



NORTH DAKOTA AGING SERVICES

LUNCH MENUS

December 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 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

Standard Meal Patterns	
ALL MEALS HAVE BEEN EVALUATED NUTRITIONALLY AND MEET REQUIREMENTS OF OAA NUTRITION GUIDELINES	
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	
Beverages	
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
Fruits	
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)
Vegetables	
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
Grains	
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
Meats	
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)
Condiments	
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.

Month Menu December Lunch 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

November 27

November 28

November 29

November 30

Beef Tips & Mushrooms in Gravy	1/2 Cup
Buttered Red Potatoes	1/2 Cup
Seasoned Snap Peas	1/2 Cup
Ginger Baked Pears with Spiced Whip	1/2 Cup
Wheat Bread	2 slice
Margarine	2 each
1% Milk	8 fl. oz

Month Menu December Lunch 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Honey Chicken	3 Oz	Minestrone Soup	6 fl. oz	Baked Pork Chop	3 Oz	Cheesy Baked Ziti	1 Cup	Beef & Cabbage Bake	1 Cup
Glazed Sweet Potatoes	1/2 Cup	Tuna Salad on MultiGrain Bread	1 each	Garlic Mashed Potatoes	1/2 Cup	Sicilian Blend Vegetables	1/2 Cup	Winter Blend Vegetables	1/2 Cup
Spinach with Garlic Butter	1/2 Cup	Caesar Salad w/LoCal Dressing	1 Cup	Cabbage & Carrots	1/2 Cup	Apple Whole Fresh	1 each	Chilled Apricots	1/2 Cup
Wheat Bread	2 slice	Chilled Pineapple	1/2 Cup	Hot Fruit Compote	1/2 Cup	Whole Grain Breadstick	1 each	Whole Grain Biscuit	1 each
Margarine	2 each	Unsalted Crackers	1 pkg	Wheat Bread	2 slice	Margarine	1 each	Margarine	1 each
Pear Dessert Bake	1/2 Cup	1% Milk	8 fl. oz	Margarine	2 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz			1% Milk	8 fl. oz				

Month Menu December Lunch 2023 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Baked Lemon Cod	3 Oz	Shepherd's Pie	1 Cup	Oriental Salad	1/2 Cup	Hamburger Steak	3 Oz	House Salad	1 Cup
Roasted Red Potatoes	1/2 Cup	Brussels Sprouts	1/2 Cup	Sweet & Sour Chicken	3/4 Cup	Lettuce Tomato Onion	1 each	Chicken & Dumplings	1 Cup
Parmesan Broccoli	1/2 Cup	Peaches in Orange Sauce	1/2 Cup	Sesame Brown Rice	1/2 Cup	Sweet Potato Fries	1/2 Cup	Herbed Green Beans	1/2 Cup
Cranberry Fruit Salad		Whole Wheat Bread	2 slice	Asian Vegetables	1/2 Cup	Fresh Whole Orange	1 whole	Strawberries & Yogurt	1 Cup
Gelatin	1 (2x3)	Margarine	2 each	Fresh Fruit Salad	1/2 Cup	Bun Whole Grain	1 each	Whole Grain Biscuit	1 each
Wheat Bread	2 slice	1% Milk	8 fl. oz	Wheat Roll	1 each	Ketchup Packet	1 each	Margarine	1 each
Tartar Sauce	1 each			Soft Margarine Cup	1 each	Mayonnaise	1 each	Choice of Dressing	1 each
Soft Margarine Cup	2 each			1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz								

Month Menu December Lunch 2023 - Week 4

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

LUNCH

Chili with Beans	1 Cup
Baked Potato	1 whole
Rosy Applesauce	1/2 Cup
Wheat Bread	2 slice
Margarine	2 each
Sour Cream	1 each
1% Milk	8 fl. oz

Parmesan Chicken	3 Oz
Marinara Sauce	4 fl. oz
Herbed Penne Pasta	1/2 Cup
Italian Vegetable Blend	1 Cup
Spiced Peaches	1/2 Cup
Garlic Whole Grain Texas Bread	1 each
1% Milk	8 fl. oz

Herbed Fish	3 Oz
Potatoes & Onions	1/2 Cup
Parslied Carrots	1/2 Cup
CranApple Cobbler	1/2 Cup
Wheat Bread	2 slice
Margarine	1 each
1% Milk	8 fl. oz

Beet & Onion Salad	1/2 Cup
Swedish Meatballs	3 each
Parslied Noodles	1/2 Cup
Seasoned Broccoli Florets	1 Cup
Chilled Tropical Fruit	1/2 Cup
Whole Grain Biscuit	1 each
Margarine	1 each
1% Milk	8 fl. oz

Roast Pork Loin	3 Oz
Parslied Potatoes	1/2 Cup
Balsamic Brussels Sprouts	1/2 Cup
Chilled Apricots	1/2 Cup
Wheat Bread	2 slice
Margarine	2 each
Caribbean Sauce	2 fl. oz
1% Milk	8 fl. oz

Month Menu December Lunch 2023 - Week 5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE						LUNCH			
Roast Turkey	3 Oz	Chicken Supreme	3 Oz	Beef Stew	1 Cup	Stuffed Bell Pepper	1 each	Tomato & Onion Salad	1/2 Cup
Poultry Gravy	2 fl. oz	Confetti Rice	1/2 Cup	Cauliflower & Peas	1/2 Cup	Mashed Potatoes	1/2 Cup	Spinach Lasagna	1 (3x4)
Cranberry Sauce	1 Tbsp	Glazed Carrots	1 Cup	Chilled Fruit Cocktail	1/2 Cup	Seasoned Green Beans	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup
Sage Bread Dressing	1/2 Cup	Blushing Pears	1/2 Cup	Whole Grain Biscuit	1 each	Fresh Whole Orange	1 whole	Chilled Pineapple	1/2 Cup
Mashed Potatoes	1/2 Cup	Onion Roll	1 each	Margarine	1 each	Wheat Roll	1 each	Garlic Whole Grain Breadstick	1 each
Green Beans Almondine	1/2 Cup	Margarine	1 each	1% Milk	8 fl. oz	Margarine	1 each	1% Milk	8 fl. oz
Whole Grain Biscuit	1 each	1% Milk	8 fl. oz			1% Milk	8 fl. oz		
Margarine	1 each					Low Fat Vanilla Yogurt	1 each		
Cherry Cheesecake	1 (2x3)								
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"

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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Apple Whole Fresh (Apple Whole Fresh)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Gloved	1 each	ⓘ Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	20 g	0 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.

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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3					CCP -- Maintain <40F/4C; discard unused product.

Apricots f/JcPk (Chilled Apricots)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Apricots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apricots, JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C; discard unused product.

Beef Cabbage Rice Casserole f/Grd (Beef & Cabbage Bake)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	350.0 °F	Bake	1 Cup	ⓘ Contains: Mushroom, AllergenMilk, Beef, Tomato, Onion, AllergenEggs, AllergenWheat, Rice, Cabbage, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	20 g	17 g	17 g	75 mg	520 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix together Beef, Onions, Rice, Eggs, Salt, Pepper and Water.	
	Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Minced
	Rice, White Parboiled	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
	Egg, Liquid Frz	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Salt, Iodized	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Water, Tap	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		
2 Cabbage, Green Fresh	4 lb	8 lb	12 lb	16 lb	Shredded	Place 1/2 Cabbage on bottom of steam table pan. Put Meat mixture on top of Cabbage. Put remaining Cabbage on top of Meat mixture.	
3 Basil, Dried Leaves	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		Mix together Tomato Sauce, Mushroom Soup, and Spices. Pour mixture on top of layered Cabbage.	

Beef Cabbage Rice Casserole f/Grd (Beef & Cabbage Bake)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Oregano, Dry	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Tomato Sauce, Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Soup, Cream of Mushroom Cnd Cond	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
4						Bake 2 hrs to *internal temp 165F/74C for 15 sec.
5						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 1 hr - one time only.

Beef Shepherd's Pie f/Grd (Shepherd's Pie)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	#8 scoop	1 Cup	ⓘ Contains: Potatoes, Carrots, Onion, Beef, AllergenSoy, AllergenWheat, Garlic, Mushroom, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	16 g	20 g	24 g	125 mg	430 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Ground 80-85/20-15 Raw	6 lb 12 Oz	13 lb 8 Oz	20 lb 4 Oz	27 lb		Brown beef and drain off fat.
3 Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Diced	Add vegetables and seasoning to meat. Cover and cook until vegetables are tender.
Carrot, Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	
Mushrooms, Pieces Cnd	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
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		

Beef Shepherd's Pie f/Grd (Shepherd's Pie)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	3/4 tsp	1 1/4 tsp	2 tsp	2 3/4 tsp		
4	Milk, 2% Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Combine milk, soup and add to meat mixture. Divide evenly into baking pans.
	Soup, Cream of Mushroom Cnd Cond	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
5	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Spread prepared mashed potatoes evenly over the meat mixture and sprinkle with cheese and margarine. Bake 35-40 minutes until lightly browned.
	Cheese, Cheddar Shredded	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
	Potato Mashed f/Pearls	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	Prepared	
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.

Potato Mashed f/Pearls (Mashed Potatoes)

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

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.

Beef Stuffed Pepper f/RTB Frz (Stuffed Bell Pepper)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165°F	Bake	1 each	ⓘ Contains: Beef, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	15 g	8 g	6 g	50 mg	770 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Stuffed Pepper 4z	10 lb 7 Oz	20 lb 14 Oz	31 lb 5 Oz	41 lb 12 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Bake Peppers per package directions to *internal temp >165F/74C held for 15 sec. Heat Sauce and top Peppers.
Tomato Sauce, Cnd	1 Qt	2 Qt	3 Qt	1 Gal	
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 1 hr - one time only.

Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy



Health & Human Services



COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
155°F	Simmer	4z Spoodle	1/2 Cup	ⓘ Contains: Onion, Garlic, Corn, Beef, Mushroom, AllergenWheat, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	8 g	22 g	4.5 g	20 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Over medium heat, brown beef tips and chopped onion until meat loses red color. Do not overcook.
2 Onion, Yellow	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Chopped	
Pan Coating, Spray	5 g	5 g	5 g	5 g		
3 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Combine seasonings and flour. Add to meat and mix well, about 5 min.
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Flour, All Purpose	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt		
4 Base, Beef Paste LS G-F	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Add broth (base and water) mixture to meat and stir until gravy thickens and comes to a boil. Add mushrooms.

Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
Mushrooms Sauteed f/Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Prepared	
5						Cover and simmer until meat is tender.
6						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
7						CCP -- Maintain >140F/60C; discard unused product.
8						CCP -- Cool: Product must reach 140F/60C 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.

Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

COOK METHOD	SERVING SIZE	ALLERGENS
Saute	1/2 Cup	ⓘ Contains: AllergenSoy, Mushroom, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	4 g	4 g	6 g	0 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Margarine, Solids	6.5 Oz	13 Oz	1 lb 4 Oz	1 lb 10 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Mushrooms, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Diced	
2 Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		WASH ALL PRODUCE under cool, running water. Drain well. Heat Margarine, saute Mushrooms until tender. Cook to *internal temp of 145F/62C held for 15 sec.
Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
3						Toss with Salt and 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.

Beets & Onion Salad (Beet & Onion Salad)

COOK TIME	SERVING SIZE	ALLERGENS
30 Min	1/2 Cup	⚠ Contains: Onion, Beets, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	30 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beets, Sliced Cnd Onion, Red/Burmuda Vinegar, White Sugar, Granulated Bulk Oil, Vegetable Lettuce, Green Leaf	1.02 no. 10 can	2.03 no. 10 can	3.05 no. 10 can	4.06 no. 10 can	Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1.02 each	2.03 each	3.05 each	4.06 each	Sliced Thin	
	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup		
	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup	1/2 Cup		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	25 leaf	50 leaf	75 leaf	100 leaf	Rinsed/Drained	
2						Mix vinegar, sugar, oil, onions and beets together lightly; let stand 30 min in refrigerator.
3						To serve: Place 1/2 cup of beet mixture onto leaf lettuce.
4						CCP -- Maintain <40F/4C; discard unused product.

