 g	20 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Beef, Fajita Strips	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Fajita meat according to package directions. Slice into thin strips. CCP - Maintain >140F.
<b>2</b> Onion, Yellow	8.5 Oz	1 lb 1 Oz	1 lb 9 Oz	2 lb 1 Oz	Julienne	Cook Vegetables on grill until Vegetables are tender. Pour Lemon Juice over and toss. *Maintain >140F until time of service.
Pepper, Green Fresh	8.5 Oz	1 lb 1 Oz	1 lb 9 Oz	2 lb 1 Oz	Julienne	
Juice, Lemon RTS	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup		
<b>3</b> Tortilla Flour 6 in	25 each	50 each	75 each	100 each		At time of service place 2oz. Meat and 1 oz. Vegetables on each Tortilla. Drizzle 1 tsp of Sauce on top and serve.
Sauce, Chile	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup		

# Fajitas Beef f/Fajita Strips (Beef Fajita)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



# Tortilla Flour 6 in (Flour Tortilla)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	16 g	3 g	2 g	20 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Rice Cilantro No Base (Cilantro Rice)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	Bake	1/2 Cup	<input type="checkbox"/> Contains: Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	25 g	3 g	2.5 g	30 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Boiled	Place rice, oil and salt in shallow baking pan. Add boiling water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min. until liquid is absorbed. Fluff with fork.
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Rice, White Parboiled	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt		
<b>3</b> Cilantro, Raw Bunch	1 Cup	2 Cup	3 Cup	1 Qt		Stir in minced cilantro.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Rice Cilantro No Base (Cilantro Rice)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

## Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Beans/Legumes, Tomato, Corn, Onion, Garlic, AllergenSulphites, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	22 g	5 g	3 g	40 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		Combine first 7 ingredients for the dressing; whisk to mix thoroughly.
Vinegar, White	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Oil, Vegetable	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
<b>3</b> Juice, Lime RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Cumin, Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		

## Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Corn, Whole Kernel Frz	1 1/4 Qt	2 1/2 Qt	4.0 Qt	1 Gal 2 Cup	Thawed	In a separate bowl, combine remaining ingredients. Pour dressing over vegetable mixture and stir or toss to coat the corn mixture evenly with the dressing. Cover and refrigerate for at least 1 hour.
	Beans Black f/Dry	1 1/4 Qt	2 1/2 Qt	4.0 Qt	1 Gal 2 Cup	Prepared	
	Tomato, Fresh	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	Diced	
	Onion, Red/Burmuda	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Chopped Fine	
	Garlic, Whole Fresh	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	Minced	
	Cilantro, Raw Bunch	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Minced	
5							Stir salad before serving.
6							CCP -- Maintain <40F/4C; discard unused product.

## Beans Black f/Dry (Black Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	0.0 °F	145 °F	Boil	1/2 Cup	<input type="checkbox"/> Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Beans, Black Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal	
<b>3</b>					Place beans in a large pot or steam-jacketed kettle and cover with water.	
<b>4</b>					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.	
<b>5</b>	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
<b>6</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
<b>7</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

## Beans Black f/Dry (Black Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>8</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>						Note: Soaking beans in water overnight can reduce cooking time, if desired.

# Orange Fresh Wedges (Fresh Orange Wedges )

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	<input type="checkbox"/> Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	1 g	0 g	50 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3 Orange Fresh Whole	25 whole	50 whole	75 whole	100 whole	Cut each whole orange into six wedges.
4					+CCP - Serve Chilled <40F/4C.



# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<input type="checkbox"/> Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	75 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Soup Beef Vegetable Country Hmd (Country Beef & Veg Soup)



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	6 fl. oz	☐ Contains: Tomato, Carrots, AllergenSoy, Garlic, AllergenMilk, Beef, Celery, Potatoes, Peas, Cabbage, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	9 g	7 g	3.5 g	40 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		In a kettle, saute Beef Cubes until brown & Cubes lose their pink color. Drain off excess liquid. Add Margarine, Onions, Carrots, Celery, and Garlic. Continue to saute.
Margarine, Solids	2.5 Oz	4.5 Oz	7 Oz	9.5 Oz		
Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Diced	
<b>2</b> Carrot, Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Diced	
Celery, Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	
Garlic, Whole Fresh	0.63 each	1.25 each	1.88 each	2.5 each	Minced	
<b>3</b> Potato, Red Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	Add remaining ingredients to Beef. Bring to a boil and simmer for 40-50 min. until an *internal temp of 145F held for 15 sec is reached.

# Soup Beef Vegetable Country Hmd (Country Beef & Veg Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cabbage, Green Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	
	Tomato, Diced Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
	Peas, Green Frz	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz		
	Juice, V8 Cocktail RTS	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		
	Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		
	Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
	Pepper, White	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp		
<b>4</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>7</b>							Cook Time: 60-70 min

# Egg Salad Soft Sndw Wheat (Egg Salad Sndw on Wheat)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Make	#12 scoop	1 each	☐ Contains: AllergenEggs, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	25 g	12 g	13 g	100 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Egg Salad Soft Hmd	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 each	100 each	150 each	200 each		Prepare filling as per separate recipe and chill.
3						Sandwich Serving: Spread 1/3 cup egg salad filling on 1 slice of bread; top with second slice of bread. Cut sandwich in half and serve immediately or wrap and chill.
4						CCP -- Maintain <40F/4C; discard unused product.

# Egg Salad Soft Hmd (Egg Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	1 g	10 g	17 g	40 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Egg Boiled Hard Whole RTS	37.5 each	75 each	112.5 each	150 each	Ground	Combine eggs and dressing, mix well. *Maintain <40F/4C until used.
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>3</b> Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		Add spices to egg mixture. Mix well.
Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Bread Wheat (Wheat Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 slice	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Egg Boiled Hard Whole RTS (Hard Boiled Egg)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	1 g	7 g	5 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.
5					Discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

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# Cucumber & Tomato Salad f/Fresh (Tomato Cucumber Salad)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Tomato, Cucumber, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	6 g	1 g	5 g	20 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>	Vinegar, White	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	
	Sugar, Granulated Bulk	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Salt, Iodized	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp	
	Dill, Weed Dried	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>2</b>	Tomato, Fresh	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Diced Mix vinegar, oil and spices until thoroughly blended.
	Cucumber, Fresh	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	
<b>3</b>						Add seasoning mixture to vegetables and toss well.

# Cucumber & Tomato Salad f/Fresh (Tomato Cucumber Salad)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain <40F/4C; discard unused product.

# Garnish Lettuce Tomato Slice (Lettuce & Tomato Slice)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	<input type="checkbox"/> Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Tomato, Fresh 3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Sliced Thin	Wash, trim tomatoes and cut out stems. Separate lettuce into leaves. Place on serving plate. Serve 2 slices tomato with 1 lettuce leaf.
	Lettuce, Green Leaf 1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Chicken Salad Sndw Wheat (Chicken Salad Sandwich on Wheat)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
0.0 °F	Chill	#10 scoop	1 each	<input type="checkbox"/> Contains: Allergen Sulphites, Allergen Eggs, Chicken, Allergen Wheat, Celery, Allergen Soy, Citrus, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	26 g	18 g	14 g	100 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chicken Salad w/Egg & Celery	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare chicken salad per separate recipe.
3	Bread Wheat	50 slice	100 slice	150 slice	200 slice	To Assemble: 1 # 10 scoop filling between 2 slices bread, 1 lettuce leaf per sandwich. Cut sandwiches and wrap.
	Lettuce, Green Leaf	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	
4					CCP -- Maintain <40F/4C; discard unused product.	



# Chicken Salad w/Egg & Celery (Chicken Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Allergen Eggs, Celery, Allergen Soy, Chicken, Citrus, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	2 g	15 g	14 g	20 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine all ingredients. Toss well. *Chill in refrigerator. Maintain Eggs <40F.
Egg Boiled Hard Whole RTS	5.26 each	10.53 each	15.79 each	21.05 each	Diced	
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.
Chicken, Meat Pulled Ckd	2 lb 9 Oz	5 lb 2 Oz	7 lb 11 Oz	10 lb 4 Oz		
Celery, Fresh	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Diced	
Dressing, French Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
Pepper, White	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
Juice, Lemon RTS	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp		

# Bread Wheat (Wheat Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 slice	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenEggs</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	1 g	7 g	5 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
<b>3</b>					Portion according to serving size.
<b>4</b>					CCP -- Maintain <40F/4C; discard unused product.
<b>5</b>					Discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

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## Salad Chickpea Tomato Cucumber Onion (Chickpea Salad )

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	<input type="checkbox"/> Contains: Tomato, Cucumber, Onion, Citrus, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	20 g	6 g	6 g	50 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Whisk olive oil, lemon juice, salt and pepper in a large bowl until combined.
Juice, Lemon RTS	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
<b>2</b> Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Parsley, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped Fine	Add all remaining ingredients and mix to coat with dressing.
Onion, Red/Burmuda	5.5 Oz	11 Oz	1 lb 1 Oz	1 lb 6 Oz	Chopped Fine	
<b>3</b> Tomato, Fresh	2 lb 3 Oz	4 lb 6 Oz	6 lb 10 Oz	8 lb 13 Oz	Chopped	
Cucumber, Fresh	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	Chopped	

## Salad Chickpea Tomato Cucumber Onion (Chickpea Salad )

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Beans, Garbanzo (Chickpeas) Cnd	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	Drained	
4							CCP -- Maintain <40F/4C; discard unused product.

# Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	<input type="checkbox"/> Contains: Onion, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Lettuce, Iceberg	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Peel and slice onion and tomato crosswise in slices. Separate lettuce into individual leaves.
	Tomato, Fresh	1 lb 7 Oz	2 lb 14 Oz	4 lb 5 Oz	5 lb 12 Oz	
	Onion, Yellow	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	
<b>4</b>						Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.
<b>5</b>						CCP -- Maintain <40F/4C; discard unused product.

# Strawberries Balsamic f/Fresh (Balsamic Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	11 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Strawberries, Fresh	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz	Rinsed/Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vinegar, Balsamic	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Hull and slice strawberries lengthwise.
Sugar, Granulated Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
3						In large bowl, toss strawberries with vinegar and sugar. Cover with plastic wrap, and rest at room temperature for 30 minutes.
4						Transfer to refrigerator and chill for 1 hour prior to serving.
5						Serving Suggestion: May be served alone, with a dollop of whipped topping, with ice cream, or topping on a pound cake.
6						CCP -- Maintain <40F/4C; discard unused product.



# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Meatloaf No Sauce (Meatloaf)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	325.0 °F	160 °F	Bake	3 Oz	☐ Contains: Beef, Garlic, AllergenEggs, AllergenWheat, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	5 g	16 g	17 g	75 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped Fine	Combine ingredients and mix on low speed until blended. Do not over mix.
Bread White	6 slice	12 slice	18 slice	24 slice	Day-Old Cubes	
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		
<b>2</b> Egg, Liquid Frz	1 Cup	2 Cup	3 Cup	1 Qt		
Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Meatloaf No Sauce (Meatloaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Parsley, Dried	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>							Press mixture into loaf pans, or form loaves on 18x26" baking sheet 22" long and 4" wide. Chill until ready to cook.
<b>4</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>5</b>							Drain fat. Let stand a few minutes before slicing. Portion into 3 oz pieces.
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>9</b>							Note: 2 cups frozen egg product = 10 shell eggs.

# Bread White (White Bread)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 slice	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	3 g	1 g	40 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Potato Mashed f/Inst & Brown Gravy (Mashed Potatoes w/Brown Gravy

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Make	1/2 Cup	<input type="checkbox"/> Contains: Potatoes, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	27 g	3 g	2 g	30 mg	430 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Add Potato Flakes. Stir constantly using wire whip. Add Seasonings.
<b>2</b> Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Gravy Brown f/Mix	50 fl. oz	100 fl. oz	150 fl. oz	200 fl. oz		Pour 2 Fl Oz of Gravy over each serving of Potatoes.
<b>4</b>						CCP -- Maintain >140F for only 4 hrs.
<b>5</b>						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>6</b>						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Gravy Brown f/Mix (Brown Gravy)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	2 fl. oz	☐ Contains: AllergenWheat, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0.5 g	10 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Gravy Mix, Brown Dry	5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	Follow package directions for preparation. Heat until product reaches 165F/74C held for 15 sec.
	Water, Tap	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

# Carrot Dilled f/Frz (Sliced Dilled Carrots)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	☐ Contains: Carrots, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	0 g	2.5 g	30 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Carrot, Sliced Frz 3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		Steam or boil vegetables until tender. Add seasoning and mix well.
	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Dill, Weed Dried 1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Crushed	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.



# Pear Halves Minted w/Topping f/Cnd (Minted Pears)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Allergen Soy, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Pears, Halves JcPk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Extract, Mint	2.97 drop	5.94 drop	8.91 drop	11.88 drop		
	Food Coloring, Green	0.63 drop	1.25 drop	1.88 drop	2.5 drop		
	Topping, Whip Non-Dairy Bag Frz	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup		
2							In large bowl combine pears, extract, and food coloring (add mint 1 drop at a time testing flavor after each drop so as not to create too strong a mint taste) more coloring can be added if darker color is desired.
3							Chill of 2-3 hrs to marinate flavors.
4							Serve with dollop of whip topping on each 1/2 cup (2 halves) portion.
5							CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Hot Dog Beef 8/1 on Bun (Hot Dog on Bun)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	☐ Contains: Beef, AllergenMilk, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	20 g	11 g	17 g	75 mg	670 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Frank, Beef 8/1	25 frank	50 frank	75 frank	100 frank	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bun Hot Dog	25 each	50 each	75 each	100 each	Place franks in boiling water for 3 1/2 minutes.
3					Using a gloved hand and tongs, remove frank from boiling water and place in bun.
4					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Potato Tator Tots f/RTB (Tator Tots)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1/2 Cup	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	23 g	2 g	7 g	20 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Tater Tots Frz	4 lb 9 Oz	9 lb 1 Oz	13 lb 10 Oz	18 lb 3 Oz	Prepare product as per package instructions.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
4					Discard unused product.	

# Corn Whole Kernel f/Frz (Whole Kernel Corn)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	3 g	0.5 g	0 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Corn, Whole Kernel Frz	4 lb 9 Oz	9 lb 2 Oz	13 lb 11 Oz	18 lb 4 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	2 1/8 Cup	1.0 Qt	1 1/2 Qt	
2 Pepper, White	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 1 tsp	Place Corn in cooking pan. Add Water. Steam for 4-6 min or until tender.
3					Sprinkle with Pepper.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Ketchup PC (Ketchup Packet)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 g	0 g	0 g	0 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Ketchup PC (Ketchup Packet)

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# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Mustard PC (Mustard Pack)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
0 kcal	0 g	0 g	0 g	0 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product

# Mustard PC (Mustard Pack)



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# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Cantaloupe Fresh	8 lb 10 Oz	17 lb 3 Oz	25 lb 13 Oz	34 lb 6 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Macaroni & Vegetables Casserole (Macaroni & Vegetable Casserole)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	165 °F	Bake	1 Cup	☐ Contains: AllergenWheat, Carrots, Onion, Celery, AllergenMilk, Spinach, AllergenSoy, Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	19 g	7 g	10 g	150 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		Lightly grease 10" x 12" x 2" steamtable pan(s).
<b>3</b> Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Boiled	Cook macaroni in boiling water until tender; about 15 min. Drain. Rinse with hot water.
Macaroni, Elbow Dry	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
<b>4</b> Carrot, Fresh	1 Qt	2 Qt	3 Qt	1 Gal	Sliced	Steam vegetables separately until tender-crisp. Combine; mix gently.
Peas, Green Frz	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt		
Spinach, Fresh	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		

# Macaroni & Vegetables Casserole (Macaroni & Vegetable Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped Fine	
	Celery, Fresh	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Sliced	
5	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Melt margarine; reduce heat. Add flour gradually; use a wire whip and blend until a smooth paste is formed.
	Flour, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
6	Milk, 2% Bulk	1 Qt	2 Qt	3 Qt	1 Gal		Slowly whisk milk into paste. Cook and stir constantly until thickened and smooth. Add salt, pepper and cheese. Whisk until smooth and cheese is melted.
	Salt, Iodized	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp		
	Cheese, Cheddar Shredded	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
7	Bread Crumbs, Plain	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		Preheat oven to 350F/176C. Combine all ingredients: macaroni, vegetables and cheese sauce. Stir gently. Pour combined ingredients into pans, dividing equally. Lightly toss bread crumbs with melted margarine. Sprinkle evenly over vegetables. Bake 30 min.
	Margarine, Solids	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Melted	
8							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

# Macaroni & Vegetables Casserole (Macaroni & Vegetable Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
9							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
10 Min	Steam	4z Spoodle	1/2 Cup	☐ Contains: AllergenSoy, Broccoli, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g		3 g	2 g	50 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Broccoli, Florets Frz	5 lb	10 lb	15 lb	20 lb	Thawed Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Cottage Cheese & Pears f/JcPk (Cottage Cheese & Pears)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	☐ Contains: AllergenMilk, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	22 g	13 g	2.5 g	150 mg	370 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pears, Sliced JcPk Cottage Cheese, 2% Fat Lettuce, Iceberg Parsley, Fresh	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3 1/4 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
	8 Oz	1 lb	1 lb 8 Oz	2 lb	Separated	
	2 Oz	4 Oz	6 Oz	8 Oz		
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Place lettuce leaf on each serving dish. Put 1/2 cup (#8 Scoop) cottage cheese on lettuce. Place 1/2 cup of pears over cottage cheese. Garnish with parsley sprig.
4						CCP -- Maintain <40F/4C; discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Crackers Saltine 2-ct Pkg (Saltine Crackers)



SERVING SIZE	ALLERGENS
<b>1 each</b>	<input type="checkbox"/> <b>Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	0 g	0 g	0 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

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# Pork Shaker Sndw (Shaker Pork Sandwich)

COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
145 °F	Make	#12 scoop	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Corn, Apples, Pork & Products, AllergenSulphites, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	36 g	20 g	11 g	100 mg	480 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork Shaker Sndw Filling	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bun Hamburger White	25 each	50 each	75 each	100 each		Prepare filling as per separate recipe.
3						Sandwich Serving: At time of service, place 2 ounces of meat on bottom half of bun; top with top half of bun. Cut into desired sections and serve immediately.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						Discard unused product.

# Pork Shaker Sndw Filling (Pork Shaker Filling)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	350.0 °F	Roast	2 Oz	☐ Contains: AllergenWheat, AllergenSoy, Corn, Apples, Garlic, Pork & Products, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	10 g	15 g	9 g	20 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Sage, Rubbed	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine Seasoning. Rub Spices on Pork Roast. Place in a roasting pan. Cover & bake until done & *internal temp of 160F/71C held for 15 sec is reached. Remove Meat & chop. *Maintain >140F/60C until used.	
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
	Garlic, Whole Fresh	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		Minced
	Pork, Loin Bnls	5 lb 7 Oz	10 lb 14 Oz	16 lb 5 Oz	21 lb 12 Oz		
2	Sauce, Soy Bulk LS	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	In a kettle, combine Sugar & Cornstarch. Add Water, Vinegar, & Soy Sauce. Stir until smooth. Bring to a boil; cook for 2 min or until thickened. Add Pork & stir until thoroughly coated.	
	Sugar, Granulated Bulk	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt		

# Pork Shaker Sndw Filling (Pork Shaker Filling)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cornstarch	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
	Water, Tap	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt		
	Vinegar, Cider Apple	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
<b>3</b>							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



## Chowder Corn Mesquite (Mesquite Corn Chowder)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	160 °F	Simmer	6 fl. oz	☐ Contains: Onion, Tomato, Carrots, AllergenSoy, Chicken, Garlic, Celery, AllergenMilk, Pork & Products, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	3 g	5 g	30 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Seasoning, Old Bay	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Dice sausage into 1/4 inch pieces. Melt margarine. Add onions, celery, carrots, seasonings and sausage. Cook over high heat; stirring occasionally.
Seasoning, Mesquite	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Sausage, Andouille Ckd	6 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz		
<b>2</b> Carrot, Fresh	9.5 Oz	1 lb 2 Oz	1 lb 12 Oz	2 lb 5 Oz	Diced	
Celery, Fresh	9.5 Oz	1 lb 2 Oz	1 lb 12 Oz	2 lb 5 Oz	Diced	
Onion, Yellow	9.5 Oz	1 lb 2 Oz	1 lb 12 Oz	2 lb 5 Oz	Diced	

## Chowder Corn Mesquite (Mesquite Corn Chowder)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Margarine, Solids	3 Oz	6 Oz	9 Oz	12 Oz	Melted	
	Tomato, Rotel	2 lb 0 Oz	4 lb 1 Oz	6 lb 1 Oz	8 lb 1 Oz		
<b>3</b>	Soup Broth Chicken f/Base	3 1/8 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Drain rotel and reserve juice. Dice tomatoes into smaller pieces. Combine tomatoes and reserved juice.
	Tomato Paste, Cnd	4 Oz	7.5 Oz	11.5 Oz	15.5 Oz		
<b>4</b>	Corn, Whole Kernel Frz	2 lb 5 Oz	4 lb 10 Oz	6 lb 15 Oz	9 lb 4 Oz		Heat chicken broth. Add chicken broth, diced rotel tomatoes and tomato paste to vegetables. Simmer Ingredients together for 5 min.
<b>5</b>							Add corn. Stir well to combine. Cook soup.
<b>6</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>7</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>8</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	6 fl. oz	☐ Contains: Corn, Garlic, Onion, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
0 kcal	1 g	0 g	0 g	10 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Base, Chicken Paste LS G-F	1/3 Cup	2/3 Cup	1.0 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 2 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Beans Lima Parmesan f/Frz (Parmesan Lima Beans)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: AllergenMilk, Beans/Legumes, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	22 g	7 g	2.5 g	50 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beans, Lima Baby Frz	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil Vegetables until tender to *internal temp 140F. Drain.
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add Seasoning and mix gently.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3 Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Sprinkle Cheese over cooked, seasoned Beans .
4					CCP -- Hold at 140F for only 4 hrs.
5					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6					CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Watermelon, Seedless	8 lb 5 Oz	16 lb 11 Oz	25 lb	33 lb 5 Oz	Remove rind and and seeds from fruit. Cut in cubes, less than 1/2 inch.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Chicken Scallopini Breast (Chicken Scallopini)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	Bake	1 each	☐ Contains: Garlic, Mushroom, AllergenSoy, AllergenMilk, AllergenWheat, Citrus, Chicken, Onion, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	7 g	21 g	11 g	30 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Thinly slice Onions. Slice Mushrooms. Pound boneless Chicken flat.
<b>2</b> Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		Combine Flour, Salt , Paprika, Garlic and Cheese. Dredge Chicken with seasoned Flour and saute in hot Oil. Arrange in baking pan(s).
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Paprika	0.5 Oz	0.5 Oz	1 Oz	1 Oz		
Garlic, Powder	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
Cheese, Parmesan Grated	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Oil, Vegetable	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
<b>3</b> Onion, Yellow	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Saute Mushroom and Onion in Margarine. Spread over Chicken.
Mushrooms, Fresh	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt	Sliced	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		



# Chicken Scallopini Breast (Chicken Scallopini)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		Combine Base and Water; add Lemon. Pour liquid over Chicken. Bake 325F for 1 1/4 hrs to *internal temp 165F for 15 sec.
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
	Juice, Lemon RTS	1 Cup	2 Cup	3 Cup	1 Qt		
5							CCP -- Maintain >140F for only 4 hrs.
6							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
8							Cook Time: 1 1/2hr.

# Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	Bake	4z Spoodle	1/2 Cup	☐ Contains: Potatoes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	3 g	1 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b> Potato, Red Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb		Peel potatoes & cut into wedges.
<b>4</b> Oil, Olive	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		Combine all ingredients except potatoes in a bowl.
Cheese, Parmesan Grated	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Thyme, Fresh	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Parsley, Fresh	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Minced	
Salt, Iodized	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		

# Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
<b>5</b>							Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
<b>6</b>							CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding
<b>7</b>							Discard unused portions.

## Brussels Sprouts Maple Dijon f/Frz (Maple Dijon Brussels Sprouts)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
425.0 °F	Roast	1/2 Cup	☐ Contains: Allergen Sulphites, Mustard, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	10 g	4 g	2.5 g	30 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Toss brussels sprouts with olive oil, salt, and pepper. Spread on a large baking sheet in an even layer and roast for 20-25 minutes until tender, but not mushy.
Oil, Olive	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
<b>2</b> Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	While brussels sprouts are roasting, whisk together syrup, mustard, and vinegar.
<b>3</b> Syrup, Maple Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Mustard, Dijon	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Vinegar, Cider Apple	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	

## Brussels Sprouts Maple Dijon f/Frz (Maple Dijon Brussels Sprouts)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						Remove brussels sprouts from oven, and toss to coat in syrup mixture while still warm. Serve immediately.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Fruit Tropical f/Cnd (Chilled Tropical Fruit)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1/2 Cup	<input type="checkbox"/> Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Fruit Salad, Tropical Sweet Cnd	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
<b>2</b>					Refrigerate at <40F until service.

# Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	Bake	1 (2x3)	<input type="checkbox"/> Contains: AllergenWheat, Corn, AllergenSoy, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	3 g	4 g	20 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Egg, Liquid Frz 1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		
	Baking Mix, Corn Muffin 1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
<b>3</b>						Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Beef Steak Brd Hmd w/Gravy (Beef Steak & Gravy)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
60 Min	400.0 °F	145 °F	Bake	Solid Spoon	3 Oz	☐ Contains: Beef, Garlic, AllergenMilk, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	12 g	17 g	2.5 g	20 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>	Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Pepper, Black Ground	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp		
	Garlic, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp		
	Beef, Steak Cube Raw	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz		
<b>2</b>	Gravy Mix, Brown Dry	5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	Mix seasonings with flour. Coat steaks in flour mixture. Bake at 400F/204C for 10-15 min or grill with high heat, browning both sides 3-4 min per side.
<b>3</b>						Make gravy according to package directions.
<b>4</b>						Place cooked steaks overlapping in 4" full pan. Cover steaks with gravy. Cover and bake about 30-40 min.
<b>5</b>						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.

# Beef Steak Brd Hmd w/Gravy (Beef Steak & Gravy)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Mashed f/Pearls (Mashed Potatoes)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Boil	#8 scoop	1/2 Cup	☐ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	23 g	3 g	1.5 g	10 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Pearls	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
3 Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Green Beans w/Thyme f/Frz (Green Beans with Thyme)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	1/2 Cup	<input type="checkbox"/> Contains: AllergenSoy, Beans/Legumes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	6 g	2 g	2 g	40 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb		Cook green beans until tender. Drain excess liquid.
<b>3</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Add margarine and thyme. Mix and continue cooking.
Thyme, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Bake	1 each	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	26 g	5 g	2.5 g	75 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Roll Dough, Whole Wheat 1.5z	25 each	50 each	75 each	100 each	Place rolls 2 inches apart on baking sheet and bake until golden brown.
<b>3</b>					Prepare product as per package instructions.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Crisp Blueberry & Strawberry (Berry Crisp)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Bake	1/2 Cup	☐ Contains: AllergenWheat, Strawberry, Blueberry, AllergenSoy, AllergenMilk, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	2 g	6 g	20 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Blueberries, Unsweetened Frz	2 lb 13 Oz	5 lb 10 Oz	8 lb 7 Oz	11 lb 4 Oz	Thawed	Mix sugar, lemon juice and fruit and place in greased baking pan(s).
Strawberries, Sliced Unsweetened Frz	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Thawed	
Sugar, Granulated Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
Juice, Lemon RTS	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit. Bake until top is browned, checking periodically to avoid excess browning.
<b>3</b> Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		
Sugar, Brown Light	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		



# Crisp Blueberry & Strawberry (Berry Crisp)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cinnamon, Ground	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
<b>4</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Cucumbers Marinated (Marinated Cucumbers)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Cucumber, Onion, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	6 g	0 g	0 g	10 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Combine vinegar, water and seasonings. Pour mixture over cucumbers and onions. Mix lightly. Refrigerate marinade for at least 1 hr.
Water, Tap	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
<b>2</b> Sugar, Granulated Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Cucumber, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Sliced Thin	
Onion, Yellow	2 Oz	4 Oz	6 Oz	8.5 Oz	Sliced Thin	
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.

# Pork Loin Crispy (Crispy Pork Loin)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
45 Min	325.0 °F	145 °F	Bake	Tongs	3 Oz	☐ Contains: Corn, Pork & Products, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	7 g	18 g	19 g	75 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Salt, Iodized Pepper, Black Ground Cereal Corn Flakes f/Bulk	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Crushed	
2 Pork, Loin Bnls Sour Cream, Real Bulk	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Add salt and pepper to cornflakes.
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
3						Cut loin into 4 oz portions. Dip the loins in sour cream and then in the cornflake crumbs.
4						Arrange loins on sheet pans. Bake.
5						For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.

# Pork Loin Crispy (Crispy Pork Loin)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Cereal Corn Flakes f/Bulk (Corn Flakes)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	3/4 Cup	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	0 g	0 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Cereal, Corn Flakes Bulk	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 3 Cup	4 Gal 4 Cup	Portion cereal into separate bowls and serve.

# Rice Long Grain & Wild (White & Wild Rice Blend)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	145 °F	Bake	1/2 Cup	☐ Contains: AllergenSoy, Rice, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	26 g	3 g	1 g	30 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		Cook according to package directions or use the following directions. Place rice and margarine in shallow baking pan. Add salt, and boiling water amount according to manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min until liquid is absorbed. Fluff with fork.
Margarine, Solids	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Melted	
<b>2</b> Rice, Wild & Long Grain Blend	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
Water, Tap	2 1/8 Qt	1 Gal	1 Gal 4 Cup	2 Gal 1 Cup	Boiled	
<b>3</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Rice Long Grain & Wild (White & Wild Rice Blend)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: Carrots, AllergenSoy, Beans/Legumes, Garlic, Onion, Peppers Bell, Cauliflower, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	9 g	2 g	2 g	30 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Vegetable Mix, Sicilian Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
<b>3</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add seasonings and mix well.
Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Pear</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Potato Bkd Cheese Entree (Cheese Baked Potato)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	400.0 °F	Bake	1 each	☐ Contains: Potatoes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
410 kcal	42 g	18 g	20 g	450 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Scrub potatoes and remove blemishes. Rinse under cold, running water. Rub or brush lightly with oil and place on baking pans. Bake at 400F/204C for 1 to 1 1/2 hrs until soft.
Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	
Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
<b>3</b>					Slice open each potato and pinch both ends toward middle creating pocket. Place 1/4 cup (2 oz) of cheese in each potato. Sprinkle with parsley.
Cheese, Cheddar Shredded	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb	
Parsley, Dried	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
10 Min	Steam	4z Spoodle	1/2 Cup	☐ Contains: AllergenSoy, Broccoli, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g		3 g	2 g	50 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Broccoli, Florets Frz	5 lb	10 lb	15 lb	20 lb	Thawed Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Honeydew Fresh	9 lb 6 Oz	18 lb 12 Oz	28 lb 2 Oz	37 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Bake	1 each	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	26 g	5 g	2.5 g	75 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Roll Dough, Whole Wheat 1.5z	25 each	50 each	75 each	100 each	Place rolls 2 inches apart on baking sheet and bake until golden brown.
<b>3</b>					Prepare product as per package instructions.



# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Chicken Breast Dijon (Chicken Dijon)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	375.0 °F	165 °F	Bake	3 Oz	☐ Contains: Chicken, Allergen Sulphites, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	5 g	20 g	11 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		Season chicken with salt and pepper. Bake for approximately 35 minutes.
<b>2</b> Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
<b>3</b> Dressing Dijon	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Prepared	Remove chicken from oven. Pour sauce over chicken. Bake for additional 10 minutes.
<b>4</b>						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>5</b>						Garnish with parsley if desired.

# Chicken Breast Dijon (Chicken Dijon)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6	Parsley, Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped	CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Dressing Dijon (Dijon Dressing)

COOK METHOD	SERVING SIZE	ALLERGENS
Blenderize	2 Tbsp	<input type="checkbox"/> Contains: Mustard, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	5 g	0 g	9 g	10 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	In a blender, combine all ingredients and blend until combined.
Sugar, Granulated Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
<b>2</b> Vinegar, White	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Oil, Olive	1 Cup	2 Cup	3 Cup	1 Qt	
Mustard, Dijon	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Rice Pilaf Corn w/Ckn Base (Summer Corn Pilaf)

COOK TIME	COOK TEMP	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	1/2 Cup	<input type="checkbox"/> Contains: Rice, AllergenMilk, Onion, Corn, AllergenSoy, Garlic, Celery, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	31 g	4 g	4 g	40 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb		Sauté celery and onion in margarine until they begin to soften. Add corn and seasonings and cook, stirring occasionally, for 5-7 minutes.
Celery, Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Chopped	
Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	
<b>2</b> Corn, Whole Kernel Frz	1 lb	2 lb	3 lb	4 lb	Thawed	
Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		

# Rice Pilaf Corn w/Ckn Base (Summer Corn Pilaf)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Rice, White Parboiled	1 Qt	2 Qt	3 Qt	1 Gal		Add uncooked rice to vegetables and cook, stirring occasionally, for an additional 5-7 minutes.
4	Base, Chicken Paste LS G-F	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/3 Cup	1/2 Cup		Transfer rice mixture to a counter pan. Mix base and water, add to rice and stir well. Cover tightly with aluminum foil. Bake at 350F/177C for ~45 min until rice is tender and liquid is absorbed.
	Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

## Squash Medley f/Frz w/Tomatoes Stewed (Stewed Summer Squash)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	Simmer	1/2 Cup	☐ Contains: AllergenMilk, Onion, Tomato, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	5 g	2 g	2 g	30 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	Saute onions in margarine until tender.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Squash, Yellow Frz	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb	Thawed	Add squash and seasonings to cooked onion, stir to combine. Cover, stirring occasionally, for 5-7 minutes.
Zucchini, Frz	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb	Thawed	
<b>3</b> Seasoning, Italian	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		



## Squash Medley f/Frz w/Tomatoes Stewed (Stewed Summer Squash)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Tomato, Diced Cnd	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Add tomatoes and simmer uncovered until vegetables are tender.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Bake	1 each	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	26 g	5 g	2.5 g	75 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Roll Dough, Whole Wheat 1.5z	25 each	50 each	75 each	100 each	Place rolls 2 inches apart on baking sheet and bake until golden brown.
<b>3</b>					Prepare product as per package instructions.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.