Biscuit Whole Grain Medium RTB 2oz (Whole Grain Biscuit)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	1 each	ⓘ Contains: AllergenMilk, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	25 g	4 g	9 g	150 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare according to package instruction.
3					CPP-Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					Discard unused product.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 each	ⓘ 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.

Bread Wheat (Wheat Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	2 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	24 g	6 g	2.5 g	75 mg	240 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.

Breadstick Garlic Whole Grain 6in (Garlic Whole Grain Breadstick)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	375.0 °F	Heat	1 each	ⓘ Contains: AllergenWheat, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	16 g	5 g	1.5 g	40 mg	140 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					Discard unused product.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g		6 g	4 g	100 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Florets Frz	10 lb	20 lb	30 lb	40 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	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
	Parsley, Dried	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
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.

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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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		
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.

Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)

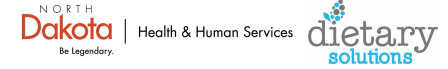


COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	⚠️ Contains: AllergenSoy, AllergenMilk, Broccoli, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	20 g	9 g	11 g	175 mg	450 mg

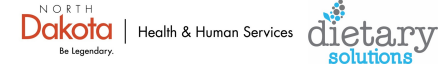
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Cup	2 Cup	3 Cup	1 Qt	Melted	Mix melted margarine with bread crumbs. Toast until golden brown. Add garlic and salt and pepper to taste. Toast for 30 more seconds.
Bread Crumbs, Plain	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
2 Garlic, Whole Fresh	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Minced	
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		
3 Broccoli, Florets Fresh	7 lb	14 lb	21 lb	28 lb		Steam broccoli 8-10 minutes until tender.

Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Parmesan Grated	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		Toss hot broccoli with cheese until cheese is melted. Top with bread crumbs.
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.

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

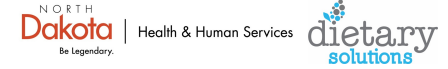


COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	Roast	1/2 Cup	ⓘ Contains: Allergen Sulphites

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 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.
3 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.
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		
4 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.
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)



	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.

Brussels Sprouts f/Frz (Brussels Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	0.0 °F	Steam	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	2 g	30 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil vegetables until tender, approximately 8-10 minutes. Add seasoning and mix well.
Brussels Sprouts, 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	
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.

Bun Whole Grain (Bun Whole Grain)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Gloved	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	4 g	1.5 g	100 mg	240 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.

Cabbage & Carrots f/Fresh & Frz (Cabbage & Carrots)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	ⓘ Contains: Carrots, AllergenSoy, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	10 g	2 g	2 g	75 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Cabbage, Green Fresh	7 lb 1 Oz	14 lb 1 Oz	21 lb 2 Oz	28 lb 3 Oz	Shredded	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Sliced Frz	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup		Steam or boil cabbage and carrots until tender. Approx 10 to 15 minutes. Drain.
Paprika	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
3						Add seasonings and mix.
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.

Carrot Glazed f/Frz (Glazed Carrots)



COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 Cup	ⓘ Contains: Carrots, Garlic, Onion, AllergenMilk, AllergenSoy, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	27 g	2 g	14 g	100 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Carrot, Sliced Frz	12 lb 8 Oz	25 lb	37 lb 8 Oz	50 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	
1 Sugar, Granulated Bulk	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt	
Seasoning, Pepper Lemon	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
Water, Tap	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
2					Add all ingredients to Carrots. Place in baking pan.
3					Bake at 400F for 15-20 min to *internal temp >140F for 15 sec. Turn frequently. *Maintain >140F.

Carrot Glazed f/Frz (Glazed Carrots)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.

Carrot Parsley f/Frz (Parslied Carrots)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g		1 g	2.5 g	40 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Carrot, Sliced Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender.
3	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add seasonings & margarine. Mix well.
	Parsley, Dried	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
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.	

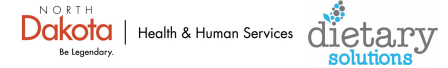
Cauliflower & Peas f/Frz (Cauliflower & Peas)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	ⓘ Contains: Cauliflower, Peas, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	2 g	20 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil Vegetables until tender. Add Seasoning and mix well.
Cauliflower, Frz	3 lb 3 Oz	6 lb 5 Oz	9 lb 8 Oz	12 lb 11 Oz	
Peas, Green Frz	1 lb 13 Oz	3 lb 11 Oz	5 lb 8 Oz	7 lb 5 Oz	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
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.

Cheesecake/Cherries f/Mix (Cherry Cheesecake)



COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 (2x3)	⚠️ Contains: Cherry, AllergenSoy, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	37 g	6 g	13 g	175 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Crumbs, Graham Cracker	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz	CRUST: Combine Graham Crackers, Margarine and Sugar. Press mixture firmly against sides and bottom of pans. Bake 10-15 min at 400F to set the Crust.
Sugar, Granulated Bulk	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	
Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
2 Cheesecake Mix, No Bake	2 lb 2 Oz	4 lb 4 Oz	6 lb 5 Oz	8 lb 7 Oz	
Milk, 2% Bulk	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
Pie Filling, Cherry Cnd	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
3					CHEESECAKE: Prepare per package instructions. Pour over Graham Cracker Crust. Spread Cherry Pie Filling over Cheesecake. Serve 2x3" pieces.
4					Dollop about 1Tbsp of Pie Filling over each slice.

Cheesecake/Cherries f/Mix (Cherry Cheesecake)



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

Chicken & Dumplings f/Pulled (Chicken & Dumplings)



COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
50 Min	Simmer	8z Spoodle	1 Cup	ⓘ Contains: AllergenMilk, Onion, AllergenSoy, Garlic, AllergenEggs, Celery, AllergenWheat, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	28 g	25 g	10 g	100 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Combine base and water to make stock. Heat to simmer.	
	Base, Chicken Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
3	Chicken, Meat Pulled Ckd	3 lb 15 Oz	7 lb 14 Oz	11 lb 13 Oz	15 lb 12 Oz	Add onions and celery. Add seasonings, simmering for 20 min. Add meat, cook 10 min on low heat. CCP -- Cook to minimum internal temp of 165F/74C held for 15 sec.	
	Onion, Yellow	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Chopped
	Celery, Fresh	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Diced
	Paprika	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp		Diced

Chicken & Dumplings f/Pulled (Chicken & Dumplings)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Margarine, Solids	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		DUMPLINGS: Cut margarine into flour, baking powder and salt. Combine eggs and milk and add to dry ingredients. Roll out on floured board into 1/2" thickness. Cut into 1.5 x 1.5" squares. Add dumplings into stock. Cook 15-20 min.
	Flour, All Purpose	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
	Baking Powder	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Egg, Liquid Frz	3 Oz	6 Oz	9 Oz	12 Oz	Thawed	
	Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
5							CCP -- Maintain >135F/57C for only 4 hrs.
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 temp of 165F/74C held 15 sec within 1 hr - one time only.

Chicken Honey f/Thigh (Honey Chicken)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	425.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, Cinnamon, AllergenFish, AllergenSoy, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	13 g	17 g	3.5 g	20 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		Place chicken in pan. Sprinkle with salt and pepper.
2 Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Chicken, Thigh Bnls Sknls	6 lb 12 Oz	13 lb 9 Oz	20 lb 5 Oz	27 lb 2 Oz	Thawed	Mix remaining ingredients. Pour honey mixture over chicken. Baste with pan juices several times during cooking process until chicken is nicely browned and juices run clear.
Honey, Bulk	1 Cup	2 Cup	3 Cup	1 Qt		
Juice Orange f/Frz Conc 6 flz	1 Cup	2 Cup	3 Cup	1 Qt		
3 Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Sauce, Worcestershire	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

Chicken Honey f/Thigh (Honey Chicken)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Juice, Lemon RTS	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.
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.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	ⓘ 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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3					CCP -- Keep chilled at 40F/4C.

Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)

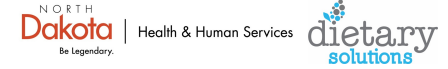


COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	375.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, AllergenSoy, AllergenMilk, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	4 g	21 g	7 g	30 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Mix crumbs, parmesan & garlic together. Roll chicken in coating mixture. Sprinkle with margarine.
Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	
Bread Crumbs, Plain	1 Cup	2 Cup	3 Cup	1 Qt	
Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Garlic, Powder	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	
3					Place on greased baking sheets. Bake 45-55 min or until cooked through.
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.

Chicken Supreme Breast (Chicken Supreme)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	⚠️ Contains: AllergenMilk, Chicken, AllergenSoy, Mushroom, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	3 g	20 g	4.5 g	20 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		Arrange chicken in 12x20x2" service pans. CCP -- Cover and refrigerate at <40F/4C until ready to use.
3 Soup, Cream of Mushroom Cnd Cond	1 Qt	2 Qt	3 Qt	1 Gal		Mix together soup, pimento, olives and spice. Pour mixture over chicken. CCP -- Maintain <40F/4C until ready to bake.
Pimento, Pieces Cnd	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Olives, Black-Ripe Pieces	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
4						Cover and bake until minimum *internal temp >165F /74C for 15 sec reached and chicken is tender. Remove cover half way through baking process. Chicken will become light brown on top. Sauce does not need to be stirred during baking.
5						CCP -- Maintain >135F/57C for only 4 hrs.

Chicken Supreme Breast (Chicken Supreme)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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.

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)



COOK METHOD	SERVING SIZE	ALLERGENS
Saute	3/4 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, Peppers Bell, Corn, Onion, Garlic, Pineapple, AllergenSulphites, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	16 g	24 g	6 g	40 mg	420 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Chicken, Meat Pulled Ckd	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Pour soy sauce over meat and mix lightly. Let marinate refrigerated <40F/4C at least 1 hr.
	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb		
2 Base, Chicken Paste LS G-F Water, Tap	0.5 Oz	1 Oz	1.5 Oz	2 Oz		Drain soy sauce. Brown meat and drain fat. Combine base with water and add to meat. Simmer until meat is tender and reaches internal temp of >165F/74C for 15 sec. Approx. 20-30 minutes
	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
3 Sugar, Brown Light Cornstarch	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Combine sugar and cornstarch.
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
4 Juice Pineapple f/Frz Conc 6 flz Vinegar, White Sauce, Soy Bulk LS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Add pineapple Juice, vinegar and soy sauce to cornstarch mixture. Mix until smooth. Add to meat while stirring. Cook until thickened.
	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup		

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Pepper, Green Fresh	1 lb	2 lb	3 lb	4 lb	Julienne	Approximately 15 min before serving, add peppers and onion; cook gently. Just before serving, add pineapple.
	Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Sliced	
	Pineapple, Chunks JcPk	1 Qt	2 Qt	3 Qt	1 Gal	Drained	
6							CCP -- Maintain >135F/57C for only 4 hrs.
7							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3					CCP -- Keep chilled at 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, Beef, Tomato, Garlic

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	ⓘ 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

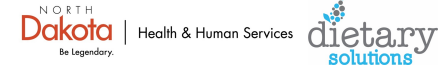
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Kidney Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 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
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						Note: Soaking beans in water overnight can reduce cooking time, if desired.

Cobbler CranApple Hmd (CranApple Cobbler)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	425.0 °F	Bake	#10 scoop	1/2 Cup	ⓘ Contains: AllergenWheat, Apples, Corn, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	43 g	2 g	6 g	10 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Juice, Lemon RTS	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	1/3 Cup	Preprep: Drain Fruit reserving Juice. Heat both Juices to boiling.
3 Cornstarch	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	Mix Cornstarch and Water until smooth. Add to hot Juice while stirring briskly with a wire whip. Cook until thickened.
Water, Tap	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
4 Sugar, Granulated Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Add Sugar; bring to boiling point.
5 Apple Slices, Unsweetened Cnd	0.39 no. 10 can	0.78 no. 10 can	1.17 no. 10 can	1.56 no. 10 can	Add Drained Fruit; mix carefully. Cool. Pour into greased 12 x 20 x 2" baking pan(s).
Cranberry Sauce, Jellied Cnd	0.21 no. 10 can	0.42 no. 10 can	0.62 no. 10 can	0.83 no. 10 can	
6 Dough, Pastry Sheet 10x15	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Roll Pastry to fit pans. Place on top of Fruit. Seal edges to sides of pan. Perforate top.