## NUTRIENT ANALYSIS

Nutrient analysis software has been used to ensure the menus and recipes provided meet the requirements of the Older Americans Act (OAA) Nutrition Program and adhere to the 2020-2025 Dietary Guidelines for Americans.

Nutrient analysis is provided for both the monthly and daily timeframes.

**Nutrient Analysis**  
**North Dakota Department on Aging**  
**Monthly Menu**  
**July 2023**

<b>Goal is 1/3 of DRI</b>		
<b>Macronutrients</b>	<b>Minimum Requirements</b>	<b>Menu Provides</b>
Calories (kcal)	660 kcal	760 kcal
Protein (g)	30 g	38 g
Carbohydrate	NA	97 g
Fat	30-35% of calories, less is acceptable	33%
Fiber (g)	9 g	10 g
<b>Vitamins and Minerals</b>	<b>Minimum Requirements +/-10%</b>	<b>Menu Provides</b>
Vitamin A	300 mcg	519 mcg
Vitamin B-6	.6 mg	1.01 mg
Vitamin B12	.8 mcg	2.56 mcg
Vitamin C	30 mcg	50 mcg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1600 mg
Sodium	<1100mg avg over one month	1040 mg

Goals are based on meeting 1/3 of the DRI for one meal per day on this menu.

The 2020-2025 Dietary Guidelines for Americans recommends limiting high sodium foods and beverages. Sodium below the specified goal is acceptable and desirable for heart health.

This menu does not exceed tolerable upper limits for any vitamins and minerals as defined by the Food and Nutrition Board, Institute of Medicine, National Academies.

**PROVIDERS CHOICE MEAL**

**Daily Nutrient Analysis: Monday, Week 1, July Monthly Menu 2023**

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1165</b>	<b>152</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>50</b>	<b>45</b>	<b>715</b>	<b>5</b>	<b>1450</b>	<b>1905</b>	<b>1084</b>	<b>270</b>	<b>26</b>	<b>5</b>	<b>19</b>	<b>124</b>	<b>120</b>	<b>1</b>	<b>15</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Corn Cobbette Frz	70	18	2	0	0	0	0	3	0.5	0	0.5	200	5	58.51	0	3.74	0	0	24.19	0	0	0
1 Each Muffin Corn f/Corn Muffin Mix	180	30	3	0	0	9	0	4	5	30	1.25	50	360	210.72	8.19	0.04	0	2.15	40.07	5	0	1.5
3oz BBQ Pork Ribs	330	21	0	0	0	17	0	21	18	50	1.25	400	610	174.68	12.99	0.3	1.5	0.9	1	75	0.15	6
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Hashbrown Cheesy f/Frz	200	13	1	0	0	0	0	6	14	150	0.75	225	140	117.63	63.44	5.58	0.2	5.64	7.8	20	0.2	4
1 Slice Cake Angel Food RTS	220	50	1	0	0	0	0	6	0.5	125	0.5	100	640	275.56	0	0	0	0	29.77	0	0	0
1/2cup Berries Mixed Fresh w/Whip Topping	40	7	2	0	0	4	0	1	1.5	10	0.3	75	5	12.26	1.28	16.11	0	5.35	8.68	0	0	1.5
<b>Lunch TOTAL</b>	<b>1165</b>	<b>152</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>50</b>	<b>45.0</b>	<b>715</b>	<b>4.65</b>	<b>1450</b>	<b>1905</b>	<b>1083.8</b>	<b>269.5</b>	<b>25.78</b>	<b>4.7</b>	<b>19.34</b>	<b>123.86</b>	<b>120</b>	<b>0.53</b>	<b>15.0</b>

Meals labeled as "Provider Choice" are intended to be served on a one time per month basis. Only one labeled meal may be used per month as they vary from the standard nutritional requirements.

\*Meals >=1400mg Sodium are considered "Provider Choice"

## Daily Nutrient Analysis: Tuesday, Week 1, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>690</b>	<b>94</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>34</b>	<b>25</b>	<b>590</b>	<b>6</b>	<b>1495</b>	<b>1175</b>	<b>567</b>	<b>302</b>	<b>24</b>	<b>3</b>	<b>26</b>	<b>141</b>	<b>75</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Hamburger on Bun	300	27	1	0	0	4	0	16	14	100	3	250	300	147.61	20.29	0.68	0	3.66	53.18	45	0.71	5
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.33	12.25	0	0.15	4.54	0	0	0
1/2cup Beans Baked f/Cnd	200	36	7	0	0	8	0	7	5	100	2.5	500	650	147.08	31.62	4.7	0.4	3.65	51.12	10	0.21	1.5
1 Each Garnish Lettuce Tomato Onion	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
<b>Lunch TOTAL</b>	<b>690</b>	<b>94</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>34</b>	<b>24.5</b>	<b>590</b>	<b>6.3</b>	<b>1495</b>	<b>1175</b>	<b>566.86</b>	<b>301.95</b>	<b>23.78</b>	<b>3.4</b>	<b>26.02</b>	<b>141.47</b>	<b>75</b>	<b>1.1</b>	<b>8.5</b>



Daily Nutrient Analysis: Wednesday, Week 1, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
<b>DAILY TOTAL</b>	<b>750</b>	<b>102</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>40</b>	<b>27</b>	<b>620</b>	<b>6</b>	<b>1780</b>	<b>1345</b>	<b>707</b>	<b>662</b>	<b>30</b>	<b>3</b>	<b>161</b>	<b>219</b>	<b>75</b>	<b>0</b>	<b>5</b>	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
1/2cup Cucumber & Tomato Salad f/Fresh	70	6	1	0	0	4	0	1	5	20	0.4	250	90	27.53	36.36	12.18	0	14.81	14.46	0	0.02	0	
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
1 Each Chicken Caesar Salad w/Dressing	210	11	2	0	0	2	0	17	11	100	1.5	450	450	191.93	386.01	4.88	0	107.46	110.42	50	0.05	2.5	
6fl. oz Soup Minestrone Hmd	60	12	3	0	0	2	0	4	0.5	40	1.5	250	200	53.38	53.96	5.01	0	30.01	49.05	5	0	0	
1/2cup Banana & Pineapple Chunks f/Cnd	60	16	1	0	0	12	0	1	0	10	0.3	175	5	9.75	2.04	8.12	0	0.32	8.6	0	0	0	
1 Each Crackers Wheat PC	25	5	1	0	0	0	0	1	1	0	0.3	30	55	21.12	0	0	0	1.74	1.79	0	0.01	0	
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5	
<b>Lunch TOTAL</b>	<b>750</b>	<b>102</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>40</b>	<b>26.5</b>	<b>620</b>	<b>6.1</b>	<b>1780</b>	<b>1345</b>	<b>707.45</b>	<b>661.97</b>	<b>30.2</b>	<b>3</b>	<b>161.15</b>	<b>219.34</b>	<b>75</b>	<b>0.26</b>	<b>5.0</b>	

## Daily Nutrient Analysis: Thursday, Week 1, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>740</b>	<b>86</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>40</b>	<b>32</b>	<b>595</b>	<b>6</b>	<b>1525</b>	<b>1065</b>	<b>599</b>	<b>306</b>	<b>93</b>	<b>5</b>	<b>105</b>	<b>128</b>	<b>85</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
2fl. oz Sauce Mushroom f/Soup	40	4	0	0	0	1	0	2	2.5	40	0.1	75	270	29.18	12.83	0.04	0.4	7.38	1.85	5	0.03	0.5
1/2 Each Potato Bkd Twice	110	21	1	0	0	2	0	3	3	20	0.4	400	105	54.57	35.76	11.82	0.6	3.5	8.82	5	0.2	0.5
3oz Steak Salisbury f/Hmd Patty	220	5	0	0	0	1	0	15	16	40	1.75	250	230	138.9	8.44	0.49	0.2	1.84	11.72	55	0.91	6
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1/2cup Strawberries Balsamic f/Fresh	45	11	2	0	0	8	0	1	0	20	0.4	125	5	19.11	0.76	44.45	0	1.66	18.14	0	0	0
<b>Lunch TOTAL</b>	<b>740</b>	<b>86</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>40</b>	<b>31.5</b>	<b>595</b>	<b>5.75</b>	<b>1525</b>	<b>1065</b>	<b>599.49</b>	<b>306.13</b>	<b>93.34</b>	<b>4.6</b>	<b>104.88</b>	<b>128.38</b>	<b>85</b>	<b>1.47</b>	<b>9.0</b>

## Daily Nutrient Analysis: Friday, Week 1, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>890</b>	<b>98</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>47</b>	<b>40</b>	<b>605</b>	<b>5</b>	<b>1875</b>	<b>815</b>	<b>612</b>	<b>667</b>	<b>64</b>	<b>8</b>	<b>88</b>	<b>136</b>	<b>105</b>	<b>2</b>	<b>13</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 cup Melon Watermelon Cantaloupe f/Fresh	50	12	1	0	0	10	0	2	0	20	0.4	250	10	18.42	94.35	22.87	0	1.03	11.16	0	0	0
3oz Fish Cod Lemon Pepper Bkd	210	5	0	0	0	0	0	21	13	20	0.75	250	170	124.9	132.68	3.89	3	13.7	17.22	50	0.86	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Green Beans w/Pimento f/Frz	45	7	3	0	0	2	0	2	2	40	1	175	20	28.2	50.89	11.55	0.4	37.5	21.47	0	0.13	0
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1/2cup Potato Colcannon w/Cabbage	300	34	3	0	0	6	0	6	17	100	0.75	700	200	133.09	205.03	25.83	2	27.43	25.23	35	0.9	8
<b>Lunch TOTAL</b>	<b>890</b>	<b>98</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>47</b>	<b>40.0</b>	<b>605</b>	<b>5.25</b>	<b>1875</b>	<b>815</b>	<b>612.19</b>	<b>666.55</b>	<b>64.26</b>	<b>8.4</b>	<b>87.74</b>	<b>135.63</b>	<b>105</b>	<b>2.09</b>	<b>12.5</b>

## Daily Nutrient Analysis: Monday, Week 2, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>91</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>32</b>	<b>47</b>	<b>635</b>	<b>6</b>	<b>1500</b>	<b>1390</b>	<b>657</b>	<b>1097</b>	<b>56</b>	<b>3</b>	<b>81</b>	<b>124</b>	<b>80</b>	<b>1</b>	<b>12</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Raisin Salad f/Fresh	160	15	4	0	0	9	0	2	11	50	0.75	500	150	57.73	780.18	7.99	0	37.52	43.76	0	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Oranges Mandarin JcPk w/Whip Topping	60	14	1	0	0	12	0	1	1	20	0.4	175	10	13.77	55.86	44.28	0	0.25	6.47	0	0	1
1 Each Turkey Southwestern Wrap	380	29	3	0	0	3	0	17	23	175	4	350	990	287.33	77.73	3.42	0.4	31.85	58.45	60	0.23	6
1oz Chips Tortilla Yellow Bulk	130	20	2	0	0	0	0	3	6	40	0.5	75	95	63.79	0	0	0	5.93	3.4	0	0.23	1
<b>Lunch TOTAL</b>	<b>855</b>	<b>91</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>32</b>	<b>46.5</b>	<b>635</b>	<b>5.75</b>	<b>1500</b>	<b>1390</b>	<b>657.06</b>	<b>1097.37</b>	<b>55.7</b>	<b>3.4</b>	<b>80.85</b>	<b>124.43</b>	<b>80</b>	<b>0.64</b>	<b>11.5</b>

## Daily Nutrient Analysis: Tuesday, Week 2, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>905</b>	<b>119</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>59</b>	<b>0</b>	<b>41</b>	<b>34</b>	<b>575</b>	<b>5</b>	<b>1700</b>	<b>830</b>	<b>620</b>	<b>1279</b>	<b>10</b>	<b>4</b>	<b>23</b>	<b>88</b>	<b>95</b>	<b>0</b>	<b>10</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
1/2cup Cucumber Onion in Sour Cream	130	4	0	0	0	2	0	1	13	30	0.2	100	150	26.71	20.09	1.74	0	10.93	4.9	10	0.11	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Pear Halves Poached f/Cnd	100	26	3	0	0	20	0	1	0	30	0.75	150	10	17.95	0.16	2.83	0	0.65	2.33	0	0	0
3oz Pork Roast Loin Orange Marmalade Glz	260	18	0	0	0	15	0	20	13	40	1	400	170	196.85	2.78	1.82	0.6	0.14	3.31	65	0	4.5
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
<b>Lunch TOTAL</b>	<b>905</b>	<b>119</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>59</b>	<b>0</b>	<b>41</b>	<b>34.0</b>	<b>575</b>	<b>5.3</b>	<b>1700</b>	<b>830</b>	<b>620.15</b>	<b>1278.58</b>	<b>10.14</b>	<b>3.6</b>	<b>22.52</b>	<b>87.72</b>	<b>95</b>	<b>0.31</b>	<b>9.5</b>

Daily Nutrient Analysis: Wednesday, Week 2, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
<b>DAILY TOTAL</b>	<b>755</b>	<b>93</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>37</b>	<b>31</b>	<b>670</b>	<b>7</b>	<b>1615</b>	<b>1265</b>	<b>716</b>	<b>381</b>	<b>46</b>	<b>3</b>	<b>51</b>	<b>170</b>	<b>110</b>	<b>1</b>	<b>11</b>	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
1 2x3 Cornbread f/Mix	120	20	2	0	0	6	0	3	4	20	1	40	240	146.86	12.68	0.03	0.2	1.43	30.08	20	0	1	
1cup Chili with Beans f/Grd	310	21	7	0	0	6	0	20	16	100	5	850	610	240.59	40.44	10.2	0	9.77	94.65	60	0.92	6	
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0	
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
1 Each Salad House	60	5	1	0	0	3	0	4	3	100	0.4	225	75	65.88	142.17	6.84	0	17.54	26.97	10	0.08	1.5	
1/2cup Strawberry & Rhubarb Stewed f/Frz	100	27	2	0	0	23	0	0	0	100	0.4	50	5	5.44	2.27	28.74	0	13.29	3.63	0	0	0	
1 Each Crackers Wheat PC	25	5	1	0	0	0	0	1	1	0	0.3	30	55	21.12	0	0	0	1.74	1.79	0	0.01	0	
<b>Lunch TOTAL</b>	<b>755</b>	<b>93</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>37</b>	<b>30.5</b>	<b>670</b>	<b>7.2</b>	<b>1615</b>	<b>1265</b>	<b>716.1</b>	<b>381.31</b>	<b>45.82</b>	<b>3.2</b>	<b>50.92</b>	<b>169.91</b>	<b>110</b>	<b>1.19</b>	<b>10.5</b>	

## Daily Nutrient Analysis: Thursday, Week 2, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>530</b>	<b>82</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>36</b>	<b>10</b>	<b>540</b>	<b>6</b>	<b>1900</b>	<b>815</b>	<b>551</b>	<b>930</b>	<b>33</b>	<b>4</b>	<b>113</b>	<b>260</b>	<b>65</b>	<b>0</b>	<b>3</b>
Lunch																						
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
1 Each Tuna Salad Plate/Pita Bread	230	28	4	0	0	6	0	17	7	100	3	600	400	174.15	656.82	15.96	0.8	68.52	73.52	45	0	1
3oz Celery Sticks	15	4	2	0	0	2	0	1	0	50	0.3	300	95	27.22	24.95	3.52	0	33.23	40.82	0	0	0
6fl. oz Soup Lentil & Tomato	110	19	3	0	0	2	0	7	0.5	30	2	300	180	82.58	81.74	4.01	0	6.29	123.19	5	0	0
<b>Lunch TOTAL</b>	<b>530</b>	<b>82</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>36</b>	<b>10.0</b>	<b>540</b>	<b>6.0</b>	<b>1900</b>	<b>815</b>	<b>550.65</b>	<b>930.19</b>	<b>33.39</b>	<b>3.8</b>	<b>112.95</b>	<b>259.85</b>	<b>65</b>	<b>0.01</b>	<b>2.5</b>

## Daily Nutrient Analysis: Friday, Week 2, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>745</b>	<b>96</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>32</b>	<b>33</b>	<b>510</b>	<b>4</b>	<b>1390</b>	<b>1120</b>	<b>569</b>	<b>257</b>	<b>32</b>	<b>4</b>	<b>34</b>	<b>111</b>	<b>70</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 cup Beef Tater Tot Casserole	360	26	2	0	0	1	0	15	23	100	1.75	500	810	202.79	25.27	3.26	0.4	16.86	25.82	50	0.76	7
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Corn Southwest f/Frz	90	19	3	0	0	3	0	3	2.5	0	0.75	250	25	76.1	46.7	22.12	0.4	3.41	37.47	0	0.13	0
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
1 slices Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
<b>Lunch TOTAL</b>	<b>745</b>	<b>96</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>32</b>	<b>32.5</b>	<b>510</b>	<b>4.15</b>	<b>1390</b>	<b>1120</b>	<b>568.61</b>	<b>257.13</b>	<b>32.15</b>	<b>3.8</b>	<b>33.82</b>	<b>110.66</b>	<b>70</b>	<b>1.08</b>	<b>9.0</b>