Cobbler CranApple Hmd (CranApple Cobbler)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
7						CCP -- Bake at 425F for 30 min. or until top is browned. *Refrigerate at <40F to serve cool or maintain > 135F to serve warm.
8						CCP -- Maintain <40F/4C; 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.

Dressing Stuffing Bread Sage (Sage Bread Dressing)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	145 °F	Bake	1/2 Cup	ⓘ Contains: Onion, AllergenSoy, Chicken, Garlic, AllergenWheat, Celery, AllergenMilk, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	20 g	4 g	9 g	75 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Saute onions & celery in margarine until light browned.
Celery, Fresh	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Diced	
Onion, Yellow	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	Diced	
Margarine, Solids	8 Oz	16 Oz	1 lb 8 Oz	1 lb 16 Oz		
3						Add water, base and seasonings to vegetables.
Water, Tap	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		
Base, Chicken Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Seasoning, Poultry	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz		
Pepper, Black Ground	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		

Dressing Stuffing Bread Sage (Sage Bread Dressing)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sage, Rubbed	0.5 Oz	1 Oz	1 Oz	1.5 Oz		
4	Bread White	31.25 slice	62.5 slice	93.75 slice	125 slice	Cubed	Add bread gradually to base mixture, tossing until thoroughly mixed. Scale dressing into greased pan(s). Bake for approximately 1 hour.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.

Bread White (White Bread)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 slice	ⓘ 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.

Fish Cod Lemon Bake (Baked Lemon Cod)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	145 °F	Bake	Off-Set Spatula	3 Oz	ⓘ Contains: AllergenFish, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	1 g	20 g	8 g	20 mg	180 mg

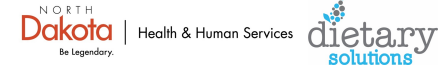
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Fish, Cod Fillet	4 lb 11 Oz	9 lb 6 Oz	14 lb 2 Oz	18 lb 13 Oz	Portion fish into serving size pieces onto baking sheet and sprinkle with seasonings. Melt margarine combine with lemon juice. Drizzle over fish. Bake until Fish flakes easily.
Margarine, Solids	1 Cup	2 Cup	3 Cup	1 Qt	
2 Juice, Lemon RTS	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3					Season with salt & pepper to taste after cooking if desired.
4					Fish: Cook to internal temp of 145F/63C held for 15 sec.

Fish Cod Lemon Bake (Baked Lemon Cod)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.

Fish Pollock Cheese Herb Baked (Herbed Fish)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	Spatula	3 Oz	ⓘ Contains: Tomato, Onion, AllergenFish, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	4 g	17 g	2 g	125 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion fish in 3 oz pieces. Place fish in greased baking pan(s). Top each fish with 3-4 onion rings.
Fish, Pollock 2-4z Frz	5 lb 2 Oz	10 lb 4 Oz	15 lb 6 Oz	20 lb 8 Oz		
Onion, Red/Burmuda	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	Sliced	
3						Pour lemon juice over fish. Sprinkle tomatoes over fish portions.
Juice, Lemon RTS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Tomato, Fresh	1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Chopped	
4						Mix herbs and pepper together and sprinkle over fish portions.
Dill, Weed Dried	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Parsley, Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		

Fish Pollock Cheese Herb Baked (Herbed Fish)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Cheese, Mozzarella Shredded	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Shredded	Bake for 20 min; sprinkle cheese over fish, and place back in oven to bake until fish is flakey, 5-7 min.
6							Fish: Cook to internal temp of 145F/63C 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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Fruit Cocktail f/JcPk (Chilled Fruit Cocktail)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1/2 Cup	ⓘ Contains: Pineapple, Cherry, Peach, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	14 g	1 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 Fruit Cocktail, JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Lightly drain fruit. Portion using a #10 scoop.
3					Refrigerate until service.
4					CCP -- Maintain <40F/4C; discard unused product.

Fruit Compote Hot Hmd (Hot Fruit Compote)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
135 °F	Simmer	1/2 Cup	ⓘ Contains: Cinnamon, Apples, Cherry, AllergenSoy, Pineapple, AllergenMilk, Pear, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	27 g	1 g	1.5 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup	Combine undrained fruit and seasonings in a large saucepan. Cook off 1/4 liquid over medium-high heat.
Peaches, Sliced JcPk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
Pineapple, Chunks JcPk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
2 Pears, Sliced JcPk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
Apple Slices, Unsweetened Cnd	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
Prunes, Unsweetened Cnd	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	

Fruit Compote Hot Hmd (Hot Fruit Compote)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
	Margarine, Solids	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Cinnamon, Ground	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp	
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.
5						Note: Thin slices of lemon or lemon juice may be added. Ginger and/or nutmeg may be added for flavor.

Fruit Fresh Winter Salad f/Fresh & Cnd (Fresh Fruit Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Cherry, Apples, Pineapple, Bananas, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Apple, Red Delicious	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Diced	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fruit may vary from foods listed.</p> <p>Drain Pineapple, reserving Juice to use with Apples & Bananas. Drain Maraschino Cherries and chop.</p> <p>Wash all Fruit.</p> <p>Peel and section Oranges.</p> <p>Place Apples and Bananas in reserved Pineapple Juice to delay browning. Drain before using.</p>
Orange Fresh Whole	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz		
1 Banana Whole Fresh	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Sliced	
Pineapple, Chunks JcPk	8 Oz	1 lb	1 lb 8 Oz	2 lb		
Cherries, Maraschino	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Chopped	
2						Mix all Fruit together. Serve immediately, portioning 1/2 cup per serving.
3						CCP -- Maintain <40F.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	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.

Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	ⓘ 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.

Fruit Tropical f/Cnd (Chilled Tropical Fruit)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1/2 Cup	⚠ 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
1 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.
2					Refrigerate at <40F until service.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ 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.	

Gelatin Cranberry & Fruit Salad (Cranberry Fruit Salad Gelatin)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 (2x3)	ⓘ Contains: Pork & Products, Strawberry, Pineapple, AllergenWheat, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	29 g	3 g	0 g	20 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Gelatin, Dry Strawberry	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz		Preprep: Dice Apples and Oranges. Combine Gelatin with Boiling Water until dissolved.
Water, Tap	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	Boiled	Stir Apples, Pineapple, Cranberry Sauce and Oranges into dissolved Gelatin mixture.
Apple, Red Delicious	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz		
Pineapple, Chunks JcPk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
3 Cranberry Sauce, Jellied Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Orange Fresh Whole	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz		
Lettuce, Iceberg	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz		

Gelatin Cranberry & Fruit Salad (Cranberry Fruit Salad Gelatin)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Pour into individual ring molds or counter pans. Chill until firm. Serve 2x3" Square on Lettuce Leaf liner.
5							CCP -- Maintain <40F/4C; discard unused product.
6							NOTE: Fruit Juice may be used for part or all of liquid.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ 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.

Gravy Poultry Hmd (Poultry Gravy)



COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	2 fl. oz	ⓘ Contains: AllergenSoy, Chicken, Garlic, AllergenWheat, AllergenMilk, Onion, Corn

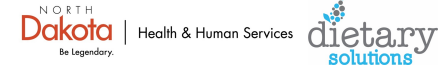
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	3 g	0 g	4.5 g	0 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Water, Tap	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Heat Water and Chicken Base to boiling point.
Base, Chicken Paste LS G-F	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	Add Flour to melted Margarine and make roux. Add to hot stock, stir until thickened.
3 Flour, All Purpose	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	
Margarine, Solids	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	
Salt, Iodized	1.0 tsp	2.0 tsp	3 tsp	1 Tbsp 1 tsp	Add Seasonings and simmer until thick and smooth.
4 Pepper, Black Ground	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp	
Seasoning, Poultry	1/4 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	

Gravy Poultry Hmd (Poultry Gravy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Parsley, Dried	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp	
5						Portion using 2 oz ladle.
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 Almondine f/Frz (Green Beans Almondine)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	9 g	5 g	11 g	75 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb	Partially drain Vegetable. Steam or boil Vegetable until tender. Approximately 10 minutes.
	Margarine, Solids	2 Oz	4 Oz	6 Oz	8 Oz	
3	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Add Salt and Margarine.
4	Margarine, Solids	2 Oz	4 Oz	6 Oz	8 Oz	Lightly brown Almonds in Margarine, then add Beans. Fold gently. Serve 1/2 C.
	Nuts, Almonds Sliced	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	
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.	

Green Beans Almondine f/Frz (Green Beans Almondine)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.
8						NOTES: Boil or Steam Vegetable until tender.

Green Beans Cut f/Frz (Seasoned Green Beans)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenMilk, Beans/Legumes

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	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender, approximately 8-10 minutes.
3	Basil, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Add seasonings and margarine. Mix well.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
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 Herb f/Frz (Herbed Green Beans)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenMilk, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	6 g	2 g	1.5 g	40 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Steam or boil vegetables until tender Approximately 10 minutes.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
2 Basil, Dried Leaves	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
Rosemary, Dried Whole	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
Paprika	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3					Add seasonings and mix well.

Green Beans Herb f/Frz (Herbed Green Beans)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.

House Salad (House Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	ⓘ Contains: Cucumber, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	6 g	2 g	0 g	40 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Lettuce, Iceberg	2 head	4 head	6 head	8 head	Diced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Lettuce in serving bowl or plate. Top with Tomatoes and Cucumbers.	
	Lettuce, Romaine Fresh	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb		Diced
	Tomato, Grape Fresh	1 Qt	2 Qt	3 Qt	1 Gal		
	Cucumber, Fresh	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Peeled & Sliced

Ketchup PC (Ketchup Packet)

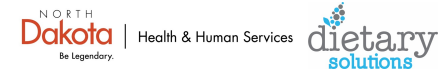


SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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)



Lasagna Spinach (Spinach Lasagna)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	350.0 °F	165 °F	Bake	1 (3x4)	ⓘ Contains: AllergenMilk, Tomato, Garlic, AllergenWheat, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	44 g	19 g	6 g	300 mg	640 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pasta, Lasagna Dry	2 lb 6 Oz	4 lb 12 Oz	7 lb 2 Oz	9 lb 8 Oz		Cook noodles in unsalted boiling water until tender, approximately 8-10 min. Drain well. Do not rinse. Set aside.
3 Spinach, Chopped Frz	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Cook spinach per package instructions, undercook slightly. Drain very well. Drain cottage cheese. Combine drained spinach and drained cottage cheese. Chill until ready to use.
Cottage Cheese, 2% Fat	3 lb	6 lb	9 lb	12 lb		
4 Tomato Sauce, Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		In a large saucepan, combine tomato sauce, tomato paste and seasoning. Cook 30 min, stirring occasionally.
Tomato Paste, Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Oregano, Dry	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

Lasagna Spinach (Spinach Lasagna)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
5	Cheese, Mozzarella Shredded	1 lb	2 lb	3 lb	4 lb	Sliced	Assemble: layer lasagna as follows in 12x20x4 inch pan(s): 1. Tomato Sauce-- 2 cups 2. Lasagna Noodles-- 8oz 3. Cottage Cheese/Spinach Mixture-- 16 oz 4. Marinara Sauce-- 2 cups 5. Mozzarella-- 8 oz Repeat layers 1-5. Sprinkle parmesan cheese on top.
	Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
6							Bake for 45-55 min.
7							Cut each pan to yield servings that are approximately 3 in x 4 in.
8							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
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.

Lettuce Caesar w/LoCal Dressing (Caesar Salad w/LoCal Dressing)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: AllergenMilk, AllergenFish, AllergenWheat, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	6 g	4.5 g	175 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Romaine Fresh Cheese, Parmesan Grated	12 lb 8 Oz	25 lb	37 lb 8 Oz	50 lb	Chopped	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Lettuce & drain well before chopping. Combine Lettuce and Cheese. *Maintain <40F/4C.
	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz		
2 Dressing, Caesar LoCal Bulk Croutons, Seasoned	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		Before service, toss Lettuce mixture with Dressing and Croutons. Portion into serving dishes. Best results when products are combined in small batches, as close as possible to service.
	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup		
3						CCP -- Maintain <40F/4C.