## Daily Nutrient Analysis: Monday, Week 3, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)	
<b>IDEAL VALUES</b>																							
<b>DAILY TOTAL</b>	<b>705</b>	<b>85</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>43</b>	<b>25</b>	<b>650</b>	<b>4</b>	<b>1625</b>	<b>730</b>	<b>602</b>	<b>825</b>	<b>118</b>	<b>5</b>	<b>80</b>	<b>119</b>	<b>75</b>	<b>0</b>	<b>6</b>	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
3oz Fish Cod Parmesan Bkd	190	9	0	0	0	2	0	24	6	150	1.25	300	320	202.51	64.65	2.6	1.5	5.36	18.57	55	0.23	2	
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
1/2cup Strawberries f/Fresh & Pineapple f/Jcpk	110	28	3	0	0	24	0	2	0	40	0.75	300	5	26.61	3.55	57.95	0	2.09	25.22	0	0	0	
1/2cup Potato Sweet Hash	100	14	2	0	0	4	0	2	4.5	30	0.75	300	35	40.04	419.8	19.17	0	9.79	12.81	0	0	0.5	
1 Each Bread Texas Whole Grain Garlic	80	13	2	0	0	2	0	4	1	30	0.75	75	115	66.69	0	0.03	0	0.4	18.9	0	0	0	
1/2cup Coleslaw Summer	100	8	2	0	0	4	0	2	8	50	0.75	250	110	32.2	152.93	38.26	0	56.73	30.7	0	0	1	
<b>Lunch TOTAL</b>	<b>705</b>	<b>85</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>43</b>	<b>25.0</b>	<b>650</b>	<b>4.35</b>	<b>1625</b>	<b>730</b>	<b>602.49</b>	<b>824.53</b>	<b>118.02</b>	<b>4.5</b>	<b>79.67</b>	<b>118.55</b>	<b>75</b>	<b>0.41</b>	<b>5.5</b>	

## Daily Nutrient Analysis: Tuesday, Week 3, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>108</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>36</b>	<b>35</b>	<b>490</b>	<b>5</b>	<b>1550</b>	<b>950</b>	<b>591</b>	<b>254</b>	<b>27</b>	<b>4</b>	<b>82</b>	<b>136</b>	<b>110</b>	<b>0</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Spinach Orange Salad w/Dressing	110	22	0	0	0	20	0	0	3	20	0.4	100	15	9.72	42.73	5.62	0	40.07	18.69	0	0.01	0
1/2cup Potato Salad f/Fresh	210	28	2	0	0	4	0	4	10	20	0.75	500	230	79.95	18.99	15.19	0.4	9.56	17.65	40	0.01	1.5
1/2cup Applesauce Rosy f/Cnd	60	16	1	0	0	13	0	0	0	0	0.3	100	10	8.24	1.22	1.22	0	0.61	3.71	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Turkey California Tortilla Wrap	350	29	5	0	0	4	0	23	16	100	3	450	550	258.8	7.65	4.91	0.2	26.32	83.81	50	0.04	3.5
<b>Lunch TOTAL</b>	<b>855</b>	<b>108</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>36</b>	<b>34.5</b>	<b>490</b>	<b>4.55</b>	<b>1550</b>	<b>950</b>	<b>591.15</b>	<b>254.19</b>	<b>26.95</b>	<b>3.6</b>	<b>81.86</b>	<b>136.21</b>	<b>110</b>	<b>0.24</b>	<b>7.0</b>

Daily Nutrient Analysis: Wednesday, Week 3, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>865</b>	<b>92</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>0</b>	<b>35</b>	<b>46</b>	<b>745</b>	<b>5</b>	<b>1450</b>	<b>1150</b>	<b>701</b>	<b>376</b>	<b>49</b>	<b>3</b>	<b>62</b>	<b>96</b>	<b>90</b>	<b>2</b>	<b>16</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Beef Taco Salad	380	23	4	0	0	6	0	19	25	300	3.5	650	690	302.99	177.64	12.98	0.4	32.81	55.55	70	0.99	10
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
2tbsp Sauce Salsa f/RTS	10	3	0	0	0	2	0	0	0	0	0.3	125	115	11.4	12.3	3.96	0	1.11	4.2	0	0	0
2oz Chips Tortilla Yellow Bulk	270	39	3	0	0	0	0	5	12	75	1	125	190	127.57	0	0	0	11.85	6.8	0	0.46	1.5
1cup Berries Mixed Fresh w/Whip Topping	80	14	4	0	0	9	0	2	3.5	20	0.5	150	10	24.51	2.57	32.22	0	10.7	17.35	0	0	2.5
<b>Lunch TOTAL</b>	<b>865</b>	<b>92</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>0</b>	<b>35</b>	<b>46.0</b>	<b>745</b>	<b>5.4</b>	<b>1450</b>	<b>1150</b>	<b>700.91</b>	<b>376.11</b>	<b>49.17</b>	<b>3.4</b>	<b>61.77</b>	<b>96.25</b>	<b>90</b>	<b>1.63</b>	<b>16.0</b>

## Daily Nutrient Analysis: Thursday, Week 3, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>605</b>	<b>91</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>0</b>	<b>29</b>	<b>17</b>	<b>490</b>	<b>3</b>	<b>1250</b>	<b>835</b>	<b>430</b>	<b>216</b>	<b>71</b>	<b>3</b>	<b>17</b>	<b>173</b>	<b>45</b>	<b>0</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Rice Cilantro No Base	130	25	1	0	0	0	0	3	2.5	30	0.3	75	150	46.21	2.17	0.17	0	3.58	2.8	0	0.01	0
1 Each Fajitas Beef f/Fajita Strips	170	18	1	0	0	1	0	11	6	20	1.25	125	400	40.89	3	10.98	0	1.12	38.74	25	0	2
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Corn & Bean Black Salad f/Frz	130	22	4	0	0	6	0	5	3	40	1.25	450	140	93.73	16.28	5.92	0	6.68	88.56	0	0.01	0
1cup Orange Fresh Wedges	50	13	2	0	0	10	0	1	0	50	0.1	200	0	14.31	11.24	54.37	0	0	30.66	0	0	0
<b>Lunch TOTAL</b>	<b>605</b>	<b>91</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>0</b>	<b>29</b>	<b>17.0</b>	<b>490</b>	<b>3.0</b>	<b>1250</b>	<b>835</b>	<b>429.58</b>	<b>216.29</b>	<b>71.45</b>	<b>3</b>	<b>16.68</b>	<b>173.11</b>	<b>45</b>	<b>0.2</b>	<b>4.0</b>

## Daily Nutrient Analysis: Friday, Week 3, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>625</b>	<b>81</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>31</b>	<b>24</b>	<b>550</b>	<b>5</b>	<b>1550</b>	<b>840</b>	<b>533</b>	<b>531</b>	<b>75</b>	<b>5</b>	<b>83</b>	<b>149</b>	<b>210</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Garnish Lettuce Tomato Slice	15	4	1	0	0	2	0	1	0	20	0.4	200	15	21.83	128.71	10.38	0	40.2	19.28	0	0	0
1 Each Egg Salad Soft Sndw Wheat	260	25	2	0	0	3	0	12	13	100	2.5	150	350	148.87	71.52	0.11	1.5	4.33	63.62	180	0.02	2.5
1/2cup Cucumber & Tomato Salad f/Fresh	70	6	1	0	0	4	0	1	5	20	0.4	250	90	27.53	36.36	12.18	0	14.81	14.46	0	0.02	0
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
6fl. oz Soup Beef Vegetable Country Hmd	90	9	2	0	0	4	0	7	3.5	40	1.25	350	270	82.04	150.53	45.59	0.4	16.39	28.55	15	0.21	1
<b>Lunch TOTAL</b>	<b>625</b>	<b>81</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>31</b>	<b>24.0</b>	<b>550</b>	<b>4.95</b>	<b>1550</b>	<b>840</b>	<b>532.62</b>	<b>531.33</b>	<b>74.96</b>	<b>4.9</b>	<b>82.84</b>	<b>149.13</b>	<b>210</b>	<b>0.25</b>	<b>5.0</b>

## Daily Nutrient Analysis: Monday, Week 4, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>600</b>	<b>74</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>35</b>	<b>23</b>	<b>540</b>	<b>6</b>	<b>1275</b>	<b>735</b>	<b>540</b>	<b>316</b>	<b>63</b>	<b>3</b>	<b>95</b>	<b>228</b>	<b>80</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Garnish Lettuce Tomato Onion	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
1 Each Chicken Salad Sndw Wheat	290	26	3	0	0	4	0	18	14	100	3	250	360	148.99	126.43	3.28	0.4	48.21	63.87	65	0.02	2.5
1/2cup Strawberries Balsamic f/Fresh	45	11	2	0	0	8	0	1	0	20	0.4	125	5	19.11	0.76	44.45	0	1.66	18.14	0	0	0
1/2cup Salad Chickpea Tomato Cucumber Onion	150	20	5	0	0	5	0	6	6	50	2.25	350	250	118.62	23.57	9.58	0	31.72	114.14	0	0	1
<b>Lunch TOTAL</b>	<b>600</b>	<b>74</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>35</b>	<b>22.5</b>	<b>540</b>	<b>6.05</b>	<b>1275</b>	<b>735</b>	<b>539.64</b>	<b>315.7</b>	<b>63.16</b>	<b>3.4</b>	<b>94.89</b>	<b>228.1</b>	<b>80</b>	<b>0.02</b>	<b>5.0</b>

## Daily Nutrient Analysis: Tuesday, Week 4, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>810</b>	<b>107</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>35</b>	<b>31</b>	<b>605</b>	<b>5</b>	<b>1425</b>	<b>1195</b>	<b>687</b>	<b>890</b>	<b>14</b>	<b>4</b>	<b>25</b>	<b>80</b>	<b>120</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Pear Halves Minted w/Topping f/Cnd	70	17	2	0	0	12	0	0	0	20	0.4	125	10	15.07	0.05	1.98	0	0.44	1.24	0	0	0
3oz Meatloaf No Sauce	240	5	0	0	0	1	0	16	17	75	2	300	160	165.44	32.75	0.17	0.6	1.82	22.94	95	0.92	6
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Carrot Dilled f/Frz	45	6	3	0	0	3	0	0	2.5	30	0.5	150	60	23.87	660.84	1.77	0.4	12.39	8.37	0	0.13	0
1/2cup Potato Mashed f/Inst & Brown Gravy	130	27	2	0	0	1	0	3	2	30	0.4	225	420	78.8	12.32	10.05	0.2	3.73	12.74	5	0.08	0
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
<b>Lunch TOTAL</b>	<b>810</b>	<b>107</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>35</b>	<b>30.5</b>	<b>605</b>	<b>5.4</b>	<b>1425</b>	<b>1195</b>	<b>686.92</b>	<b>889.56</b>	<b>13.98</b>	<b>4.2</b>	<b>25.19</b>	<b>80.31</b>	<b>120</b>	<b>1.31</b>	<b>8.5</b>

Daily Nutrient Analysis: Wednesday, Week 4, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>690</b>	<b>88</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>27</b>	<b>30</b>	<b>465</b>	<b>4</b>	<b>1580</b>	<b>1365</b>	<b>512</b>	<b>469</b>	<b>64</b>	<b>4</b>	<b>16</b>	<b>127</b>	<b>55</b>	<b>1</b>	<b>11</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
1 Each Mustard PC	0	0	0	0	0	0	0	0	0	0	0.1	10	65	5.94	0.28	0.02	0	0.08	0.38	0	0	0
1/2cup Potato Tator Tots f/RTB	160	23	2	0	0	0	0	2	7	20	0.5	250	390	69.27	0	3.3	0	3.05	18.97	0	0	1.5
1/2cup Corn Whole Kernel f/Frz	70	17	2	0	0	3	0	3	0.5	0	0.4	200	5	65.51	8.27	2.92	0	0.25	28.95	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	0	0	0
1 Each Hot Dog Beef 8/1 on Bun	280	20	1	0	0	3	0	11	17	75	2	250	670	111.77	11.98	0.46	0.6	2.72	33.31	35	0.95	7
<b>Lunch TOTAL</b>	<b>690</b>	<b>88</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>27</b>	<b>30.0</b>	<b>465</b>	<b>3.5</b>	<b>1580</b>	<b>1365</b>	<b>512.14</b>	<b>469.46</b>	<b>64.22</b>	<b>3.6</b>	<b>15.51</b>	<b>127.33</b>	<b>55</b>	<b>1.13</b>	<b>10.5</b>



## Daily Nutrient Analysis: Thursday, Week 4, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>615</b>	<b>75</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>37</b>	<b>22</b>	<b>740</b>	<b>4</b>	<b>1325</b>	<b>1135</b>	<b>675</b>	<b>740</b>	<b>51</b>	<b>5</b>	<b>254</b>	<b>173</b>	<b>45</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1cup Macaroni & Vegetables Casserole	190	19	2	0	0	4	0	7	10	150	1.75	350	440	117.7	400.78	9.67	1.5	125.83	89.74	10	0.6	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Cottage Cheese & Pears f/Jcpc	160	22	2	0	0	16	0	13	2.5	150	0.75	300	370	190.98	90.5	5.18	0	39.74	16.53	15	0.08	1.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
<b>Lunch TOTAL</b>	<b>615</b>	<b>75</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>37</b>	<b>21.5</b>	<b>740</b>	<b>4.35</b>	<b>1325</b>	<b>1135</b>	<b>675.35</b>	<b>739.62</b>	<b>51.32</b>	<b>4.9</b>	<b>253.79</b>	<b>172.92</b>	<b>45</b>	<b>0.99</b>	<b>6.5</b>

## Daily Nutrient Analysis: Friday, Week 4, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>755</b>	<b>100</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>40</b>	<b>24</b>	<b>550</b>	<b>6</b>	<b>1825</b>	<b>1060</b>	<b>651</b>	<b>419</b>	<b>29</b>	<b>4</b>	<b>27</b>	<b>123</b>	<b>80</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
1/2cup Beans Lima Parmesan f/Frz	140	22	5	0	0	1	0	7	2.5	50	2.25	550	70	130.65	37.3	9.16	0.4	7.79	23.74	5	0.15	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.33	12.25	0	0.15	4.54	0	0	0
1 Each Pork Shaker Sndw	330	36	1	0	0	12	0	20	11	100	2.5	350	480	202.03	16.69	1.22	0.4	3.47	51.44	50	0.01	3.5
6fl. oz Chowder Corn Mesquite	100	14	2	0	0	3	0	3	5	30	0.75	350	330	64.62	139.47	6.42	0.6	9.17	26.58	5	0.22	1
<b>Lunch TOTAL</b>	<b>755</b>	<b>100</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>40</b>	<b>24.0</b>	<b>550</b>	<b>6.2</b>	<b>1825</b>	<b>1060</b>	<b>651.43</b>	<b>419.42</b>	<b>29.06</b>	<b>4.4</b>	<b>26.64</b>	<b>122.67</b>	<b>80</b>	<b>0.57</b>	<b>7.0</b>

## Daily Nutrient Analysis: Monday, Week 5, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>765</b>	<b>107</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>0</b>	<b>41</b>	<b>24</b>	<b>480</b>	<b>4</b>	<b>1765</b>	<b>835</b>	<b>716</b>	<b>286</b>	<b>80</b>	<b>4</b>	<b>196</b>	<b>180</b>	<b>110</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 2x3 Cornbread f/Mix	120	20	2	0	0	6	0	3	4	20	1	40	240	146.86	12.68	0.03	0.2	1.43	30.08	20	0	1
1 Each Chicken Scallopini Breast	210	7	1	0	0	1	0	21	11	30	0.75	400	230	210.62	37.06	5.44	0.4	7.25	22.1	65	0.18	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Fruit Tropical f/Cnd	110	29	2	0	0	0	0	1	0	20	0.75	175	5	8.99	7.71	22.48	0	0	11.56	0	0	0
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0
1/2cup Brussels Sprouts Maple Dijon f/Frz	70	10	4	0	0	3	0	4	2.5	30	0.5	300	150	54.45	41.75	41.46	0	177.43	91.64	0	0	0
<b>Lunch TOTAL</b>	<b>765</b>	<b>107</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>0</b>	<b>41</b>	<b>24.0</b>	<b>480</b>	<b>3.6</b>	<b>1765</b>	<b>835</b>	<b>716.22</b>	<b>285.67</b>	<b>79.56</b>	<b>3.6</b>	<b>196.31</b>	<b>180.22</b>	<b>110</b>	<b>0.37</b>	<b>4.5</b>