Margarine Pat PC (Margarine)



SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	0 g	8 g	0 mg	70 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; discard unused product.
4					Discard unused product.

Margarine Pat PC (Margarine)



Margarine Pat PC (Margarine)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	0 g	4 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					CCP -- Maintain <40F/4C; discard unused product.
4					Discard unused product.

Margarine Pat PC (Margarine)



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Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	0 g	0 g	6 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.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ 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.

Mayonnaise PC (Mayonnaise)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	2 g	0 g	2.5 g	0 mg	80 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.

Mayonnaise PC (Mayonnaise)

Meatballs Swedish w/Sauce (Swedish Meatballs)

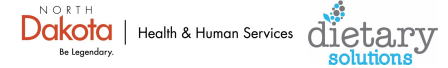


COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	ⓘ Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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		
3	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		
4						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
5	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		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Bread White (White Bread)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 slice	ⓘ 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.

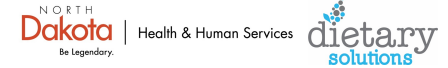
Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ 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.

Noodles Parslied (Parslied Noodles)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	1/2 Cup	ⓘ Contains: AllergenWheat, AllergenEggs, AllergenMilk, AllergenSoy

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
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.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	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.

Oriental Salad (Oriental Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: AllergenWheat, AllergenSoy, Peppers Bell, Mustard, AllergenSulphites, Mushroom, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	7 g	3 g	4 g	40 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Salt, Iodized	1/2 tsp	3/4 tsp	1 1/4 tsp	1 3/4 tsp		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine spices, sugar, oil, vinegar and soy sauce.
Pepper, White	1/2 tsp	1 1/8 tsp	1 3/4 tsp	2 1/4 tsp		
Green Beans, Cut Frz	3 lb 12 Oz	7 lb 8 Oz	11 lb 4 Oz	15 lb		
Pimento, Pieces Cnd	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz		
1 Mustard, Powder	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Sugar, Granulated Bulk	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Oil, Vegetable	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup		
Vinegar, White	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		
Mushrooms, Fresh	1 lb 1 Oz	2 lb 1 Oz	3 lb 2 Oz	4 lb 3 Oz	Sliced	

Oriental Salad (Oriental Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sauce, Soy Bulk LS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Pepper, Green Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	Diced	
2							Add vegetables to mixture. Mix well.
3							CCP - Maintain <40F.
4							VARIATIONS: Bean sprouts can be substituted for part of green beans. Sliced water chestnuts can be added for crunch.

Pasta Penne Herb (Herbed Penne Pasta)

SERVING SIZE	ALLERGENS
1/2 Cup	⚠️ Contains: AllergenSoy, AllergenEggs, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	26 g	5 g	4.5 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pasta, Penne Water, Tap Oil, Vegetable Parsley, Fresh Basil, 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. Preprep: Mince fresh Herbs. Any combination of fresh Herbs will work Bring Water to boil add Salt and Oil. Add Pasta and stir continuously until Pasta is tender to the bite. Do not over cook. Drain and plunge in ice water. Drain again *Maintain <40F. until ready to proceed.
	1 Gal 5 Cup	3 Gal 3 Cup	5 Gal 2 Cup	7 Gal	
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	1 Oz	2 Oz	3 Oz	4 Oz	
	1 Oz	2 Oz	3 Oz	4 Oz	
2 Pepper, Black Ground Salt, Iodized Margarine, Solids	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	To serve steam for 3 min in perforated 2" pan. Season with Salt and Pepper stir in Margarine or Butter and Herbs.
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	

Pasta Penne Herb (Herbed Penne Pasta)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Heat to internal temp of 165F held 15 sec.
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						NOTES: Olive Oil can be used in place of Vegetable Oil for a stronger Mediterranean flavor.

Pasta Ziti Tomato & Cheese Entree (Cheesy Baked Ziti)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	165 °F	Bake	1 Cup	ⓘ Contains: AllergenMilk, Tomato, Garlic, AllergenEggs, AllergenSoy, AllergenWheat, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	31 g	14 g	6 g	300 mg	600 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pasta, Ziti Dry	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Cook pasta per package instructions. Drain and rinse.
Tomato, Diced Cnd	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Crushed	
Tomato Puree, Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
2 Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Oregano, Dry	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Basil, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		

Pasta Ziti Tomato & Cheese Entree (Cheesy Baked Ziti)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Diced	Combine tomatoes, onion and seasonings in steam-jacket kettle in large pot. Cover and simmer about 15 min.
	Cottage Cheese, 2% Fat	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		
	Cheese, Mozzarella Shredded	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	Shredded	
4							Add cottage cheese and mozzarella cheese to tomato sauce. Mix well.
5							Fold cooked pasta into tomato mixture. Grease pans and portion pasta cheese mixture into each pan. Chill until ready to bake.
6	Cheese, Parmesan Grated	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Topping: Combine parmesan, bread crumbs and melted margarine. Sprinkle over pasta casserole. Bake 20-30 min.
	Bread Crumbs, Plain	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
7							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Pasta Ziti Tomato & Cheese Entree (Cheesy Baked Ziti)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Peaches Slices f/Cnd w/Orange Sc (Peaches in Orange Sauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	⚠️ Contains: Corn, Citrus, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	17 g	1 g	0 g	10 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.
Juice Orange f/BIB 6 flz	1.0 Cup	2.0 Cup	3.0 Cup	1.0 Qt	Prepared	In a saucepan, whisk cornstarch in to orange juice. Stir until smooth. Bring to a boil, stirring constantly, cook until thickened. Add peach slices, stir, and remove from heat. Chill for at least 2 hours before serving.
2 Cornstarch	2 Oz	4 Oz	6 Oz	8 Oz		
Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	
3						CCP -- Maintain <40F/4C; discard unused product.

Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	ⓘ Contains: 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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
3					+CCP - Serve Chilled <40F/4C.	

Peaches Spiced Slices Hot Cold f/Cnd (Spiced Peaches)



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

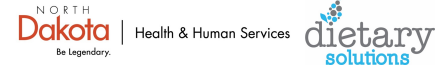
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drain fruit and reserve liquid. Measure drained liquid and water to make 2 quarts of liquid per 50 servings. Bring 3/4 of the total liquid to boiling point.
3 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.
4 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	
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.

Pear Bake f/Biscuit Mix (Pear Dessert Bake)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk, Cinnamon, AllergenSulphites, AllergenWheat, AllergenSoy, AllergenEggs, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	40 g	3 g	7 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Halves JcPk	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup	Preprep: Drain Pear and reserve Juice at <40F. until used. Place Pear in long 2" steam table pan.
3 Sugar, Brown Light	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Add 0.5 gal Pear Juice, Brown Sugar, Raisins and Spices to pan.
Raisins, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	
Cinnamon, Ground	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
Nutmeg, Ground	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
4 Baking Mix, Biscuit	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	Combine Sugar, Margarine, Biscuit Mix and Milk. Mix together well. Spoon Biscuit mixture over Pears and spread lightly.
Milk, 2% Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
Sugar, Granulated Bulk	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	

Pear Bake f/Biscuit Mix (Pear Dessert Bake)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Margarine, Solids	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	
5						Place in an oven preheated 375F; bake 30 min to *internal temp 145F for 15 sec.
6						CCP -- Maintain <40F/4C; discard unused product.

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with Sp



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk, Cinnamon, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	29 g	1 g	3 g	30 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Topping, Whip Non-Dairy Bag Frz	1 1/8 Cup	2 1/3 Cup	3 1/2 Cup	1 1/8 Qt		Prepare whipped topping as per package instructions.
3 Sugar, Powdered	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Combine powdered sugar, cinnamon and nutmeg. Carefully fold spice mixture into whipped topping.
Cinnamon, Ground	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		
Nutmeg, Ground	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp		
4 Pears, Halves JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal		Drain pears, reserve juice. Arrange pear halves cut side up in a shallow baking dish. Add reserved juice to create a 1/4 inch deep bath for pears (add water if not enough juice).
5 Sugar, Brown Light	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		In a medium bowl, combine brown sugar, ginger, oats and margarine to make crumble. Spoon approximately 1 teaspoon crumble in to center of each pear, pressing down lightly if needed. Sprinkle remaining crumble evenly over pan of pears. Bake until softened.

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with Spiced Whipped Topping)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Ginger, Ground	1 Tbsp 1 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt		
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
6							Let pears cool slightly. Place 1/2 cup pears in a serving dish. Just before serving, top each pear with 1 Tbsp spiced whipped topping and serve immediately.
7							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11							Discard unused product.

Pear Slices Blushing JcPk Cnd (Blushing Pears)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Pork & Products, Strawberry, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	1 g	0 g	20 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	Place 1/2 cup pear slices in individual serving bowls.
3 Gelatin, Dry Strawberry	2 Oz	4 Oz	6 Oz	8 Oz		Sprinkle 1/2 tsp dry gelatin on each portion.
4						CCP -- Maintain <40F/4C; discard unused product.

Peas Sugar Snap w/Paprika f/Frz (Seasoned Snap Peas)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	ⓘ Contains: Peas, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	2 g	40 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peas, Sugar Snap Frz 5 lb	10 lb	15 lb	20 lb	Steam or boil Vegetables until tender. Approximately 10 mintues Add Paprika and mix well.
	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Paprika 1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
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.

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	Contains: Pineapple

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
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pineapple, Chunks JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	Lightly drain Fruit. Portion using a #10 scoop or 1/2 cup spoodle.
3					Refrigerate until service.
4					CCP -- Maintain <40F/4C; discard unused product.

Pork Chop Baked f/Bnls (Baked Pork Chop)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: Pork & Products, Chicken, Garlic, AllergenWheat, Corn, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	6 g	19 g	9 g	20 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pepper, Black Ground Paprika Garlic, Powder Flour, All Purpose	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
2 Pork Chop, Bnls Raw Base, Chicken Paste LS G-F Water, Tap	25 each	50 each	75 each	100 each	Thawed	Combine all spices and add to flour. Dredge meat in seasoned flour mixture.
	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt		

Pork Chop Baked f/Bnls (Baked Pork Chop)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Brown meat on baking sheet at 400F/204C for 10 min. Drain fat. Transfer to baking pan. Combine base and water and heat. Pour hot broth over meat. Cover and bake at 350F/176C for approximately 40 min.
4							For Fresh Pork and Ham Cuts: 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							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.

Pork Loin Roast NAS (Roast Pork Loin)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	Roast	3 Oz	ⓘ Contains: Pork & Products, Onion, Garlic, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	1 g	20 g	13 g	30 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Loin Bnls Celery, Fresh Onion, Yellow Water, Tap	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Thaw Meat under refrigeration.
	2 Oz	4 Oz	6 Oz	8 Oz	Large Cut	
	2 Oz	4 Oz	6 Oz	8 Oz	Large Cut	
	1 Cup	2 Cup	3 Cup	1 Qt		
2 Pepper, Black Ground Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Rub Pork with Seasonings. Roast uncovered to *internal temp 155F for 15 sec. Add Vegetables and Water 2nd hr into cooking process. Remove from oven and cover with foil.
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

Pork Loin Roast NAS (Roast Pork Loin)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							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.
4							Cook Time: 2-3 hrs

Potato & Onions f/Fresh (Potatoes & Onions)



COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Boil	4z Spoodle	1/2 Cup	ⓘ Contains: Potatoes, Onion, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	2 g	2 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Russet/Baking Fresh	5 lb	10 lb	15 lb	20 lb	Peeled & Sliced Cook potatoes in boiling water until tender. (Pre-peeled and sliced potatoes may be used)
	Water, Tap	1 Gal	2 Gal	3 Gal	4 Gal	
3	Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Chopped Cook onions in margarine until tender, without browning.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
4	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Add cooked potatoes, salt, & pepper to onions. Cook until browned.
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
5						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. NOTE: *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.

Potato & Onions f/Fresh (Potatoes & Onions)



	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 temp of 165F/74C held 15 sec within 2 hrs - one time only.

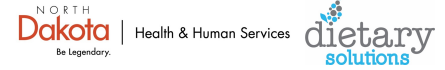
Potato Baked (Baked Potato)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	1 whole	ⓘ 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
1 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.
2					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.
3					Cook Time: 60-90 min

Potato Diced Parslied f/Fresh (Parslied Potatoes)



COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Boil	4z Spoodle	1/2 Cup	ⓘ Contains: Potatoes, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	26 g	3 g	3 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						Dice Potatoes to uniform size no greater than 15 mm. Steam or boil until tender.	
3	Potato, Russet/Baking Fresh	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Peeled & Cubed	Add Seasonings to Margarine & drizzle over Potatoes.
4							NOTE: May use Fresh Red Potatoes or New Potatoes.
5	Margarine, Solids	3 Oz	6 Oz	9 Oz	12 Oz	Melted	CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.
	Parsley, Fresh	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
6							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Potato Diced Parslied f/Fresh (Parslied Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
8							Note: *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.

Potato Mashed f/Inst Granules (Mashed Potatoes)

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.

Potato Mashed f/Pearls (Mashed Potatoes)

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

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.

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)



COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	ⓘ Contains: AllergenSoy, Garlic, Potatoes, AllergenMilk

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

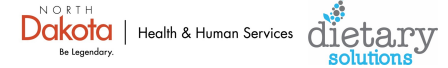
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		
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		
	Garlic, Powder	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 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.	

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)



	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.

Potato Red Roasted f/Fresh (Roasted Red Potatoes)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	Bake	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	23 g	2 g	4.5 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine oil, paprika, salt and pepper.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Paprika	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
3						Trim imperfections off potatoes. Cut each potato into halves or quarters depending on size.
Potato, Red Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Trimmed	
4						Put potatoes in a bowl. Pour oil mixture over potatoes and toss to evenly coat potatoes. Arrange potatoes in single layer on parchment-lined sheet pans.
5						Roast in 375F/191C oven until tender, approximately 30 min.

Potato Red Roasted f/Fresh (Roasted Red Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	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							Discard unused product.

Potato Red w/Skin Sliced f/Fresh (Buttered Red Potatoes)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1/2 Cup	ⓘ Contains: AllergenSoy, Potatoes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	3 g	1.5 g	20 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Red Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash Potatoes & remove blemishes. Do not remove skin. Slice Potatoes into 1/2 inch slices. Steam Potatoes until tender.
2 Margarine, Solids	3 Tbsp	1/3 Cup	2/3 Cup	3/4 Cup	Place Potatoes in greased counter pan. Melt Margarine; drizzle over Potatoes and cover.
3					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.

Potato Sweet Fries (Sweet Potato Fries)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1/2 Cup	ⓘ Contains: Potatoes, Sweet

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 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	Potato, Sweet Fries	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 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.	

Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)



COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes, Sweet, 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
1 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. Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
2 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	
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	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)



	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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	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.

Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	ⓘ Contains: 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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
3					+CCP - Serve Chilled <40F/4C.	

Rice Brown Sesame (Sesame Brown Rice)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenSesame, Rice, Onion, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	20 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Rice, Brown Raw	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed.
Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
2 Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Boiled	
Oil, Sesame	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Remove from oven, uncover and fluff with fork. Drizzle sesame oil over rice, add sesame seeds and green onions and mix well to combine.
3 Seeds, Sesame	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Onion, Green/Spring/Scallions	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Sliced Thin	

Rice Brown Sesame (Sesame Brown Rice)



	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.

Rice Confetti No Base (Confetti Rice)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	0.0 °F	Saute	1/2 Cup	ⓘ Contains: Peppers Bell, Onion, Mushroom, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	17 g	2 g	2.5 g	20 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Rice, White Parboiled	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		Cook rice per package instructions.
Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Saute vegetables in oil until softened. Add salt.
Pepper, Green Fresh	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt	Minced	
Mushrooms, Fresh	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Minced	
3 Onion, Green/Spring/Scallions	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Sliced Thin	
Pimento, Pieces Cnd	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						Stir cooked vegetables into cooked rice.

Rice Confetti No Base (Confetti Rice)

	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.

Roll Onion RTS (Onion Roll)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1 each	ⓘ Contains: AllergenWheat, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	30 g	7 g	3.5 g	125 mg	270 mg

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

Roll Wheat RTS (Wheat Roll)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Heat	Tongs	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g	3 g	2 g	50 mg	150 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 Caribbean (Caribbean Sauce)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Cook	2 fl. oz	ⓘ Contains: Tomato, AllergenWheat, Citrus, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	23 g	0 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Marmalade, Orange Bulk	1 lb 12 Oz	3 lb 8 Oz	5 lb 3 Oz	6 lb 15 Oz	Combine all ingredients. Mix well. Warm over low heat for 10 min or until Marmalade is melted. Stir occasionally.
	Sauce, Chile	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	
	Garlic, Powder	1/2 tsp	1 1/8 tsp	1 1/2 tsp	2 1/8 tsp	
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.	

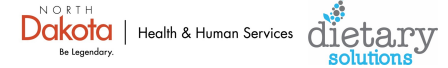
Sauce Cranberry Jellied (Cranberry Sauce)

SERVING SIZE	ALLERGENS
1 Tbsp	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	7 g	0 g	0 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 Cranberry Sauce, Jellied Cnd	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 7 Oz	Portion 1 Tbsp per serving.
3					CCP -- Maintain <40F/4C; discard unused product.

Sauce Marinara (Marinara Sauce)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	4 fl. oz	⚠️ Contains: Peppers Bell, Tomato, Onion, Garlic, Celery, AllergenFish, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	16 g	3 g	1 g	100 mg	420 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Saute onions, pepper, and celery in oil until tender.
Onion, Yellow	12.5 Oz	1 lb 9 Oz	2 lb 6 Oz	3 lb 2 Oz	Minced	
Pepper, Green Fresh	12.5 Oz	1 lb 9 Oz	2 lb 6 Oz	3 lb 2 Oz	Minced	
Celery, Fresh	12.5 Oz	1 lb 9 Oz	2 lb 6 Oz	3 lb 2 Oz	Minced	
Oil, Vegetable	3.0 tsp	1 Tbsp 3 tsp	2 Tbsp 3 tsp	3 Tbsp 3 tsp		Add remaining ingredients. Bring to boil. Simmer for 30 min. Remove bay leaf.
3						
Sugar, Granulated Bulk	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Tomato, Diced Cnd	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		
Tomato Paste, Cnd	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt		
Water, Tap	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt		

Sauce Marinara (Marinara Sauce)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Oregano, Dry	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
Salt, Iodized	2 1/4 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	2 Tbsp 3 tsp		
Garlic, Powder	2 1/4 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	2 Tbsp 3 tsp		
Basil, Dried Leaves	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp		
Bay Leaf, Whole	2 each	4 each	6 each	8 each		
Parsley, Dried	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Sauce, Worcestershire	2 1/4 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	2 Tbsp 3 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.

Sauce Tartar PC (Tartar Sauce)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	2 g	0 g	2 g	0 mg	85 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.

Soup Minestrone Hmd (Minestrone Soup)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	6 fl. oz	ⓘ Contains: Beans/Legumes, AllergenWheat, Tomato, Onion, Carrots, Beef, Garlic, Pork & Products, Potatoes, Spinach, Cabbage, Corn

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						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.
3						
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	ⓘ 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
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						Note: Soaking beans in water overnight can reduce cooking time, if desired.

Spinach w/Garlic Butter (Spinach with Garlic Butter)



COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Cook	Slotted Spoon	1/2 Cup	ⓘ Contains: Garlic, Spinach, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	4 g	3 g	3.5 g	100 mg	105 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	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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.
3	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	
4						CCP -- Maintain <40F/4C; discard unused product.

Steak Burger f/Hmd Patty (Hamburger Steak)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	3 Oz	ⓘ Contains: Beef, Onion, AllergenEggs, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	5 g	15 g	16 g	30 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Mince Onions. Combine all ingredients and mix on low speed until blended. Do not over mix.
	Egg, Liquid Frz	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	
	Bread Crumbs, Plain	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
	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		
2						Scale 4 oz Meat. Form patty and bake, grill or pan fry @ 350F for 35-40 min to *internal temp 165F for 15 sec.	
3						CCP - Maintain >140F for only 4 hrs.	
4						CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.	
5						CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.	

Stew Beef w/Tomato (Beef Stew)



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, Carrots, Onion, Beef, Celery, Potatoes, Corn, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	22 g	20 g	3.5 g	75 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP				
1 Beef, Cubes Raw	5 lb 2 Oz	10 lb 4 Oz	15 lb 5 Oz	20 lb 7 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.				
						Brown Beef in kettle or heavy roasting pan.				
2 Tomato, Diced Cnd	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	Ground	Add Tomatoes, Spices, Sauce, Beef Base and Water to above. Bring to boil. Cover and simmer for approximately 1 hr. to *internal temp >155F for 15 sec.				
						Bay Leaf, Whole	1/4 tsp	1/2 tsp	3/4 tsp	1 1/8 tsp
						Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 1/8 tsp
						Sauce, Soy Bulk LS	3 Tbsp 1 tsp	1/2 Cup	2/3 Cup	3/4 Cup
						Base, Beef Paste LS G-F	3 Tbsp 1 tsp	1/2 Cup	2/3 Cup	3/4 Cup
Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 4 Cup						

Stew Beef w/Tomato (Beef Stew)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Flour, All Purpose	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz		Combine Flour and Water. Add to boiling Beef Cube Base. Simmer for 5 min. to thicken.
	Water, Tap	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
4	Potato, Red Fresh	2 lb 4 Oz	4 lb 9 Oz	6 lb 13 Oz	9 lb 1 Oz	Quartered	Cook Vegetables 8-10 min in a minimum amount of boiling Water or 5-8 min in steamer. Drain thoroughly. Add to above. Return to boil and simmer for 5 min. Pour 6 qts. of Beef Stew into each steamtable pan.
	Carrot, Fresh	1 lb 11 Oz	3 lb 7 Oz	5 lb 2 Oz	6 lb 13 Oz	Diced	
	Celery, Fresh	1 lb 11 Oz	3 lb 7 Oz	5 lb 2 Oz	6 lb 13 Oz	Diced	
	Onion, Yellow	1 lb 11 Oz	3 lb 7 Oz	5 lb 2 Oz	6 lb 13 Oz	Diced	
5							CCP -- Hold at 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.

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	Ⓢ Contains: Tomato, Onion, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	8 g	2 g	5 g	20 mg	110 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	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. Mix Vinegar, Oil and Spices until thoroughly blended.
	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 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Dill, Weed Dried	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
2	Tomato, Fresh	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Diced Add remaining ingredients to above and toss until well blended.
	Onion, Yellow	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	
3						CCP -- Maintain <40F.

Tuna Salad Sndw MultiGrain (Tuna Salad on MultiGrain Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: Onion, Citrus, AllergenEggs, Celery, AllergenSesame, AllergenFish, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	22 g	20 g	17 g	75 mg	480 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Tuna Salad Hmd	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Tuna Salad per separate recipe.
Bread MultiGrain	50 slice	100 slice	150 slice	200 slice	
2					Place #12 scoop Tuna Salad between Bread. Slice half diagonal or quarters. Wrap securely.
3					CCP--Maintain <40F.

Tuna Salad Hmd (Tuna Salad)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	#8 scoop	1/2 Cup	ⓘ Contains: AllergenEggs, Onion, Citrus, Celery, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	3 g	15 g	16 g	30 mg	320 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg Boiled Hard Whole RTS	9 each	18 each	27 each	36 each	Chopped	Combine all ingredients and mix well.
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped Fine	
Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped Fine	
Tuna, Chunk Light WtrPk Bulk	3 lb 8 Oz	7 lb	10 lb 8 Oz	14 lb	Drained	
2 Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Pepper, White	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
Onion, Powder	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
Mayonnaise, Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Pickle Relish, Sweet	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
3						CCP -- Maintain <40F/4C; discard unused product.