## Daily Nutrient Analysis: Tuesday, Week 5, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>725</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>38</b>	<b>20</b>	<b>515</b>	<b>6</b>	<b>1350</b>	<b>945</b>	<b>605</b>	<b>294</b>	<b>61</b>	<b>4</b>	<b>64</b>	<b>96</b>	<b>60</b>	<b>1</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Potato Mashed f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.53	11.88	22.05	0.2	3.67	12.53	0	0.08	0
1/2cup Crisp Blueberry & Strawberry	180	31	3	0	0	19	0	2	6	20	1	75	50	31.57	58.63	34.8	0.8	15.05	12.66	0	0.41	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1/2cup Green Beans w/Thyme f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.54	37.6	3.75	0.4	37.61	21.04	0	0.13	0
3oz Beef Steak Brd Hmd w/Gravy	140	12	0	0	0	0	0	17	2.5	20	2.25	225	330	157.85	2.35	0.02	0	1.12	22.7	40	0.1	1
<b>Lunch TOTAL</b>	<b>725</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>38</b>	<b>20.0</b>	<b>515</b>	<b>5.75</b>	<b>1350</b>	<b>945</b>	<b>604.93</b>	<b>294.06</b>	<b>60.63</b>	<b>4.4</b>	<b>63.75</b>	<b>96.28</b>	<b>60</b>	<b>0.9</b>	<b>4.0</b>

Daily Nutrient Analysis: Wednesday, Week 5, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>770</b>	<b>99</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>37</b>	<b>29</b>	<b>555</b>	<b>6</b>	<b>1340</b>	<b>635</b>	<b>576</b>	<b>492</b>	<b>34</b>	<b>4</b>	<b>25</b>	<b>156</b>	<b>100</b>	<b>1</b>	<b>10</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Rice Long Grain & Wild	120	26	1	0	0	0	0	3	1	30	1.25	75	55	48.61	4.61	0	0	0.55	81.61	0	0.03	0
1/2cup Vegetable Mix Sicilian Blend	60	9	2	0	0	0	0	2	2	30	1	150	40	21.65	214.43	23.63	0.4	2.5	0.14	0	0.13	0
1/2cup Cucumbers Marinated	25	6	0	0	0	5	0	0	0	10	0.2	75	65	11.95	2.27	1.44	0	7.45	3.62	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
1 slices Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
3oz Pork Loin Crispy	270	7	0	0	0	2	0	18	19	75	2.25	400	190	203.67	85.12	2.04	0.8	0.83	22.84	80	0.37	8
<b>Lunch TOTAL</b>	<b>770</b>	<b>99</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>37</b>	<b>29.0</b>	<b>555</b>	<b>6.35</b>	<b>1340</b>	<b>635</b>	<b>575.6</b>	<b>491.59</b>	<b>33.88</b>	<b>4.2</b>	<b>24.88</b>	<b>155.58</b>	<b>100</b>	<b>0.72</b>	<b>10.0</b>

## Daily Nutrient Analysis: Thursday, Week 5, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>765</b>	<b>102</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>36</b>	<b>30</b>	<b>945</b>	<b>3</b>	<b>1925</b>	<b>890</b>	<b>777</b>	<b>452</b>	<b>91</b>	<b>4</b>	<b>99</b>	<b>120</b>	<b>80</b>	<b>1</b>	<b>13</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.71	5.1	30.62	0	4.93	32.32	0	0	0
1 Each Potato Bkd Cheese Entree	410	42	3	0	0	3	0	18	20	450	1	800	400	361.56	198.97	23.91	0.4	5.84	32.97	60	0.54	11
<b>Lunch TOTAL</b>	<b>765</b>	<b>102</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>36</b>	<b>30.0</b>	<b>945</b>	<b>3.4</b>	<b>1925</b>	<b>890</b>	<b>776.86</b>	<b>452.41</b>	<b>90.96</b>	<b>3.8</b>	<b>99.49</b>	<b>119.94</b>	<b>80</b>	<b>0.85</b>	<b>13.0</b>

## Daily Nutrient Analysis: Friday, Week 5, July Monthly Menu 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>660</b>	<b>80</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>0</b>	<b>40</b>	<b>25</b>	<b>515</b>	<b>3</b>	<b>1225</b>	<b>770</b>	<b>629</b>	<b>262</b>	<b>8</b>	<b>4</b>	<b>36</b>	<b>58</b>	<b>90</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
3oz Chicken Breast Dijon	200	5	0	0	0	4	0	20	11	20	0.5	300	170	187.77	10.19	0.8	0	15.14	8.56	65	0.01	1.5
1/2cup Rice Pilaf Corn w/Ckn Base	170	31	1	0	0	1	0	4	4	40	0.4	150	95	69.08	41.08	1.64	0.6	7.67	14.08	5	0.26	1
1/2cup Squash Medley f/Frz w/Tomatoes Stewed	35	5	1	0	0	2	0	2	2	30	1	225	90	25.28	27.37	5.65	0.4	6.44	8.13	0	0.13	0
<b>Lunch TOTAL</b>	<b>660</b>	<b>80</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>0</b>	<b>40</b>	<b>25.0</b>	<b>515</b>	<b>3.25</b>	<b>1225</b>	<b>770</b>	<b>628.57</b>	<b>262.24</b>	<b>8.1</b>	<b>4.0</b>	<b>35.55</b>	<b>58.12</b>	<b>90</b>	<b>0.58</b>	<b>4.5</b>



## ALTERNATE MEALS

Alternate meals have been provided for both Fall Winter and Spring Summer menus. These meals are intended to be used to swap out an entire meal from the planned 4-week menu. This may be desired based on participant preference, product availability, operational preference, or to increase menu customer choice.

Each of the alternate meals has been planned to meet the nutritional requirements for the older adults served under the Older Americans Act. Recipes have been provided for the alternate meals.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<b>PROVIDER CHOICE</b>		<b>PROVIDER CHOICE</b>		<b>PROVIDER CHOICE</b>	
Garden Salad	1 Cup	BBQ Beef	2 Oz	Grilled Bratwurst	1 each	BBQ Pork Ribs	3 Oz	RS Ham	3 Oz
Sweet & Sour Pork	1 Cup	Glazed Sweet Potatoes	1/2 Cup	Baked Potato	1 whole	Baked Beans	1/2 Cup	Mashed Sweet Potatoes	1/2 Cup
Fried Rice	1/2 Cup	Seasoned Green Peas	1/2 Cup	Balsamic Brussels		Au Gratin Potatoes	4 Oz	Stewed Tomatoes	1/2 Cup
Fresh Whole Pear	1 each	Hot Spiced Apples	1/2 Cup	Sprouts	1/2 Cup	Fresh Cantaloupe	1 Cup	Banana	1 each
Whole Wheat Bread	1 slices	WW Hamburger Bun	1 each	Winter Fresh Fruit Salad	1 Cup	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
1.5 oz FF Italian Dressing	1 each	Margarine Cup	1 each	Whole Wheat Bread	2 slices	Margarine Cup	1 each	Margarine Cup	1 each
Margarine Cup	1 each	1% Milk	8 fl. oz	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz			Sour Cream	1 each				
				1% Milk	8 fl. oz				

**\*Meals labeled as "Provider Choice" are intended to be served on a one time per month basis. Only one labeled meal may be used per month as they vary from the standard nutritional requirements.**

**\*Meals >=1400mg Sodium are considered "Provider Choice"**

**Lunch Alternate Meals-F/W 2023 - Week 2**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>PROVIDER CHOICE</b>		<b>LUNCH</b>							
Lettuce & Tomato Salad	1 Cup	Swedish Meatballs	3 each	Marinated Beef Kabob	1 each	Ham & Bean Soup	6 fl. oz	Meatloaf	3 Oz
Cheese Ravioli & Sauce	1 Cup	Parslied Noodles	1/2 Cup	Wild Rice Pilaf	1/2 Cup	Collard Greens	1/2 Cup	Mashed Potatoes	1/2 Cup
Spinach with Garlic Butter	1/2 Cup	Seasoned Carrots	1/2 Cup	Broccoli Normandy	1/2 Cup	Pineapple Crisp	1/2 Cup	Brussels Sprouts with Bacon	1/2 Cup
Spiced Peaches	1/2 Cup	Scalloped Apples	1/2 Cup	Oranges, Pineapples & Bananas	1/2 Cup	Cornbread	1 (2x3)	Seasonal Fresh Fruit	1 Cup
Whole Wheat Bread	1 slices	Whole Wheat Bread	1 slices	Whole Wheat Bread	2 slices	Margarine Cup	1 each	Whole Wheat Bread	2 slices
Margarine Cup	1 each	Margarine Cup	1 each	Margarine Cup	1 each	1% Milk	8 fl. oz	Margarine Cup	1 each
LoCal Ranch Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz			Brown Gravy	2 fl. oz
1% Milk	8 fl. oz							1% Milk	8 fl. oz

**\*Meals labeled as "Provider Choice" are intended to be served on a one time per month basis. Only one labeled meal may be used per month as they vary from the standard nutritional requirements.**

**\*Meals >=1400mg Sodium are considered "Provider Choice"**

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Milk 1% 8 flz PC (1% Milk)	12
Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)	13
Juice Orange f/BIB 6 flz (Orange Juice)	15
Peas Green w/Paprika f/Frz (Seasoned Green Peas)	16
Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)	17
Milk 1% 8 flz PC (1% Milk)	18
Bratwurst Grilled (Grilled Bratwurst)	19
Potato Baked (Baked Potato)	20
Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)	21
Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)	23
Banana Whole Fresh (Banana)	24
Milk 1% 8 flz PC (1% Milk)	26

BBO Pork Ribs (BBO Pork Ribs)	27
Beans Baked f/Cnd (Baked Beans)	28
Potato Au Gratin RTC (Au Gratin Potatoes)	30
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	31
Milk 1% 8 flz PC (1% Milk)	32
Ham Ckd Bnls RS (RS Ham)	33
Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)	34
Tomato Stewed f/Cnd (Stewed Tomatoes)	36
Banana Whole Fresh (Banana)	38
Milk 1% 8 flz PC (1% Milk)	40
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Milk 1% 8 flz PC (1% Milk)	49
Meatballs Swedish w/Sauce (Swedish Meatballs)	50
Noodles Parslied (Parslied Noodles)	52
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Apple Scalloped Hmd f/Frz (Scalloped Apples)	55
Milk 1% 8 flz PC (1% Milk)	57
Beef Kabobs Marinated (Marinated Beef Kabob)	58
Marinade Beef (Beef Marinade)	60
Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)	62
Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)	64
Orange Pineapple & Banana (Oranges, Pineapples & Bananas)	65
Banana Whole Fresh (Banana)	66
Milk 1% 8 flz PC (1% Milk)	68
Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)	69
Greens Collard f/Frz (Collard Greens)	71
Crisp Pineapple Hmd (Pineapple Crisp)	73
Cornbread f/Mix (Cornbread)	75
Milk 1% 8 flz PC (1% Milk)	76
Meatloaf No Sauce (Meatloaf)	77
Potato Mashed f/Inst Granules (Mashed Potatoes)	79
Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)	80
Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)	81
Banana Whole Fresh (Banana)	82

Gravy Brown f/Mix (Brown Gravy)

84

Milk 1% 8 flz PC (1% Milk)

85

# Lettuce Tossed Salad (Garden Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	<input type="checkbox"/> Contains: Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	5 g	2 g	0 g	30 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Iceberg  Lettuce, Green Leaf  Lettuce, Romaine Fresh  Carrot, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		
	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		
	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb 0 Oz	Shredded	
2						Preprep: Rinse and drain greens. Pare and shred carrots. Tear or cut lettuce and other greens into bite-size pieces. Add carrots and mix lightly.
3						Just before serving, portion into individual salad bowls, 1 cup per bowl.
4						CCP -- Maintain <40F/4C; discard unused product.

# Pork Sweet & Sour f/Loin (Sweet & Sour Pork)



COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	145 °F	Saute	1 Cup	☐ Contains: AllergenSoy, Peppers Bell, Corn, Chicken, AllergenWheat, Pineapple, AllergenSulphites, Pork & Products, Onion, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	20 g	19 g	11 g	40 mg	520 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Sauce, Soy Bulk LS Pork, Loin Bnls	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Cubed	
<b>2</b> Pan Coating, Spray Base, Chicken Paste LS G-F Water, Tap	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz		Pour soy sauce over meat and mix lightly. Let stand at least 1 hr. Refrigerate while marinating.
	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
	2 2/3 Cup	1 1/4 Qt	2 Qt	2 3/4 Qt		
<b>3</b> Sugar, Brown Light Cornstarch	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup		Brown meat. Drain fat. Combine base and water and add to meat. Simmer until meat is tender approximately 1 hr.
	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		



# Pork Sweet & Sour f/Loin (Sweet & Sour Pork)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Vinegar, White	1 Cup	2 Cup	3 Cup	1 Qt		Combine sugar and cornstarch.
	Juice Pineapple f/Frz Conc 6 flz	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup		
	Sauce, Soy Bulk LS	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		
5	Pepper, Green Fresh	1 lb 5 Oz	2 lb 11 Oz	4 lb	5 lb 5 Oz	Julienne	Add drained pineapple juice, vinegar and soy sauce to cornstarch mixture. Mix until smooth. Add to meat while stirring. Cook slowly until thickened.
	Onion, Yellow	10.5 Oz	1 lb 5 Oz	2 lb	2 lb 11 Oz	Sliced	
	Pineapple, Chunks JcPk	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup	Drained	
6							Approximately 15 min before serving, add peppers, onion and pineapple; cook gently.
7							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Juice Pineapple f/Frz Conc 6 flz (Pineapple Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<input type="checkbox"/> Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	20 g	1 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Juice, Pineapple Conc Frz	30.63 fl. oz	61.25 fl. oz	91.88 fl. oz	Dilute in cool water; stirring well. Refrigerate <40F/4C.
	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	
<b>3</b>					CCP -- Keep chilled at 40F/4C.

# Rice Fried w/Soy Sauce (Fried Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Stir Fry	1/2 Cup	<input type="checkbox"/> Contains: Carrots, Onion, AllergenEggs, AllergenWheat, AllergenSoy, Rice, Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	4 g	4.5 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Rice, White Parboiled Water, Tap Salt, Iodized	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Chop fine Onions and Carrots. Cook Rice in Water and Salt.
	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
2 Peas, Green Frz	10.5 Oz	1 lb 5 Oz	2 lb	2 lb 11 Oz	Partially cook Peas and drain. Set aside.
3 Egg, Liquid Frz Salt, Iodized	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Add Eggs and mix well. Add Salt. Maintain at <40F until used. Saute to *internal temp 155F for 15 sec in Oil; stirring Egg to break into small pieces. * Maintain >140F.
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
4 Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Saute Onions and Carrots in Oil until tender. Add Soy Sauce to Rice mixture. Add Rice mixture to Onions.

# Rice Fried w/Soy Sauce (Fried Rice)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Sauce, Soy Bulk LS	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	
Carrot, Fresh	4 Oz	8 Oz	12 Oz	1 lb	
<b>5</b>					Stir in cooked Peas and Eggs. Serve immediately.
<b>6</b>					CCP -- Maintain >140F for only 4 hrs. CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat: To internal temp of 165F held for 15 sec within 1 hr - one time only.

# Dressing Italian Fat Free PC (FF Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	0 g	0 g	20 mg	490 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐ Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Sweet Fresh  <b>2</b> Sugar, Brown Light Margarine, Solids Orange Fresh Whole Juice Orange f/BIB 6 flz	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.  Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
	4 Oz	8 Oz	12 Oz	1 lb	
	1 whole	2 whole	3 whole	4 whole	
	1 Cup	2 Cup	3 Cup	1 Qt	
<b>3</b>					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5						Cook Time: 20-30Minutes



# Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<input type="checkbox"/> Contains: Orange, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
6 Min	Steam	1/2 Cup	☐ Contains: AllergenSoy, Peas, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam or boil peas until tender. Add seasonings and mix well.
Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Potato Baked (Baked Potato)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	1 whole	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	40 g	4 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes on baking sheet, puncture with fork several times to allow steam to escape. Bake until fork tender. Cut a lengthwise slit in Potatoes prior to serving.
<b>2</b>					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
<b>3</b>					Cook Time: 60-90 min

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	Roast	1/2 Cup	☐ Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	5 g	6 g	40 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Remove sprouts from oven. Carefully toss with oil, salt, and pepper. Return to oven and bake until sprouts are tender, 10-15 minutes.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Vinegar, Balsamic	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a small bowl whisk together vinegar, brown sugar, and second portion of oil.
<b>4</b> Sugar, Brown Light	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.



# Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Citrus, Allergen Sulphites, Bananas, Orange, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	33 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Orange Fresh Whole Grapes, Green Seedless	10 each	20 each	30 each	40 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
2 Apple, Red Delicious Banana Whole Fresh	15 each	30 each	45 each	60 each	Wash and cut fruit, except bananas and apples, into bite-size pieces. Chill until ready to use.
	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3					About 30-60 min before service dice apples and slice bananas. Pour small amount of lemon or orange juice over bananas and apple pieces to keep from browning. Drain before using.
4					Combine fruit and chill.
5					CCP -- Maintain <40F/4C; discard unused product.
6					Note: fruit may vary from foods listed.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# BBQ Pork Ribs (BBQ Pork Ribs)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	Bake	3 Oz	☐ Contains: Tomato, Pork & Products, AllergenWheat, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	21 g	21 g	18 g	50 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Ribs Raw	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Separate ribs into serving size pieces. *Refrigerate at <40F/4C.
2 Sauce, BBQ	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		Place in roasting pan and brown uncovered in oven at 350F until browned lightly, about 30 min. Pour off fat. *Maintain at >135F/57C. Pour Sauce over Ribs.
3						Cover with foil and bake at 350F until Meat is tender and *internal temp 160F/71C for 15 sec is reached, about 1 1/2 hrs.
4						Uncover and bake an additional 20-30 min.
5						CCP -- Maintain >135F/57C for only 4 hrs.
6						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7						CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

# Beans Baked f/Cnd (Baked Beans)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1/2 Cup	☐ Contains: Onion, AllergenSoy, Garlic, AllergenSulphites, Pork & Products, Beans/Legumes, AllergenMilk, Apples, Tomato, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	36 g	7 g	5 g	100 mg	650 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Onion, Yellow Margarine, Solids	1 lb 5 Oz	2 lb 10 Oz	3 lb 15 Oz	5 lb 3 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Saute onion in margarine.
	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz		
<b>2</b> Beans, Baked w/Bacon Cnd Ketchup, Bulk Vinegar, Cider Apple Sugar, Brown Light Mustard, Powder	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Add beans, ketchup, vinegar, brown sugar and mustard to onions. Stir to mix well.
	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup		
	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		

# Beans Baked f/Cnd (Baked Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Scale 3 1/2 qt into steam table pans. Bake, uncovered, in a 350F oven for 1 hour.
4							CCP -- Maintain >140F/57C for only 4 hrs. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Potato Au Gratin RTC (Au Gratin Potatoes)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	4 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	15 g	3 g	4.5 g	100 mg	500 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CPP- Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.



# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Cantaloupe Fresh	8 lb 10 Oz	17 lb 3 Oz	25 lb 13 Oz	34 lb 6 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Ham Ckd Bnls RS (RS Ham)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	145 °F	Bake	3 Oz	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	4 g	13 g	3 g	0 mg	607 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CPP-Cook to internal temp of 145F/63C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	☐ Contains: Cinnamon, AllergenSoy, Potatoes, Potatoes, Sweet, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	44 g	2 g	2 g	40 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Potato, Sweet Syrup Cnd	1.5 no. 10 can	3 no. 10 can	4.5 no. 10 can	6 no. 10 can	Drained	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain 1/2 of liquid from Potatoes and place Potatoes in mixer bowl. Add Margarine, Brown Sugar and Cinnamon to potatoes.  Mash using whip attachment at low speed until there are no lumps.
Sugar, Brown Light	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
<b>2</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
Cinnamon, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>						Arrange mashed Potatoes in 12x20x2 pan(s). Steam to internal temperature of >140F.
<b>4</b>						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.

# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							NOTES: 8 lbs fresh = 1#10 can Sweet Potatoes = 3 qts canned.
7							Cook Time: 50-60 min

# Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	0.0 °F	Saute	1/2 Cup	<input type="checkbox"/> Contains: Tomato, Peppers Bell, Onion, Corn, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	11 g	2 g	0 g	50 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Onion, Yellow Celery, Fresh Pepper, Green Fresh	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	
<b>2</b> Cornstarch Tomato, Diced Cnd Sugar, Granulated Bulk Pepper, Black Ground	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		Saute Vegetables until tender.
	1 no. 10 can	2 no. 10 can	3 no. 10 can	4 no. 10 can		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		

# Tomato Stewed f/Cnd (Stewed Tomatoes)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>3</b>							Add cornstarch to small amount of juice from tomatoes; make paste. Combine tomatoes with seasonings and heat to boiling. Add cornstarch paste; stirring constantly cook until thick and clear.
<b>4</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.



Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Lettuce Tomato Tossed Salad f/Mix (Lettuce & Tomato Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	<input type="checkbox"/> Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Tomato, Fresh	3.13 each	6.25 each	9.38 each	12.5 each	Diced	Remove stem end of tomato and dice. Chill until ready to serve.
4 Lettuce Mix, Salad	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		Portion 1 cup lettuce into each individual serving bowl. Sprinkle 1 Tablespoon tomatoes over each salad. Serve desired dressing separately.
5						CCP -- Maintain <40F/4C; discard unused product.

# Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Cook	1 Cup	☐ Contains: Onion, Carrots, Tomato, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
490 kcal	70 g	23 g	14 g	400 mg	1000 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>	Onion, Yellow	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Minced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Carrot, Fresh	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Minced	
	Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Garlic, Powder	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
	Tomato, Diced Cnd	1 Qt	2 Qt	3 Qt	1 Gal		
	Sauce, Marinara	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
<b>2</b>	Water, Tap	1 Gal 2 Cup	2 Gal 5 Cup	4 Gal 1 Cup	5 Gal 3 Cup		Prepare Sauce: Saute onions and carrots in oil until the onions are soft. Add pepper, garlic, tomatoes and marinara sauce; cook uncovered, for 20 min stirring often.
	Ravioli, Cheese No Sauce Frz	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz		

# Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)



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INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3 Cheese, Mozzarella Shredded	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz		Bring water to a boil. Drop in frozen pasta and cook until done, about 8 min. DO NOT OVERCOOK.
4						Drain water from cooked ravioli. Put ravioli in shallow baking dish. Pour sauce over pasta. Grate cheese over cauce in baking dish.
5						Bake until cheese melts; about 15-20 min.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Cook	Slotted Spoon	1/2 Cup	☐ Contains: AllergenMilk, Garlic, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	4 g	3 g	3.5 g	100 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spread Garlic Butter	3 Oz	6 Oz	9 Oz	12 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Spinach, Fresh	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb	
2 Salt, Iodized	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		Prepare Garlic Butter per separate recipe. Blanch Spinach in hot Water for 2 minutes. Drain and place in ice water bath immediately to cool. Drain thoroughly; squeeze out any remaining liquid.
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	
3						Place Spinach in pan(s). Sprinkle with Salt and Pepper. Dot with Garlic Butter. Cover and Bake at 350F for 10-15 minutes.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Spread Garlic Butter (Garlic Butter Spread)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Oz	☐ Contains: AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	0 g	0 g	25 g	20 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Butter, Unsalted Bulk	1 lb 11 Oz	3 lb 5 Oz	5 lb	6 lb 11 Oz		Blend Butter with a mixer 10 minutes until light and fluffy.
<b>3</b> Garlic, Whole Fresh	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Minced	Add Garlic and blend for 1 minute. Add Thyme and blend for 1 minute. Add Parsley and blend for 5 minutes until mixed thoroughly.
Thyme, Ground	1 1/4 tsp	3 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Parsley, Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	Minced	
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.



# Peaches Spiced Slices Hot Cold f/Cnd (Spiced Peaches)



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COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	☐ Contains: Corn, Cinnamon, AllergenSoy, AllergenMilk, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	31 g	1 g	1 g	10 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drain fruit and reserve liquid. Measure drained liquid and water to make 2 quarts of liquid per 50 servings. Bring 3/4 of the total liquid to boiling point.
<b>3</b> Cornstarch	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Mix remaining 1/4 of liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	While still hot, add sugar, margarine and spices. Mix thoroughly and bring to boiling point.
Cloves, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>4</b> Sugar, Granulated Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	
Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz	
Nutmeg, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	

# Peaches Spiced Slices Hot Cold f/Cnd (Spiced Peaches)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5					Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6					Serve warm
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8					Discard unused product.
9					Note: If serving cold: Quick-chill after Step 5 and chill until served.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	☐ Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g	18 g	17 g	125 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Bread White	1 lb	2 lb	3 lb	4 lb	Soak bread in milk for 1 hr.	
	Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
<b>3</b>	Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb	Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.	
	Potato, Russet/Baking Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb		Grated Fine
	Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Chopped Fine
	Garlic, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
<b>4</b>						Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.	

# Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>5</b>	Salt, Iodized	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		Gravy: Whisk flour into meat drippings and blend. Add salt and pepper. Add milk gradually, stirring constantly. Cook until smooth and thickened.
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
	Milk, 2% Bulk	1 Qt	2 Qt	3 Qt	1 Gal		
<b>6</b>							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
<b>7</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Noodles Parslied (Parslied Noodles)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	1/2 Cup	<input type="checkbox"/> Contains: AllergenWheat, AllergenEggs, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	4 g	3 g	20 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Noodles, Egg Dry Water, Tap Salt, Iodized	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal		
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Margarine, Solids Parsley, Dried	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Bring water to a boil.
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3						Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4						Stir in margarine and seasonings.

# Noodles Parslied (Parslied Noodles)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>5</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Carrot Dilled f/Frz Bias (Seasoned Carrots)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: AllergenMilk, Carrots, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	1 g	2.5 g	40 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Bias Cut Orange Frz	5 lb	10 lb	15 lb	20 lb		Steam or boil vegetables until tender. Add seasoning and mix well.
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Dill, Weed Dried	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Crushed	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	☐ Contains: Cinnamon, AllergenMilk, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	0 g	4 g	10 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	
Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
<b>2</b>					
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						Optional: To serve cool, maintain <40F/4C.
5						NOTES: Can add thin slices of lemon. Peaches/pears may be substituted for apples.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Beef Kabobs Marinated (Marinated Beef Kabob)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 each	☐ Contains: Beef, AllergenWheat, AllergenSoy, Peppers Bell, Tomato, Onion, Citrus, Garlic, Lemon, Mustard, Mushroom, AllergenFish, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	7 g	21 g	16 g	40 mg	470 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Marinade Beef	1 Qt	2 Qt	3 Qt	1 Gal		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Meat Marinade per separate recipe. Pour 3/4 of the Marinade over Beef Cubes. Refrigerate at <40F/4C overnight. Drain. Soak skewers in Water overnight if wooden skewers are used.	
	Beef, Steak Sirloin 6z	5 lb 12 Oz	11 lb 8 Oz	17 lb 4 Oz	23 lb		Cubed
2 Pepper, Green Fresh	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	Cut 3/4" Pieces	Wash & trim Vegetables, as appropriate. Place ingredients on each skewer in the following order: Green Pepper, Beef Cube, Onion Wedge, Green Pepper, Beef Cube, Onion Wedge, Mushroom, Beef Cube, and end with a Cherry Tomato.	
	Onion, Yellow	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Cut into Wedges
	Mushrooms, Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		
	Tomato, Cherry Fresh	1 lb	2 lb	3 lb	4 lb		

# Beef Kabobs Marinated (Marinated Beef Kabob)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Brush Kabobs with reserved Marinade. Bake to *internal temperature of >145F/63C held for at least 15 seconds.
4							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5							Cook Time: 15-20 min

# Marinade Beef (Beef Marinade)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 fl. oz	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Citrus, Garlic, Lemon, Mustard, AllergenSulphites, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	2 g	1 g	9 g	10 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1	Sauce, Soy Bulk LS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt	
	Wine, Burgundy	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Sauce, Worcestershire	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Mustard, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Salt, Iodized	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 2 tsp	
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	
	Parsley, Dried	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	
	Vinegar, Wine White	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Water, Tap	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Garlic, Powder	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Juice, Lemon RTS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		

# Marinade Beef (Beef Marinade)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
2						Combine all Ingredients until well blended. CCP- Refrigerate at <40F/4C. Use within 3 days.
3						CCP -- Maintain <40F/4C; discard unused product.

# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	Simmer	1/2 Cup	☐ Contains: Peppers Bell, Carrots, Onion, AllergenSoy, AllergenMilk, Rice, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	4 g	2.5 g	40 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
<b>2</b> Rice, Wild & Long Grain Blend	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz		
<b>3</b> Onion, Yellow	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
Celery, Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
Carrot, Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
<b>4</b> Water, Tap	1 1/2 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
<b>5</b> Pepper, Red Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Stir in peppers and parsley.



# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Chopped	
<b>6</b>							CCP - Maintain >135F/57C for only 4 hrs.
<b>7</b>							CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>8</b>							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy



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COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: Carrots, AllergenSoy, Broccoli, Cauliflower, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	2 g	40 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Vegetable Mix, Broc Normandy Frz Margarine, Solids Paprika	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
2					Steam or boil Vegetables until tender. Add Seasoning and mix well.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Orange Pineapple & Banana (Oranges, Pineapples & Bananas)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Pineapple, Citrus, Bananas, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	19 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Orange, Mandarin JcPk	0.42 no. 10 can	0.83 no. 10 can	1.25 no. 10 can	1.67 no. 10 can		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour undrained Mandarin Oranges into undrained Pineapple. Mix gently. Fold in sliced Bananas. Portion with slotted spoon. Chill <40F.
Pineapple, Chunks JcPk	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
Banana Whole Fresh	2 lb 1 Oz	4 lb 3 Oz	6 lb 4 Oz	8 lb 5 Oz	Sliced	
2						CCP -- Keep chilled at 40F.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	☐ Contains: Celery, Pork & Products, Beans/Legumes, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	17 g	15 g	4 g	50 mg	850 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beans, Navy Cnd	0.63 no. 10 can	1.25 no. 10 can	1.88 no. 10 can	2.5 no. 10 can		Preprep: Dice Onions and Celery. Cube Ham in small pieces. Combine all ingredients and simmer 50-80 min to *internal temp >165F for 15 sec.
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		
<b>3</b> Ham, Buffet Flat Bnls	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Cubed	Cube cooked Ham. Add to above.
<b>4</b> Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Diced	Add remaining ingredients to above and simmer for 1-1 1/2 hrs or until Beans are tender.
Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped	
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

# Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)



Health & Human Services



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Greens Collard f/Frz (Collard Greens)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	☐ Contains: AllergenSoy, Celery, Garlic, Onion, Tomato, AllergenMilk, Carrots, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	3 g	225 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Water, Tap	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Bring Water to a boil in a large pot.
Greens, Collard Chopped Frz	5 lb 7 Oz	10 lb 13 Oz	16 lb 4 Oz	21 lb 11 Oz	
Sugar, Granulated Bulk	1 1/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
<b>2</b> Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp	
Base, Vegetable Paste LS G-F	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Margarine, Solids	2.5 Oz	5.5 Oz	8 Oz	10.5 Oz	

# Greens Collard f/Frz (Collard Greens)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Add Collard Greens, Sugar, Pepper, Base and Margarine. Simmer uncovered for 50-60 min or until Greens are very tender. Drain remaining liquid. CCP -- Maintain >140F for only 4 hrs.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Crisp Pineapple Hmd (Pineapple Crisp)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	☐ Contains: AllergenWheat, AllergenSoy, Lemon, AllergenMilk, Pineapple, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	44 g	2 g	8 g	40 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pineapple, Crushed JcPk	2 1/2 Qt	1 Gal 2 Cup	1 Gal 6 Cup	2 Gal 3 Cup	Mix Cinnamon, Sugar and Lemon Juice with Fruit. Arrange in greased baking pan(s). 8 lb per pan.
<b>2</b> Cinnamon, Ground	1.0 tsp	2.0 tsp	3.0 tsp	1 Tbsp 1 tsp	
Sugar, Granulated Bulk	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	
Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
<b>3</b> Margarine, Solids	8 Oz	0 lb 16 Oz	1 lb 7 Oz	1 lb 15 Oz	Cut cold Margarine into Flour until small crumbs develop. Combine remaining ingredients and stir mixture until crumbly.
Flour, All Purpose	1 1/8 Cup	2 1/3 Cup	3 1/2 Cup	1 1/8 Qt	

# Crisp Pineapple Hmd (Pineapple Crisp)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Cereal, Oatmeal Quick	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
Sugar, Brown Light	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
<b>4</b>					Spread evenly over Fruit. 2 lb 4 oz per pan.
<b>5</b>					Cook Time: 45-50 min.
<b>6</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>8</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>					NOTES: Fruit Crisp may be served warm or cold. If served cold maintain <40F. If served hot, maintain >140F.

# Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	Bake	1 (2x3)	<input type="checkbox"/> Contains: AllergenWheat, Corn, AllergenSoy, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	3 g	4 g	20 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Egg, Liquid Frz 1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		
	Baking Mix, Corn Muffin 1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
<b>3</b>						Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						Discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Meatloaf No Sauce (Meatloaf)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	325.0 °F	160 °F	Bake	3 Oz	☐ Contains: Beef, Garlic, AllergenEggs, AllergenWheat, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	5 g	16 g	17 g	75 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped Fine	Combine ingredients and mix on low speed until blended. Do not over mix.
Bread White	6 slice	12 slice	18 slice	24 slice	Day-Old Cubes	
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		
<b>2</b> Egg, Liquid Frz	1 Cup	2 Cup	3 Cup	1 Qt		
Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Meatloaf No Sauce (Meatloaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Parsley, Dried	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>							Press mixture into loaf pans, or form loaves on 18x26" baking sheet 22" long and 4" wide. Chill until ready to cook.
<b>4</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>5</b>							Drain fat. Let stand a few minutes before slicing. Portion into 3 oz pieces.
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>9</b>							Note: 2 cups frozen egg product = 10 shell eggs.