Bread MultiGrain (MultiGrain Bread)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 slice	ⓘ Contains: AllergenWheat, AllergenSesame

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	7 g	2 g	50 mg	180 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	ⓘ 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)



Turkey Roast f/Bnls (Roast Turkey)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: Chicken, Corn, Onion, Turkey, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	0 g	17 g	4.5 g	10 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Turkey, Roast Whole Bnls Raw	6 lb	12 lb	18 lb	24 lb	Roast turkey, approximately 45-60 min. Let rest for at least 10 minutes before slicing. Slice turkey and layer in shallow pan(s).
3 Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp	Make broth by combining base and water and heat. Pour broth over turkey. Serve 3 oz per portion.
Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.
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.

Vegetable Mix Asian Blend (Asian Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	ⓘ Contains: Onion, AllergenSoy, Mushroom, Broccoli, 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, Asian Frz 5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Ginger, Ground 1/2 tsp	1 tsp	1 1/2 tsp	2 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.

Vegetable Mix Italian Blend f/Frz (Italian Vegetable Blend)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1 Cup	ⓘ Contains: Carrots, AllergenSoy, Beans/Legumes, Cauliflower, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	24 g	6 g	4 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					Steam or boil vegetables until tender. Add seasonings and mix well.
Vegetable Mix, Italian Frz	10 lb	20 lb	30 lb	40 lb	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Oregano, Dry	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
Basil, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
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.

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

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

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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Sicilian Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
3 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	
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.

Vegetable Mix Winter Duet Blend (Winter Blend Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	ⓘ Contains: 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					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Winter Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
3 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add melted margarine and seasoning.
Paprika	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
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.

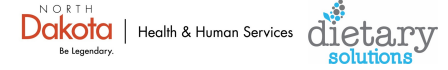
Yogurt Vanilla & Strawberry Dessert (Strawberries & Yogurt)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	ⓘ Contains: AllergenMilk, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	28 g	7 g	1.5 g	225 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Sliced Unsweetened Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Thawed	Preprep: Thaw frozen Fruit under refrigeration at <40F.
3 Yogurt, Vanilla Low Fat Bulk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Portion 1/2 Cup Yogurt in bowl. Top with 1/2 cup of sliced Fruit. *Maintain <40F through service.
4						CCP -- Maintain <40F/4C; discard unused product.

Yogurt Vanilla Low Fat PC (Low Fat Vanilla Yogurt)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	22 g	8 g	2 g	300 mg	105 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.

Yogurt Vanilla Low Fat PC (Low Fat Vanilla Yogurt)





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
Month Menu
December
Lunch
2023

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	810 kcal
Protein (g)	30 (g)	41 (g)
Carbohydrate	NA	106 (g)
Fat	30-35% of calories, less is acceptable	31%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	634.59 mcg
Vitamin B-6	.6 mg	.94 mg
Vitamin B12	.8 mcg	2.39 mcg
Vitamin C	30 mcg	64.65 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	700 mg
Potassium	1567 mg	1700 mg
Sodium	<1100mg avg over one month	1050 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.

Daily Nutrient Analysis: Friday, Week 1, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	790	109	8	0	0	44	0	44	24	535	8	1675	735	645	252	67	4	44	129	75	2	6
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 Beef Tips & Mushrooms in Gravy f/Cubes	160	8	0	0	0	1	0	22	4.5	20	2.5	400	250	212.96	6.35	0.89	0.2	1.94	20.96	60	0.24	2
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Peas Sugar Snap w/Paprika f/Frz	50	7	2	0	0	4	0	3	2	40	2	200	20	48.48	69.7	54.43	0.4	24.82	38.17	0	0.13	0
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
1/2cup Potato Red w/Skin Sliced f/Fresh	130	28	2	0	0	1	0	3	1.5	20	0.5	450	20	54.52	14.41	10.07	0.2	4.61	12.26	0	0.1	0
1/2cup Pear Halves Ginger Cinnamon Nutmeg Whip	140	29	2	0	0	22	0	1	3	30	0.75	150	25	30.04	18.59	1.91	0.4	2.7	2.47	0	0.13	1
Lunch TOTAL	790	109	8	0	0	44	0	44	24.0	535	7.85	1675	735	644.64	251.7	67.4	4.2	44.27	128.76	75	2.11	6.0

Daily Nutrient Analysis: Monday, Week 2, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	905	130	9	0	0	78	0	40	31	670	7	1775	1010	647	1293	36	4	420	250	110	2	8
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 Chicken Honey f/Thigh	150	13	0	0	0	12	0	17	3.5	20	1	250	190	159.65	6.35	4.08	0	2.66	5.82	80	0.02	1
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Pear Bake f/Biscuit Mix	220	40	2	0	0	29	0	3	7	75	1	200	210	102.22	54.78	1.44	0.8	6.52	17.34	5	0.34	1.5
1/2cup Potato Sweet Glazed Orange f/Fresh	180	36	3	0	0	21	0	2	3.5	50	0.75	350	85	45.37	681.06	7.39	0.6	5.8	13.03	0	0.26	0.5
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
1/2cup Spinach w/Garlic Butter	45	4	2	0	0	0	0	3	3.5	100	2.25	500	105	41.13	407.85	23.01	0	395.22	158.57	10	0	2
Lunch TOTAL	905	130	9	0	0	78	0	40	30.5	670	7.1	1775	1010	647.01	1292.69	36.02	4.4	420.4	249.66	110	2.13	8.0

Daily Nutrient Analysis: Tuesday, Week 2, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	685	86	12	0	0	44	0	41	25	670	7	1685	1245	659	1255	27	5	273	431	120	0	7
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 Pineapple Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
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 Each Tuna Salad Sndw MultiGrain	320	22	3	0	0	5	0	20	17	75	2.5	250	480	221.39	40.13	0.86	1.5	10.48	44.64	90	0	3
1cup Lettuce Caesar w/LoCal Dressing	100	13	5	0	0	5	0	6	4.5	175	2.5	600	400	136.98	1015.82	9.07	0	231.77	310.93	10	0.09	2
1 Pkg Crackers Saltine Unsalted 2-ct pkg	25	5	0	0	0	0	0	1	0.5	10	0.4	10	50	6.3	0	0	0	0	7.44	0	0	0
Lunch TOTAL	685	86	12	0	0	44	0	41	25.0	670	7.4	1685	1245	659.46	1255.15	27.24	4.5	272.9	430.83	120	0.09	6.5

Daily Nutrient Analysis: Wednesday, Week 2, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	780	103	10	0	0	45	0	40	27	550	5	1650	675	593	449	74	4	125	143	75	2	6
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 Pork Chop Baked f/Bnls	190	6	0	0	0	0	0	19	9	20	1.25	350	50	192.75	4.08	0.09	0.6	0.2	14.75	60	0.06	3
1/2cup Cabbage & Carrots f/Fresh & Frz	60	10	4	0	0	5	0	2	2	75	1	300	60	42.42	267.78	47.4	0.4	103.16	58.11	0	0.14	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Fruit Compote Hot Hmd	110	27	2	0	0	23	0	1	1.5	20	0.4	175	15	16	22.68	4.17	0.2	8.14	2.71	0	0.1	0
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
1/2cup Potato Mashed Garlic f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.73	11.88	22.05	0.2	3.67	12.56	0	0.08	0
Lunch TOTAL	780	103	10	0	0	45	0	40	27.0	550	5.15	1650	675	592.54	449.07	73.81	4.4	125.37	143.03	75	1.89	6.0

Daily Nutrient Analysis: Thursday, Week 2, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	595	89	11	0	0	37	0	30	16	730	6	1300	930	586	437	42	4	17	113	35	1	6
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 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 Each Apple Whole Fresh	70	20	3	0	0	14	0	0	0	10	0.2	150	5	15.18	4.14	6.35	0	3.04	4.14	0	0	0
1cup Pasta Ziti Tomato & Cheese Entree	230	31	3	0	0	8	0	14	6	300	3.5	500	600	233.24	75.73	12.14	0.2	6.89	69.61	20	0.09	3
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
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
Lunch TOTAL	595	89	11	0	0	37	0	30	16.0	730	5.8	1300	930	586.04	436.95	42.16	3.6	16.93	113.24	35	0.96	5.5

Daily Nutrient Analysis: Friday, Week 2, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	745	81	9	0	0	32	0	34	35	635	6	1450	1060	597	362	93	4	199	192	95	2	11
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 Cabbage Rice Casserole f/Grd	300	20	3	0	0	3	0	17	17	75	2.5	450	520	184.22	19.76	28.17	0.4	61.68	44.99	75	0.91	6
1/2cup Vegetable Mix Winter Duet Blend	50	7	3	0	0	1	0	3	2	40	0.75	300	55	61.33	91.69	58.88	0.4	130.09	98.07	0	0.13	0
1/2cup Apricots f/JcPk	60	16	2	0	0	14	0	1	0	20	0.4	225	10	25.38	107.85	6.22	0	2.79	2.54	0	0	0
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	745	81	9	0	0	32	0	34	34.5	635	5.5	1450	1060	596.66	361.95	93.38	3.8	198.56	192.11	95	1.78	11.0

Daily Nutrient Analysis: Monday, Week 3, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	935	112	9	0	0	47	0	49	37	660	5	1735	1275	673	469	137	7	181	185	85	2	8
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 Sauce Tartar PC	25	2	0	0	0	1	0	0	2	0	0	10	85	2.04	1.32	0.28	0	6.05	0.6	5	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1 2x3 Gelatin Cranberry & Fruit Salad	120	29	1	0	0	26	0	3	0	20	0.4	125	90	35.82	10.99	10.58	0	8.72	15.82	0	0	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1/2cup Potato Red Roasted f/Fresh	140	23	2	0	0	1	0	2	4.5	20	0.5	400	55	46.63	6.86	8.39	0	5.74	10.38	0	0	0.5
1/2cup Broccoli w/Parmesan Bread Crumbs	200	20	4	0	0	3	0	9	11	175	1.75	500	450	169.83	139.37	113.58	1.5	138.95	94.61	10	0.61	3
3oz Fish Cod Lemon Bake	160	1	0	0	0	0	0	20	8	20	0.5	225	180	118.8	85.72	3.73	2	8.35	8.39	50	0.53	1.5
Lunch TOTAL	935	112	9	0	0	47	0	49	36.5	660	5.25	1735	1275	672.86	468.81	136.67	6.5	180.61	184.7	85	1.53	7.5

Daily Nutrient Analysis: Tuesday, Week 3, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	800	81	10	0	0	33	0	41	39	590	5	1475	920	607	371	61	4	204	177	90	3	12
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 Shepherd's Pie f/Grd	360	16	2	0	0	2	0	20	24	125	2	500	430	226.29	142.72	12.12	0.8	13.14	19.49	75	1.29	9
1/2cup Peaches Slices f/Cnd w/Orange Sc	60	17	2	0	0	13	0	1	0	10	0.4	175	10	21.99	23.07	7.39	0	2.05	5.23	0	0	0
1/2cup Brussels Sprouts f/Frz	50	8	4	0	0	2	0	4	2	30	0.5	300	30	51.2	62.44	41.46	0.4	178.13	91.69	0	0.13	0
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
2 Slice 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
Lunch TOTAL	800	81	10	0	0	33	0	41	39.0	590	5.25	1475	920	606.76	370.88	61.08	4.2	203.85	177.01	90	2.93	12.0

Daily Nutrient Analysis: Wednesday, Week 3, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	675	88	10	0	0	36	0	45	22	560	5	1490	1115	606	326	103	4	173	180	90	0	4
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 Roll Wheat RTS	80	13	1	0	0	0	0	3	2	50	1	40	150	29.12	0	0	0	0.76	16.8	0	0	0
1/2cup Fruit Fresh Winter Salad f/Fresh & Cnd	40	11	1	0	0	8	0	0	0	20	0.2	125	5	8.21	3	11.27	0	0.61	8.52	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
1/2cup Vegetable Mix Asian Blend	50	7	3	0	0	1	0	3	2	40	0.75	300	55	60.95	88.3	58.88	0.4	129.98	98	0	0.13	0
1/2cup Oriental Salad	60	7	3	0	0	2	0	3	4	40	0.75	225	230	47.9	21.85	12.91	0	29.42	22.24	0	0.01	0
3/4cup Chicken Sweet & Sour f/Pulled	210	16	1	0	0	12	0	24	6	40	1.5	300	420	149.57	16.49	19.54	0.2	3.85	15.34	70	0	1.5
1/2cup Rice Brown Sesame	110	21	1	0	0	0	0	3	2.5	20	0.75	100	110	75.73	12.65	0.18	0.2	3.39	6.6	0	0.09	0
Lunch TOTAL	675	88	10	0	0	36	0	45	22.0	560	5.05	1490	1115	605.92	325.89	102.79	3.8	173.31	179.85	90	0.41	3.5

Daily Nutrient Analysis: Thursday, Week 3, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	630	85	8	0	0	35	0	32	23	595	5	1345	885	441	660	86	3	20	152	95	1	8
Lunch																						
1 Each Mayonnaise PC	30	2	0	0	0	1	0	0	2.5	0	0	0	80	1.56	0.6	0	0	5.06	0.72	5	0.01	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 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
3oz Steak Burger f/Hmd Patty	220	5	0	0	0	0	0	15	16	30	2	250	240	139.78	11.41	0.24	0.2	1.9	15.97	75	0.9	6
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
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
1/2cup Potato Sweet Fries	60	14	1	0	0	0	0	1	0	20	0.4	225	140	24.95	465.5	5.16	0	0	12.47	0	0	0
1 Each Bun Whole Grain	130	28	3	0	0	5	0	4	1.5	100	1.5	0	240	0	0	0	0	0	48	0	0	0.5
Lunch TOTAL	630	85	8	0	0	35	0	32	22.5	595	4.5	1345	885	440.63	659.67	86.02	3.2	20.47	151.74	95	0.91	8.0

Daily Nutrient Analysis: Friday, Week 3, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	860	108	9	0	0	44	0	49	30	905	7	1545	915	772	477	81	5	117	235	105	1	9
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 Green Beans Herb f/Frz	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1cup Chicken & Dumplings f/Pulled	300	28	1	0	0	2	0	25	10	100	2.5	250	190	211.24	77.39	0.97	1.5	8.7	71.01	75	0.32	2.5
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 Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1cup Yogurt Vanilla & Strawberry Dessert	150	28	2	0	0	22	0	7	1.5	225	0.75	300	85	166.08	14.76	67.39	0	0.12	13.53	10	0	1
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
1cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	860	108	9	0	0	44	0	49	29.5	905	6.85	1545	915	771.77	477.09	80.58	4.7	117.36	235.43	105	1.15	8.5

Daily Nutrient Analysis: Monday, Week 4, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	910	116	13	0	0	39	0	40	35	565	8	2215	1060	661	219	35	3	22	172	95	3	12
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 Sour Cream PC	60	2	0	0	0	1	0	1	6	30	0	40	10	21.55	35.15	0.26	0	0.43	1.7	20	0.23	3
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
1/2cup 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
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
1 Whole Potato Baked	170	40	3	0	0	3	0	4	0	10	0.75	750	10	92.14	0	23.59	0	0.55	16.59	0	0	0
Lunch TOTAL	910	116	13	0	0	39	0	40	35.0	565	8.15	2215	1060	661.16	219.46	35.37	3	21.56	171.55	95	2.66	12.0

Daily Nutrient Analysis: Tuesday, Week 4, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



	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)
DAILY TOTAL	850	127	17	0	0	53	0	49	21	590	9	1900	1065	730	716	37	5	96	190	80	1	4
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 Vegetable Mix Italian Blend f/Frz	150	24	8	0	0	6	0	6	4	50	1.75	350	95	93.1	425.28	5.82	0.6	48.54	34.98	0	0.26	0.5
3oz Chicken Parmesan f/Breast Bnls Sknls	160	4	0	0	0	0	0	21	7	30	0.75	300	140	201.56	49.77	0.01	0.6	4.45	12.52	65	0.29	1.5
4fl. oz Sauce Marinara	70	16	4	0	0	7	0	3	1	100	4	500	420	47.8	40.24	25.2	0	11.88	24.06	0	0	0
1/2cup Peaches Spiced Slices Hot Cold f/Cnd	130	31	2	0	0	24	0	1	1	10	0.4	175	15	21.38	32.12	4.33	0.2	3.19	3.7	0	0.07	0
1/2cup Pasta Penne Herb	160	26	1	0	0	1	0	5	4.5	20	1.25	100	170	65.84	26.24	1.71	0.4	27.1	83.16	0	0.14	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
Lunch TOTAL	850	127	17	0	0	53	0	49	21.0	590	9.0	1900	1065	730.01	716.3	37.1	4.8	95.81	189.62	80	0.76	4.0

Daily Nutrient Analysis: Wednesday, Week 4, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	765	114	10	0	0	50	0	37	22	620	5	1550	860	616	982	24	5	44	106	75	1	6
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 Parsley f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Cobbler CranApple Hmd	230	43	2	0	0	26	0	2	6	10	1	75	105	21.29	0.99	1.11	0	2.26	16.34	0	0	2
3oz Fish Pollock Cheese Herb Baked	100	4	1	0	0	2	0	17	2	125	0.75	400	125	214.68	32.99	7.24	0.8	11.81	12.25	60	0	1
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1/2cup Potato & Onions f/Fresh	110	22	2	0	0	2	0	2	2	20	0.4	400	170	50.8	18.46	12.96	0.4	2.48	11.64	0	0.13	0
Lunch TOTAL	765	114	10	0	0	50	0	37	21.5	620	5.0	1550	860	615.63	981.51	24.14	4.6	44.37	106.0	75	1.02	5.5

Daily Nutrient Analysis: Thursday, Week 4, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	995	126	13	0	0	30	0	44	41	795	10	1750	1280	734	445	105	5	213	261	105	2	13
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 Broccoli Florets f/Frz	80	10	5	0	0	3	0	6	4	100	1.25	350	75	100.3	129.48	72.84	0.6	164.84	54.6	0	0.26	0.5
1/2cup Noodles Parslied	120	20	1	0	0	1	0	4	3	20	1.25	100	125	66.82	23.32	0.32	0.4	5.68	63.08	25	0.15	0.5
1/2cup Beets & Onion Salad	60	12	3	0	0	8	0	2	1.5	30	2.5	250	250	30.74	106.12	7.97	0	36.77	48.42	0	0	0
3 Each Meatballs Swedish w/Sauce	290	17	1	0	0	4	0	18	17	125	2.5	400	350	201.64	35.28	1.4	0.8	1.71	36.44	60	0.95	7
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 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	995	126	13	0	0	30	0	44	41.0	795	10.1	1750	1280	734.22	444.56	105.12	4.8	213.0	260.61	105	2.1	13.0

Daily Nutrient Analysis: Friday, Week 4, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	880	114	11	0	0	56	0	44	35	545	5	2125	750	652	342	85	4	250	192	80	2	9
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 Diced Parslied f/Fresh	130	26	2	0	0	2	0	3	3	10	0.5	500	80	59.4	29.76	15.7	0.4	10.85	11.33	0	0.2	0.5
3oz Pork Loin Roast NAS	200	1	0	0	0	0	0	20	13	30	1	400	55	197.9	2.52	0.84	0.6	0.88	2.35	65	0	4.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2fl. oz Sauce Caribbean	80	23	0	0	0	20	0	0	0	20	0.2	175	25	6.06	7.43	9.98	0	1.89	5.97	0	0	0
1/2cup Apricots f/JcPk	60	16	2	0	0	14	0	1	0	20	0.4	225	10	25.38	107.85	6.22	0	2.79	2.54	0	0	0
2 Each Margarine Pat PC	70	0	0	0	0	0	0	0	8	0	0	0	70	0.5	0	0	0	7.5	0.1	0	1.49	1.5
1/2cup Brussels Sprouts Balsamic f/Frz	100	11	5	0	0	4	0	5	6	40	0.75	350	160	64.3	52.21	51.82	0	223.33	114.57	0	0	1
Lunch TOTAL	880	114	11	0	0	56	0	44	35.0	545	4.95	2125	750	651.68	342.42	84.66	4.0	249.94	191.66	80	1.71	9.0

Daily Nutrient Analysis: Monday, Week 5, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	1220	137	9	0	0	34	0	48	59	845	7	1560	1510	821	477	28	7	80	170	110	2	14
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
3oz Turkey Roast f/Bnls	110	0	0	0	0	0	0	17	4.5	10	0.75	175	90	141.67	13.17	0	0.4	0.09	5.44	60	0.05	1
1tbsp Sauce Cranberry Jellied	25	7	0	0	0	5	0	0	0	0	0.1	0	5	0.63	0.31	0.16	0	0.22	0.16	0	0	0
1/2cup Dressing Stuffing Bread Sage	170	20	1	0	0	2	0	4	9	75	1.75	75	250	39.3	76.52	0.51	1	19.51	43.62	5	0.54	1.5
1 2x3 Cheesecake/Cherries f/Mix	280	37	1	0	0	10	0	6	13	175	1	225	300	174.88	129.68	0.95	1.5	8.6	28.2	20	0.47	4.5
2fl. oz Gravy Poultry Hmd	50	3	0	0	0	0	0	0	4.5	0	0.2	10	130	4.15	46.21	0.02	0.6	5.67	5.87	5	0.33	1
1/2cup Green Beans Almondine f/Frz	140	9	4	0	0	2	0	5	11	75	1.25	250	130	91.99	56.2	3.72	0.6	38.72	27.58	0	0.27	1
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	1220	137	9	0	0	34	0	48	59.0	845	7.3	1560	1510	820.88	476.62	27.52	7.3	80.48	169.91	110	2.48	14.0

Daily Nutrient Analysis: Tuesday, Week 5, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



	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)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	855	108	12	0	0	48	0	41	31	635	5	1500	1105	618	2204	18	5	70	109	85	2	7
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 Slices Blushing JcPk Cnd	70	18	2	0	0	14	0	1	0	20	0.4	125	20	17.48	0	1.9	0	0.36	1.26	0	0	0
1/2cup Rice Confetti No Base	100	17	1	0	0	0	0	2	2.5	20	0.3	75	100	35.41	7.27	9.06	0	6.36	4.15	0	0.01	0
3oz Chicken Supreme Breast	140	3	0	0	0	0	0	20	4.5	20	0.75	350	330	190.71	12.08	2.06	0.2	7.9	8.57	65	0.01	1
1 Each Roll Onion RTS	180	30	1	0	0	3	0	7	3.5	125	2.25	100	270	69.17	0.57	0.11	0	6.01	57.27	5	0	1
1cup Carrot Glazed f/Frz	230	27	8	0	0	18	0	2	14	100	1.25	450	240	71.34	2041.66	5.24	2	44.9	25.12	0	0.88	2.5
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
Lunch TOTAL	855	108	12	0	0	48	0	41	31.0	635	5.05	1500	1105	618.0	2204.23	18.37	5.2	69.53	108.72	85	1.64	7.0

Daily Nutrient Analysis: Wednesday, Week 5, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	625	81	8	0	0	33	0	37	21	605	6	1450	845	599	483	37	3	41	132	70	1	7
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 Cauliflower & Peas f/Frz	50	7	3	0	0	2	0	3	2	20	1	150	65	41.46	54.96	23.97	0.4	18.25	41.25	0	0.13	0
1cup Stew Beef w/Tomato	190	22	3	0	0	5	0	20	3.5	75	3	700	300	215.77	268.69	10	0	15.91	40.42	50	0.17	1.5
1/2cup Fruit Cocktail f/JcPk	50	14	1	0	0	12	0	1	0	10	0.3	125	5	15.93	17.06	3.07	0	2.96	3.41	0	0	0
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	625	81	8	0	0	33	0	37	21.0	605	6.15	1450	845	598.89	483.36	37.15	3.4	41.12	131.59	70	1.04	6.5