# Potato Mashed f/Inst Granules (Mashed Potatoes)



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COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	☐ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Add Potato Flakes. Stir constantly using wire whip.
3 Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.
5						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	1.5 g	30 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
2 Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Bacon, Pork 18-26 ct	8 Oz	1 lb	1 lb 8 Oz	2 lb	
<b>3</b>					Steam or boil Brussels sprouts until tender; drain. Combine bacon and bacon fat, seasoning and vegetables, toss lightly to distribute.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	<input type="checkbox"/> Contains: Apples, Orange, Allergen Sulphites, Bananas, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	9 g	0 g	0 g	20 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
<b>2</b>						Fruit may vary from foods listed. Ask Manager which Fruit to use. The fresh Fruit includes Banana, Apple & Orange. Place prepared Fruit in serving dish.
Banana Whole Fresh	5 each	10 each	15 each	20 each		
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole		
Apple Whole Fresh	5 whole	10 whole	15 whole	20 whole	Sliced	
<b>3</b>						Chill <40F/4C.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Banana Whole Fresh (Banana)



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# Gravy Brown f/Mix (Brown Gravy)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	2 fl. oz	☐ Contains: AllergenWheat, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0.5 g	10 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Gravy Mix, Brown Dry	5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	Follow package directions for preparation. Heat until product reaches 165F/74C held for 15 sec.
	Water, Tap	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Lunch Alternate Meals- S/ S 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>PROVIDER CHOICE</b>				<b>PROVIDER CHOICE</b>		<b>LUNCH</b>			
Spinach/Chicken Salad	1 each	BBQ Beef	2 Oz	Grilled Bratwurst	1 each	BBQ Pork Ribs	3 Oz	Grilled Salmon Ckd	4 Oz
Seasonal Fresh Fruit	1 Cup	Glazed Sweet Potatoes	1/2 Cup	French Fries	4 Oz	Rosemary Potatoes	1/2 Cup	Seasoned Roasted Baby Potatoes	1/2 Cup
Whole Wheat Bread	2 slices	Seasoned Green Peas	1/2 Cup	Balsamic Brussels		Broccoli Slaw	1/2 Cup	Artichoke Salad	1/2 Cup
1.5 oz FF Italian Dressing	1 each	Hot Spiced Apples	1/2 Cup	Sprouts	1/2 Cup	Fresh Cantaloupe	1 Cup	Banana	1 each
Margarine Cup	1 each	WW Hamburger Bun	1 each	Seasonal Fresh Fruit	1 Cup	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
1% Milk	8 fl. oz	Margarine Cup	1 each	WW Hot Dog Bun	1 each	Margarine Cup	1 each	Margarine Cup	1 each
		1% Milk	8 fl. oz	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
				Mustard Pack	1 each				
				1% Milk	8 fl. oz				

**\*Meals labeled as "Provider Choice" are intended to be served on a one time per month basis. Only one labeled meal may be used per month as they vary from the standard nutritional requirements.**

**\*Meals >=1400mg Sodium are considered "Provider Choice"**



# Lunch Alternate Meals- S/ S 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Broccoli Cheese Soup	6 fl. oz	Artichoke Salad	1/2 Cup	Liver & Onions	3 Oz	Chicken Salad Stuffed		Meatloaf	3 Oz
Coleslaw	1/2 Cup	Swedish Meatballs	3 each	Mashed Potatoes	1/2 Cup	Tomato	12 Oz	Mashed Potatoes	1/2 Cup
Cottage Cheese & Fruit	1 each	Brown Rice Pilaf	1 #8 sc.	Steamed Buttered Greens	1/2 Cup	Fresh Berries w/Whip		Sauteed Greens & Garlic	1/2 Cup
Banana Bran Muffin	1 each	Riviera Blend Vegetables	1/2 Cup	Banana	1 each	Topping	1 Cup	Kiwi & Strawberries	1/2 Cup
LS Crackers	2 pkg	Scalloped Apples	1/2 Cup	Whole Wheat Bread	2 slices	Whole Grain Banana Bread	1 each	Whole Wheat Bread	2 slices
Margarine Cup	1 each	Whole Wheat Bread	1 slices	Margarine Cup	1 each	Margarine Cup	1 each	Margarine Cup	1 each
Choice of Dressing	1 each	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Brown Gravy	2 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz					1% Milk	8 fl. oz

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Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping)	77

Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)	78
Chicken Salad w/Egg & Celery (Chicken Salad)	79
Bread Banana Whole Grain PC (Whole Grain Banana Bread)	80
Milk 1% 8 flz PC (1% Milk)	81
Meatloaf No Sauce (Meatloaf)	82
Potato Mashed f/Inst Granules (Mashed Potatoes)	84
Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)	85
Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)	87
Gravy Brown f/Mix (Brown Gravy)	88
Milk 1% 8 flz PC (1% Milk)	89

# Spinach Salad w/Chicken (Spinach/Chicken Salad)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	375.0 °F	Bake	1 each	☐ Contains: Chicken, AllergenWheat, Pineapple, AllergenSoy, Peppers Bell, Onion, Orange, Mushroom, AllergenSesame, Spinach, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
500 kcal	28 g	25 g	34 g	100 mg	910 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Juice Pineapple f/Frz Conc 6 flz Chicken, Breast Bnls Sknls	1 1/3 Cup	2 2/3 Cup	1.0 Qt	1 1/4 Qt		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Soy Sauce and Pineapple Juice. Pour over Chicken Breasts. Refrigerate <40F overnight. Drain and discard excess Marinade. CCP-Maintain <40F.
	3 2/3 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		
2 Dressing Asian Style	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Bake Chicken at 375F for 15 min until *internal temp >165F held for 15 sec. Cool to <40F and cut into 1 inch pieces. CCP-Maintain <40F. Prepare Asian Style Dressing per separate recipe.
3 Spinach, Fresh Pepper, Red Fresh Mushrooms, Fresh Onion, Red/Burmuda	2 lb 11 Oz	5 lb 6 Oz	8 lb 1 Oz	10 lb 12 Oz	Chopped	Wash and trim Vegetables. Chop Spinach. Slice Peppers, Mushrooms and Onions. Peel and slice Oranges.
	1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 7 Oz	Sliced	
	6.5 Oz	13 Oz	1 lb 3 Oz	1 lb 10 Oz	Sliced	
	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz	Sliced	

# Spinach Salad w/Chicken (Spinach/Chicken Salad)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Orange Fresh Whole	4 lb 15 Oz	9 lb 13 Oz	14 lb 12 Oz	19 lb 10 Oz		
Lettuce, Green Leaf	10.5 Oz	1 lb 5 Oz	2 lb 0 Oz	2 lb 11 Oz		
<b>4</b>						To Assemble: Top 1 Lettuce Leaf with 2z Spinach, 3z Chicken, 2 Orange slices, 3/4z Red Peppers, 1/3z Mushrooms and 3 Onion slices.
<b>5</b>						CCP - Maintain <40F.

# Dressing Asian Style (Asian Style Dressing)

SERVING SIZE	ALLERGENS
2 Tbsp	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, AllergenSesame

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	7 g	1 g	18 g	0 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Olive	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt	Combine all Ingredients. Mix thoroughly.
Sauce, Soy Bulk LS	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
<b>2</b> Honey, Bulk	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
Ginger, Ground	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	
Oil, Sesame	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.



# Juice Pineapple f/Frz Conc 6 flz (Pineapple Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<input type="checkbox"/> Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	20 g	1 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Juice, Pineapple Conc Frz	30.63 fl. oz	61.25 fl. oz	91.88 fl. oz	Dilute in cool water; stirring well. Refrigerate <40F/4C.
	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	
<b>3</b>					CCP -- Keep chilled at 40F/4C.

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Orange, Allergen Sulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Banana Whole Fresh  Orange Fresh Whole  Grapes Fresh  Strawberries f/Fresh  Apple Slices f/Fresh	5 each	10 each	15 each	20 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
	5 whole	10 whole	15 whole	20 whole	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
2					Wash & prepare as appropriate for the Fruit.  Place prepared Fruit in serving dish. Chill <40F.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	<input type="checkbox"/> Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<input type="checkbox"/> Contains: Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.

# Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<input type="checkbox"/> Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	0 g	0 g	0 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

# Dressing Italian Fat Free PC (FF Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Allergen Sulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	0 g	0 g	20 mg	490 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.



Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐ Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
<b>2</b> Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
Orange Fresh Whole	1 whole	2 whole	3 whole	4 whole	
Juice Orange f/BIB 6 flz	1 Cup	2 Cup	3 Cup	1 Qt	
<b>3</b>					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5						Cook Time: 20-30Minutes

# Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<input type="checkbox"/> Contains: Orange, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
6 Min	Steam	1/2 Cup	☐ Contains: AllergenSoy, Peas, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam or boil peas until tender. Add seasonings and mix well.
Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apple)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



# Potato Fries French f/Prepared (French Fries)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	4 Oz	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	39 g	4 g	9 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Fries Krinkle Cut RTC	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Spread fries in single layer on sheet pan(s). Bake until golden brown.
2					CCP -- Maintain >135F/57C for 4 hrs only.
3					Discard unused product.

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	Roast	1/2 Cup	☐ Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	5 g	6 g	40 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Remove sprouts from oven. Carefully toss with oil, salt, and pepper. Return to oven and bake until sprouts are tender, 10-15 minutes.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Vinegar, Balsamic	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a small bowl whisk together vinegar, brown sugar, and second portion of oil.
<b>4</b> Sugar, Brown Light	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Orange, Allergen Sulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Banana Whole Fresh	5 each	10 each	15 each	20 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
<b>1</b> Grapes Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Strawberries f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Apple Slices f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
<b>2</b>					Wash & prepare as appropriate for the Fruit. Place prepared Fruit in serving dish. Chill <40F.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	<input type="checkbox"/> Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<input type="checkbox"/> Contains: Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.



# Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<input type="checkbox"/> Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	0 g	0 g	0 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

# Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Bake	Gloved	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	21 g	6 g	1.5 g	100 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# BBQ Pork Ribs (BBQ Pork Ribs)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	Bake	3 Oz	☐ Contains: Tomato, Pork & Products, AllergenWheat, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	21 g	21 g	18 g	50 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Ribs Raw	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Separate ribs into serving size pieces. *Refrigerate at <40F/4C.
2 Sauce, BBQ	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		Place in roasting pan and brown uncovered in oven at 350F until browned lightly, about 30 min. Pour off fat. *Maintain at >135F/57C. Pour Sauce over Ribs.
3						Cover with foil and bake at 350F until Meat is tender and *internal temp 160F/71C for 15 sec is reached, about 1 1/2 hrs.
4						Uncover and bake an additional 20-30 min.
5						CCP -- Maintain >135F/57C for only 4 hrs.
6						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7						CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

# Potato Wedges Rosemary f/Fresh (Rosemary Potat



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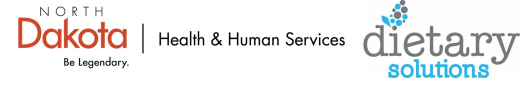


COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	30 g		3 g	4.5 g	20 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb	Cut into Wedges	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Oil, Vegetable	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Wash & peel potatoes. Cut into pieces approximately 2 inches in size. (Pre-peeled and wedged potatoes may also be used.) Place potatoes in bowl.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Rosemary, Dried Whole	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>4</b>						Spread potatoes in a single layer on oiled baking sheets. Combine salt, pepper and rosemary. Sprinkle a light coat of mixture over potatoes. Roast potatoes until tender & golden brown.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	☐ Contains: Broccoli, Allergen Sulphites, Allergen Eggs, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	9 g	4 g	18 g	75 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Broccoli, Slaw Mix	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz		Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Mayonnaise, Bulk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
Vinegar, White	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Parsley, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped	
<b>2</b> Sugar, Granulated Bulk	2.5 Oz	5 Oz	7.5 Oz	10 Oz		
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1.0 tsp	2.0 tsp	2 3/4 tsp	1 Tbsp 1 tsp		
Dill, Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Powder	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
<b>3</b>							CCP -- Maintain <40F/4C; discard unused product.



# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Cantaloupe Fresh	8 lb 10 Oz	17 lb 3 Oz	25 lb 13 Oz	34 lb 6 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



COOK-END TEMP	SERVING SIZE	ALLERGENS
165 °F	1/2 Cup	☐ Contains: Potatoes, Garlic, Allergen Sulphites, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	0 g	10 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Oven: Bake at 375F for 15 minutes in a single layer on a greased sheet pan.
3					Deep Fry: Fry at 345F for 9.5 minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes.
4					Microwave: Microwave 1/2 bag on high for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.
5					CCP -- Cook to internal temp of 165F/74C held for 15 sec.
6					Portion according to serving size.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
8					Discard unused product.

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

SERVING SIZE	ALLERGENS
1/2 Cup	☐ Contains: Onion, Tomato, Garlic, Allergen Sulphites, Mushroom

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	9 g	3 g	15 g	20 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Mushrooms, Fresh	2 lb	4 lb	6 lb	8 lb	Quartered	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brush mushrooms free from any dirt. Steam mushrooms. Chill at <40F.
2 Sauce Vinaigrette	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Combine vegetables.
3 Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Diced	
Artichoke, Hearts Cnd	2 lb	4 lb	6 lb	8 lb		
4						CCP -- Maintain <40F/4C.

# Sauce Vinaigrette (Vinaigrette)

SERVING SIZE	ALLERGENS
1 fl. oz	☐ Contains: Allergen Sulphites, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	0 g	0 g	23 g	0 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1 Cup	2 Cup	3 Cup	1 Qt		Combine Vinegar and Seasoning in mixer bowl.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>2</b> Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Oil, Vegetable	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		Combine Oils. Slowly add to Vinegar mixture. Mix on low speed until Oil is blended in.
Oil, Vegetable	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
<b>4</b> Parsley, Dried	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		Add Herbs to Vinaigrette. *Chill <40F. Stir before using.
Garlic, Whole Fresh	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	Minced	

## Sauce Vinaigrette (Vinaigrette)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chives, Dry	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
<b>5</b>							CCP -- Maintain <40F/4C; discard unused product.
<b>6</b>							NOTES: Fresh Herbs may be substituted for dry. 1 Tbsp fresh = 1 tsp dry.

# Banana Whole Fresh (Banana)

SB6		<b>SERVING SIZE ALLERGENS</b>	
<b>1 each</b>		<input type="checkbox"/> <b>Contains: Bananas</b>	

<b>NUTRIENTS PER SERVING</b>					
<b>CALORIES</b>	<b>CARBOHYDRATES</b>	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CALCIUM</b>	<b>SODIUM</b>
100 kcal	26 g	2 g	0 g	10 mg	5 mg

<b>INGREDIENTS</b>	<b>SERVINGS 25</b>	<b>SERVINGS 50</b>	<b>SERVINGS 75</b>	<b>SERVINGS 100</b>	<b>PREPARATION STEP</b>
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.



Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	<input type="checkbox"/> Contains: Broccoli, Onion, AllergenSoy, Corn, Garlic, AllergenMilk, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	8 g	9 g	225 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Margarine, Solids	3.5 Oz	6.5 Oz	10 Oz	13 Oz		In a stock pot or kettle melt margarine. Add onions and saute until tender.
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
<b>3</b> Flour, All Purpose	1 Cup	2 Cup	3 Cup	1 Qt		Add flour and pepper. Stir until blended. Cook 5 min stirring often. Add chicken base. Blend in milk and water stirring constantly. Reduce heat and cook until thickened, stirring often.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Milk, 2% Bulk	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



Health & Human Services



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>4</b> Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
<b>5</b> Broccoli, Florets Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Coleslaw f/Shredded Mix & Dressing (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: AllergenEggs, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	1 g	7 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
<b>2</b>					Combine Dressing Mix and mix lightly.
<b>3</b>					CCP -- Keep chilled at 40F.

# Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐ Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Green Leaf	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 Lettuce Leaf on each plate. Top with 1/2 cup of Cheese. Arrange Fruits around Cheese. Cover and chill <40F.
Cottage Cheese, 2% Fat	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
Melon, Cantaloupe Fresh	6.25 each	12.5 each	18.75 each	25 each	Peeled & Sliced	
Strawberries, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Hulled & Sliced	
Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
2						CCP - Maintain <40F.

# Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐ Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g	2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
<b>2</b> Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
<b>3</b>						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
<b>4</b>						Remove muffins from pan(s) as soon as baked.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> <b>Contains: Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.



Banana Whole Fresh (Banana)



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# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	1 g	0 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

SERVING SIZE		ALLERGENS
1/2 Cup		☐ Contains: Onion, Tomato, Garlic, Allergen Sulphites, Mushroom

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	9 g	3 g	15 g	20 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Mushrooms, Fresh	2 lb	4 lb	6 lb	8 lb	Quartered	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brush mushrooms free from any dirt. Steam mushrooms. Chill at <40F.
<b>2</b> Sauce Vinaigrette	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Combine vegetables.
Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
<b>3</b> Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Diced	
Artichoke, Hearts Cnd	2 lb	4 lb	6 lb	8 lb		
<b>4</b>						CCP -- Maintain <40F/4C.

# Sauce Vinaigrette (Vinaigrette)

SERVING SIZE	ALLERGENS
1 fl. oz	☐ Contains: Allergen Sulphites, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	0 g	0 g	23 g	0 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1 Cup	2 Cup	3 Cup	1 Qt		Combine Vinegar and Seasoning in mixer bowl.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>2</b> Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Oil, Vegetable	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		Combine Oils. Slowly add to Vinegar mixture. Mix on low speed until Oil is blended in.
Oil, Vegetable	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
<b>4</b> Parsley, Dried	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		Add Herbs to Vinaigrette. *Chill <40F. Stir before using.
Garlic, Whole Fresh	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	Minced	

## Sauce Vinaigrette (Vinaigrette)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chives, Dry	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
<b>5</b>							CCP -- Maintain <40F/4C; discard unused product.
<b>6</b>							NOTES: Fresh Herbs may be substituted for dry. 1 Tbsp fresh = 1 tsp dry.

## Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	<input type="checkbox"/> Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g		18 g	17 g	125 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Bread White 1 lb	2 lb	3 lb	4 lb		Soak bread in milk for 1 hr.
	Milk, 2% Bulk 2 Cup	1 Qt	1 1/2 Qt	2 Qt		
<b>3</b>	Beef, Ground 80-85/20-15 Raw 6 lb	12 lb	18 lb	24 lb		Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.
	Potato, Russet/Baking Fresh 8 Oz	1 lb	1 lb 8 Oz	2 lb	Grated Fine	
	Onion, Yellow 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped Fine	
	Garlic, Powder 3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
<b>4</b>						Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.

## Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>5</b>	Salt, Iodized	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		Gravy: Whisk flour into meat drippings and blend. Add salt and pepper. Add milk gradually, stirring constantly. Cook until smooth and thickened.
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
	Milk, 2% Bulk	1 Qt	2 Qt	3 Qt	1 Gal		
<b>6</b>							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
<b>7</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



## Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	<input type="checkbox"/> Contains: Rice, Onion, Garlic, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	25 g	3 g	1 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Rice, Brown Raw Rice, White Parboiled	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
<b>2</b> Water, Tap Base, Chicken Paste LS G-F Pepper, Black Ground	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		Place rice in steamtable pans.
	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
<b>3</b> Onion, Yellow	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Chopped	Bring chicken base, water, pepper and onions to a boil.

## Rice Brown Pilaf (Brown Rice Pilaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Add 2.25qt. of hot stock mixture to each pan. Cover with foil or metal lid and bake at 350F/176C for 40 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							Discard unused product.

# Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)



Health & Human Services



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	☐ Contains: Carrots, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	5 g	2 g	2 g	30 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Vegetable Mix, Riviera Frz	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
1 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
2					Steam or boil Vegetables until tender. Add Seasoning and mix well.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	☐ Contains: Cinnamon, AllergenMilk, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	0 g	4 g	10 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	
Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
<b>2</b>					
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						Optional: To serve cool, maintain <40F/4C.
5						NOTES: Can add thin slices of lemon. Peaches/pears may be substituted for apples.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

# Liver & Onions (Liver & Onions)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Grill	3 Oz	☐ Contains: Onion, Beef, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	18 g	27 g	13 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Mix seasonings with flour.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>2</b> Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Garlic, Powder	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
<b>3</b> Liver, Beef Raw	25 slice	50 slice	75 slice	100 slice		Dredge liver in seasoned flour. Chill until ready to grill.
<b>4</b> Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt		Oil grill; grill liver slices.
<b>5</b> Onion, Yellow	3 lb	6 lb	9 lb	12 lb	Sliced Thin	Grill sliced onions until tender. Serve grilled onions over liver.

# Liver & Onions (Liver & Onions)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>6</b>							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
<b>7</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>8</b>							Discard unused product.



# Potato Mashed f/Inst Granules (Mashed Potatoes)



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COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	☐ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Add Potato Flakes. Stir constantly using wire whip.
3 Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.
5						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Greens Mixed/Veg Base f/Frz (Steamed Buttered Greens)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	<input type="checkbox"/> Contains: AllergenSoy, Celery, Garlic, Onion, Tomato, AllergenMilk, Carrots, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	4 g	3 g	2 g	125 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam Vegetables until tender.
Greens, Mustard Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
Greens, Turnip Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
<b>3</b>					Add Margarine and Seasonings.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Base, Vegetable Paste LS G-F	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	2 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping)

SERVING SIZE	ALLERGENS
1 Cup	☐ Contains: Strawberry, AllergenSoy, Blueberry, Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	2 g	3.5 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH ALL PRODUCE under cool, running water. Drain well. Wash blueberries the day of service. Do not prep in advance.
3 Raspberries, Red Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	12 Oz	1 lb 8 Oz	2 lb 3 Oz	2 lb 15 Oz	
4					Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
5					CCP -- Maintain <40F/4C; discard unused product.

# Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐ Contains: Tomato, Cucumber, Allergen Sulphites, Carrots, Lemon, Chicken, Allergen Eggs, Celery, Allergen Wheat, Allergen Milk, Citrus, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
<b>2</b> Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
<b>3</b> Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
<b>4</b>						CCP -- Maintain <40F/4C.

# Chicken Salad w/Egg & Celery (Chicken Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Lemon, Allergen Eggs, Celery, Allergen Soy, Chicken, Citrus, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	2 g	15 g	14 g	20 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine all ingredients. Toss well. *Chill in refrigerator. Maintain Eggs <40F.
Egg Boiled Hard Whole RTS	5.26 each	10.53 each	15.79 each	21.05 each	Diced	
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.
Chicken, Meat Pulled Ckd	2 lb 9 Oz	5 lb 2 Oz	7 lb 11 Oz	10 lb 4 Oz		
Celery, Fresh	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Diced	
Dressing, French Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
Pepper, White	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
Juice, Lemon RTS	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp		



# Bread Banana Whole Grain PC (Whole Grain Banana Bread)

SERVING SIZE		ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenWheat, Bananas, AllergenEggs, AllergenMilk, AllergenSoy	

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	3 g	6 g	20 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C.
5					Discard unused product.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> <b>Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					Discard unused product.

# Meatloaf No Sauce (Meatloaf)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	325.0 °F	160 °F	Bake	3 Oz	☐ Contains: Beef, Garlic, AllergenEggs, AllergenWheat, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	5 g	16 g	17 g	75 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped Fine	Combine ingredients and mix on low speed until blended. Do not over mix.
Bread White	6 slice	12 slice	18 slice	24 slice	Day-Old Cubes	
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		
<b>2</b> Egg, Liquid Frz	1 Cup	2 Cup	3 Cup	1 Qt		
Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Meatloaf No Sauce (Meatloaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Parsley, Dried	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>							Press mixture into loaf pans, or form loaves on 18x26" baking sheet 22" long and 4" wide. Chill until ready to cook.
<b>4</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>5</b>							Drain fat. Let stand a few minutes before slicing. Portion into 3 oz pieces.
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>9</b>							Note: 2 cups frozen egg product = 10 shell eggs.

# Potato Mashed f/Inst Granules (Mashed Potatoes)



Health & Human Services



COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	☐ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Add Potato Flakes. Stir constantly using wire whip.
3 Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.
5						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Saute	1/2 Cup	☐ Contains: Garlic, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	175 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Saute Garlic, in Oil over medium heat. DO NOT brown.
Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp	Minced	
<b>3</b>						Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
Spinach, Fresh	4 lb	8 lb	12 lb	16 lb	Chopped	
Kale, Fresh	2 lb	4 lb	6 lb	8 lb	Chopped	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<input type="checkbox"/> Contains: Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	1 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh  Strawberries, Fresh	15.63 each	31.25 each	46.88 each	62.5 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Strawberries and drain. Remove stem. Slice Strawberries. Peel and slice Kiwi. Combine fruit to serve.
	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
2					CCP - Maintain <40F.



# Gravy Brown f/Mix (Brown Gravy)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	2 fl. oz	☐ Contains: AllergenWheat, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0.5 g	10 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Gravy Mix, Brown Dry	5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	Follow package directions for preparation. Heat until product reaches 165F/74C held for 15 sec.
	Water, Tap	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.



## MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

## Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> <b>Lean meat, poultry, or fish</b>	<b>1 oz</b>	<b>1 serving</b>
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
<b>Fruit (Fresh or packed in juice)</b>	<b>½ c or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022

## Standard Lunch and Supper Meal Pattern

Food Components	Serving Size	Minimum servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	<b>3 oz</b>	<b>1 serving</b>
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
<b>Vegetables</b>	<b>1/2 cup</b>	<b>2 servings</b>
<b>Fruits</b>	<b>1/2 cup or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	1/2 cup pasta 1/2 cup rice	



## CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.

## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
<b>Milk: Low-fat (1%) or fat-free milk, unflavored or flavor</b>	<b>8 fl oz</b>	<b>15 g</b>
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	<b>1 oz</b>	<b>None</b>
Cheese	<b>1 oz</b>	
Cottage cheese	<b>1 oz</b>	
Egg, large	<b>1 each</b>	
Cooked dry beans or peas	<b>N/A</b>	
Peanut butter, soy nut butter, or other nut or seed butters	<b>4 TBSP</b>	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	<b>1 c</b>	
<b>Fruit (Fresh or juice packed)</b>	<b>½ c or 1 small piece</b>	<b>15 g</b>
<b>Grains</b>	<b>2 oz served each meal</b>	<b>30 g</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	1/2c cooked cereal = 1oz	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 c= 1 oz	
<b>Total Per Meal (average)</b>		<b>60 g= 4 Exchanges</b>

## Carbohydrate Content Lunch and Dinner

### 15g= 1 Carbohydrate Exchange

Food Components	Serving Size	Carbohydrate s per serving
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	15g
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	3 oz	None
Cheese	3 oz	
Cottage cheese	$\frac{3}{4}$ c	
Egg, large	2 each	
Cooked dry beans or peas	$\frac{1}{2}$ c	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
<b>Vegetables</b>	$\frac{1}{2}$ c	5g
<b>Fruits (Fresh or juice packed)</b>	$\frac{1}{2}$ c or 1 small piece	15g
<b>Grains</b>	2 oz served each meal	30g
WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1 oz 1 small roll= 1 oz	
WGR, pasta or rice	$\frac{1}{2}$ c pasta= 1 oz $\frac{1}{2}$ c rice= 1 oz	
<b>Total Per Meal (average)</b>		<b>65g= 4 Exchanges</b>





## MILK ALTERNATIVES

Milk or milk alternatives are required to meet nutritional needs of older adults as outlined in the Dietary Guidelines for Americans 2020-2025 and to meet Dietary Reference Intakes (DRIs). This reference is provided to clarify food items and serving sizes that meet the dairy requirement.

## MILK ALTERNATIVES

The daily dairy recommendation for Older Americans is 3 cups of Dairy (or equivalent). Below is a list of 1 cup dairy equivalents. Reduced fat or low-fat choices are recommended.

Fortified soy milk and yogurt with added calcium, vitamin A, and vitamin D are a part of the Dairy Group. This is because their nutritional content is like dairy milk and yogurt.

Other products sold as “milks” but made from plants like almond, rice, coconut, oat, and hemp “milks” may have calcium. But they are not a part of the Dairy Group because their nutrition content is not like dairy milk and fortified soy milk

Amount that Counts as 1 Serving in the Dairy Group		
<b>MILK</b>	Milk, (1%-2%), white and flavored	8oz
	Milk, (skim), white and flavored	8oz
	Milk, (whole), white and flavored	8oz
	Buttermilk, low-fat	8oz
	Evaporated Milk	4oz
	Soy Milk, Calcium Fortified	8oz
	Dry Milk, Reconstituted	8oz
	Lactose Free Milk	8oz
<b>YOGURT</b>	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
<b>CHEESE</b>	Hard cheese (cheddar, mozzarella, swiss, parmesan)	1 ½ oz
	Shredded Cheese	1/3 cup
	Processed Cheese (American)	1 oz
	Ricotta Cheese	½ cup
	Cottage Cheese	2 cups
<b>OTHER</b>	Kefir, plain, low-fat	1 cup



## SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

# SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

To ensure substitutions are appropriate and meet the nutritional needs of participants served please follow these general guidelines:

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.
- Substitutions should be similar cooking methods. For example, substituting chicken for beef in a BBQ recipe is an acceptable substitution. Substituting scalloped potatoes for rosemary potatoes is not an acceptable substitution because the scalloped potatoes are much higher in fat, calories, and sodium.

## SUBSTITUTION LISTS

### BREADS AND STARCHES:

1oz serving.

Please note meal pattern requires 2oz per meal to meet requirements.

WG= Whole Grain Rich

Food Item	1oz Serving
Whole Wheat Bread	1 slice
Rye Bread	1 slice
Oatmeal Bread	1 slice
Raisin Bread	1 slice
Pumpernickel Bread	1 slice
WG Bagel	½ each
WG English Muffin	½ each
WG Hot Dog Bun	½ each
WG Hamburger Bun	½ each
WG Pita 6 inch	1 each
WG Tortilla 6 inch	1 each
WG Roll, small	1 each
WG Breadsticks	1 each
Graham Crackers 2-1/2" square	3 each
Animal Crackers	8 each
WG soda crackers	6 each
WG cooked cereal	½ cup
WG cold cereal	1 cup
WG granola	¼ cup
WG Biscuit 2 ½ inch	1 each
WG Muffin, small 1oz	1 each
WG Pancake 4 inch	2 each
WG Waffle, 4 ½ inch	1 each
Cornbread 2 inch	1 each
Granola Bar	1 each
WG Cooked Pasta	½ cup
WG Cooked Rice	½ cup

## SUBSTITUTION LISTS

### MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

Food Item	Serving Size
Round Steak	3oz
Sirloin	3oz
Flank Steak	3oz
Beef Tenderloin	3oz
Ground Beef (90 to 95% recommended)	3oz
Chipped Beef	3oz
Pork (tenderloin, roast, chops, cutlets)	3oz
Ground Turkey	3oz
Ground Chicken	3oz
Fresh or Frozen Fish	3oz
Tuna or Salmon (canned in water)	3oz
Crab, Lobster, Scallops, Shrimp, Clams	3oz
Cottage Cheese (reduced sodium recommended)	½ cup
Reduced sodium turkey or chicken sausage	3oz
Reduced sodium bacon or turkey bacon	3oz
Chicken (baked, broiled, roasted without skin)	3oz
Turkey (baked, broiled, roasted without skin)	3oz
Reduced sodium lunchmeat	3oz
Egg substitute	3oz
Egg	3 each
Mozzarella Cheese	3oz
Liver (serve rarely due to high cholesterol item)	3oz
Tofu	4oz
Peanut Butter	4 TBSP

# SUBSTITUTION LISTS

## VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

Food Item	Good Source Vitamin A	Good Source Vitamin C
Asparagus		
Beans (green, wax, Italian)		
Beets		
Broccoli	X	X
Brussels Sprouts		X
Cooked Cabbage		
Carrots	X	
Cauliflower		X
Egg Plant		
Potatoes		
Yams/Sweet Potatoes	X	
Pumpkin	X	X
Red Peppers	X	X
Collard Greens	X	
Mustard Greens	X	
Turnip Greens	X	X
Cooked Mushrooms		
Okra		
Onions		
Pea Pods		
Green Peppers		X
Rutabaga		
Spinach (1/2c cooked, 1c raw)	X	X
Summer Squash	X	X
Tomato (One Large)		X
Reduced Sodium Tomato Juice		X
Turnip		
Water Chestnuts		
Zucchini (1/2c cooked, 1c raw)		
Raw Cabbage		X
Celery		
Cucumber		
Dark Green Lettuce (Romaine, field greens)	X	X

## SUBSTITUTION LISTS

### FRUITS

Canned fruit is recommended to be purchased in juice, or extra light syrup.

Light syrup and water are also acceptable.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple, Raw, 2-inch diameter	1 each		
Applesauce	½ cup		
Apricots, Raw, Medium	4 each	X	
Apricots, Canned	½ cup or 4 halves	X	
Banana, 9 inches long	½ each		
Blackberries, Raw	¾ cup		X
Blueberries, Raw	¾ cup		
Cantaloupe, Cubes	1 cup	X	X
Cherries, Large Raw	12 each		
Cherries, Canned	½ cup		
Fruit Cocktail, Canned	½ cup		
Grapefruit, Medium	½ each		X
Grapefruit, Canned	¾ cup		X
Grapes, Small	15 each		
Honeydew Melon, Cubes	1 cup		X
Kiwi, Large	1 each		
Mandarin Oranges	½ cup		
Mango, Small	½ each	X	
Nectarine, 1 ½ inch	1 each		X
Orange, 2 ½ inch	1 each		X
Papaya	1 cup		X
Peaches, Raw	1 each or ¾ cup	X	
Peaches, Canned	½ cup or 2 halves	X	
Pear, Raw, small	1 each		
Pear, Canned	½ cup or 2 halves		
Pineapple, Raw	¾ cup		X
Pineapple, Canned	½ cup		X
Plum, Raw 2 inch	2 each		



# SUBSTITUTION LISTS

## FRUITS

Fruit juice must be 100% juice to meet requirements.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Raspberries, Raw	1 cup		X
Strawberries, Raw Whole	1 cup		X
Tangerine, 2 ½ in	2 each		X
Watermelon Cubes	1 cup		
Food Item- Juice	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Juice	½ cup		
Apple Cider	½ cup		
Cranberry Juice Cocktail	1/3 cup		
Grapefruit Juice	½ cup		X
Grape Juice	1/3 cup		
Orange Juice	½ cup		X
Pineapple Juice	½ cup		X
Prune Juice	1/3 cup		
Food Item- Dried Fruit	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Rings	4 each		
Apricot, Halves	7 each		
Dates, Medium	10 each		
Figs	10 each		
Prunes, Medium	3 each		
Raisins	2 TBSP		



## PRODUCTION GUIDES

Production guides are intended as a resource to help staff cooking and serving to produce and serve foods in portion sizes to meet the menu requirements.

## Production Guides

### GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet	18 x 13 x 1	40 - 2 x 2-1/2" pieces	8 x 5	Cakes, bar cookies, oven baking
Baking Pan	13-1/2 x 23 x 2	50 - 2 x 2-1/2" pieces	10 x 5	Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items

## Production Guides

### GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce

## Production Guides

### GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables



## NOTES