Daily Nutrient Analysis: Thursday, Week 5, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	715	110	10	0	0	51	0	35	20	885	4	1890	1315	592	234	109	4	47	123	25	1	4
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 Green Beans Cut f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.59	37.52	3.72	0.4	37.65	21.07	0	0.13	0
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1 Each Roll Wheat RTS	80	13	1	0	0	0	0	3	2	50	1	40	150	29.12	0	0	0	0.76	16.8	0	0	0
1 Each Beef Stuffed Pepper f/RTB Frz	150	15	1	0	0	1	0	8	6	50	1.75	450	770	10.58	8.62	19.39	0	1.1	3.53	0	0	0
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1 Each Margarine Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
1 Each Yogurt Vanilla Low Fat PC	130	22	0	0	0	21	0	8	2	300	0.2	350	105	205.71	18.29	1.22	0	0.15	16.76	10	0	1
Lunch TOTAL	715	110	10	0	0	51	0	35	20.0	885	4.3	1890	1315	592.24	234.36	108.88	3.6	47.41	123.41	25	0.95	3.5

Daily Nutrient Analysis: Friday, Week 5, Month Menu December Lunch 2023

Diet: Regular | Texture: Regular | Choice: No choice



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)
DAILY TOTAL	700	107	13	0	0	48	0	39	17	780	6	1850	1045	710	491	75	3	224	237	35	0	5
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
1/2cup Tomato Onion Salad f/Fresh	80	8	2	0	0	5	0	2	5	20	0.4	350	110	32.15	49.81	17.02	0	12.89	19.77	0	0.02	0
1 3x4 Lasagna Spinach	300	44	4	0	0	8	0	19	6	300	3.5	650	640	304.68	230.98	9.21	0	127.99	143.75	20	0.05	3
1/2cup Pineapple Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
1 Each Breadstick Garlic 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
Lunch TOTAL	700	107	13	0	0	48	0	39	17.0	780	6.15	1850	1045	710.47	490.77	74.99	3.4	224.44	236.59	35	0.2	4.5



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	
				PROVIDER CHOICE		PROVIDER CHOICE		PROVIDER CHOICE	
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 \geq 1400mg Sodium are considered "Provider Choice"**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE		LUNCH							
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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Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)	13
Juice Orange f/BIB 6 flz (Orange Juice)	15
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Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)	17
Milk 1% 8 flz PC (1% Milk)	18
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Banana Whole Fresh (Banana)	24
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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
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Beef Kabobs Marinated (Marinated Beef Kabob)	58
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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	☐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
1 Sauce, Soy Bulk LS	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pork, Loin Bnls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Cubed	
2 Pan Coating, Spray	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.
Base, Chicken Paste LS G-F	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
Water, Tap	2 2/3 Cup	1 1/4 Qt	2 Qt	2 3/4 Qt		
3 Sugar, Brown Light	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.
Cornstarch	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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3					CCP -- Keep chilled at 40F/4C.

Rice Fried w/Soy Sauce (Fried Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Stir Fry	1/2 Cup	☐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	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.
Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
Salt, Iodized	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	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.
Salt, Iodized	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	
5					Stir in cooked Peas and Eggs. Serve immediately.
6					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)

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
1 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. Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
2 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	
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	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)

	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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
3					+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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil peas until tender. Add seasonings and mix well.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
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 Slices Hot Cinnamon f/Frz (Hot Spiced Apples)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	☐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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
	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	
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.	

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.

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	☐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
1 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.
2					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.
3					Cook Time: 60-90 min

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	Roast	1/2 Cup	☐Contains: AllergenSulphites

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 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.
3 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.
4 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)

	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)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Citrus, AllergenSulphites, 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	10 each	20 each	30 each	40 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Grapes, Green Seedless	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
2 Apple, Red Delicious	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.
Banana Whole Fresh	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"/> 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)



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.

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
1 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		
2 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)

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"/> 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.

Ham Ckd Bnls RS (RS Ham)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	145 °F	Bake	3 Oz	☐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)

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
1 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		
2 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		
3						Arrange mashed Potatoes in 12x20x2 pan(s). Steam to internal temperature of >140F.
4						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
5						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	☐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
1 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	
2 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
3							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.
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.

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)

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.

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)

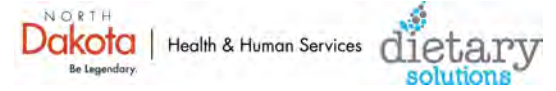
COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Cook	1 Cup	☐Contains: Onion, Carrots, Tomato, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

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
1 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		
2 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)

	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)

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	Trimmed	
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

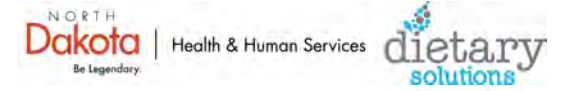
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Butter, Unsalted Bulk	1 lb 11 Oz	3 lb 5 Oz	5 lb	6 lb 11 Oz	Blend Butter with a mixer 10 minutes until light and fluffy.
3	Garlic, 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	
4						CCP -- Maintain <40F/4C; discard unused product.

Peaches Spiced Slices Hot Cold f/Cnd (Spiced Peaches)

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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 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.
3 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.
4 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	
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)

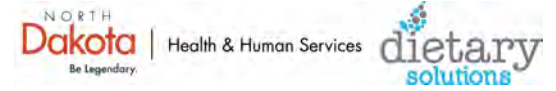
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining 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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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		
3	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		
4						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
5	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		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							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	☐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	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal		
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Bring water to a boil.
Parsley, Dried	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
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.

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Carrot, Bias Cut Orange Frz	5 lb	10 lb	15 lb	20 lb	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	
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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tenser or minimum internal temp of >135F/57C held for 15sec.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
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	
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.

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	☐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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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.
	Rice, Wild & Long Grain Blend 2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz		
3	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	
4	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.
5	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	
6							CCP - Maintain >135F/57C for only 4 hrs.
7							CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

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	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	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)

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.
1 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"/> Contains: Bananas

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

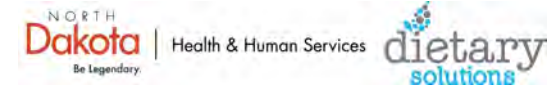
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

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)

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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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		
3	Ham, Buffet Flat Bnls	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Cubed	Cube cooked Ham. Add to above.
4	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)

	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
1 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	
2 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
1					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.
2 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	
3 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	
4						Spread evenly over Fruit. 2 lb 4 oz per pan.
5						Cook Time: 45-50 min.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						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)	☐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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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		
3						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.
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.

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
1						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		
2 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		
3							Press mixture into loaf pans, or form loaves on 18x26" baking sheet 22" long and 4" wide. Chill until ready to cook.
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5							Drain fat. Let stand a few minutes before slicing. Portion into 3 oz pieces.
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.
9							Note: 2 cups frozen egg product = 10 shell eggs.

Potato Mashed f/Inst Granules (Mashed Potatoes)

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	☐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

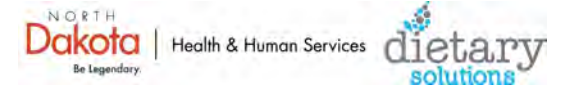
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Bacon, Pork 18-26 ct	8 Oz	1 lb	1 lb 8 Oz	2 lb	
3					Steam or boil Brussels sprouts until tender; drain. Combine bacon and bacon fat, seasoning and vegetables, toss lightly to distribute.	
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.	

Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	☐ 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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
2	Banana Whole Fresh	5 each	10 each	15 each	20 each	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.
	Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
	Apple Whole Fresh	5 whole	10 whole	15 whole	20 whole	Sliced
3						Chill <40F/4C.



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)



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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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	
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.	

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE				PROVIDER CHOICE		LUNCH			
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"**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Broccoli Cheese Soup</td><td style="text-align: right;">6 fl. oz</td></tr> <tr><td>Coleslaw</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Cottage Cheese & Fruit</td><td style="text-align: right;">1 each</td></tr> <tr><td>Banana Bran Muffin</td><td style="text-align: right;">1 each</td></tr> <tr><td>LS Crackers</td><td style="text-align: right;">2 pkg</td></tr> <tr><td>Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Choice of Dressing</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>	Broccoli Cheese Soup	6 fl. oz	Coleslaw	1/2 Cup	Cottage Cheese & Fruit	1 each	Banana Bran Muffin	1 each	LS Crackers	2 pkg	Margarine Cup	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Artichoke Salad</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Swedish Meatballs</td><td style="text-align: right;">3 each</td></tr> <tr><td>Brown Rice Pilaf</td><td style="text-align: right;">1 #8 sc.</td></tr> <tr><td>Riviera Blend Vegetables</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Scalloped Apples</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Whole Wheat Bread</td><td style="text-align: right;">1 slices</td></tr> <tr><td>Margarine Cup</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>	Artichoke Salad	1/2 Cup	Swedish Meatballs	3 each	Brown Rice Pilaf	1 #8 sc.	Riviera Blend Vegetables	1/2 Cup	Scalloped Apples	1/2 Cup	Whole Wheat Bread	1 slices	Margarine Cup	1 each	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Liver & Onions</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Mashed Potatoes</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Steamed Buttered Greens</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Banana</td><td style="text-align: right;">1 each</td></tr> <tr><td>Whole Wheat Bread</td><td style="text-align: right;">2 slices</td></tr> <tr><td>Margarine Cup</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>	Liver & Onions	3 Oz	Mashed Potatoes	1/2 Cup	Steamed Buttered Greens	1/2 Cup	Banana	1 each	Whole Wheat Bread	2 slices	Margarine Cup	1 each	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Chicken Salad Stuffed Tomato</td><td style="text-align: right;">12 Oz</td></tr> <tr><td>Fresh Berries w/Whip Topping</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>Whole Grain Banana Bread</td><td style="text-align: right;">1 each</td></tr> <tr><td>Margarine Cup</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>	Chicken Salad Stuffed Tomato	12 Oz	Fresh Berries w/Whip Topping	1 Cup	Whole Grain Banana Bread	1 each	Margarine Cup	1 each	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Meatloaf</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Mashed Potatoes</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Sauteed Greens & Garlic</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Kiwi & Strawberries</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>Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Brown Gravy</td><td style="text-align: right;">2 fl. oz</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Meatloaf	3 Oz	Mashed Potatoes	1/2 Cup	Sauteed Greens & Garlic	1/2 Cup	Kiwi & Strawberries	1/2 Cup	Whole Wheat Bread	2 slices	Margarine Cup	1 each	Brown Gravy	2 fl. oz	1% Milk	8 fl. oz
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Margarine Cup	1 each																																																																											
1% Milk	8 fl. oz																																																																											
Meatloaf	3 Oz																																																																											
Mashed Potatoes	1/2 Cup																																																																											
Sauteed Greens & Garlic	1/2 Cup																																																																											
Kiwi & Strawberries	1/2 Cup																																																																											
Whole Wheat Bread	2 slices																																																																											
Margarine Cup	1 each																																																																											
Brown Gravy	2 fl. oz																																																																											
1% Milk	8 fl. oz																																																																											

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Spinach Salad w/Chicken (Spinach/Chicken Salad)

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 1inch 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		
4							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.
5							CCP - Maintain <40F.

Dressing Asian Style (Asian Style Dressing)

SERVING SIZE		ALLERGENS
2 Tbsp		☐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
1					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	
2 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	
3					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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3					CCP -- Keep chilled at 40F/4C.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Orange, AllergenSulphites, 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.

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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
3					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	☐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"/> 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)

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
1 Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	<p>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.</p> <p>Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.</p>
2 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	
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	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)

	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	☐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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
3					+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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil peas until tender. Add seasonings and mix well.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
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 Slices Hot Cinnamon f/Frz (Hot Spiced Apples)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	☐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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
	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	
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.	

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.

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	☐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 Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	Roast	1/2 Cup	☐Contains: AllergenSulphites

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 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.
3 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.
4 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)

	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)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Orange, AllergenSulphites, 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	5 each	10 each	15 each	20 each	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.</p>
	Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
	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	
2					<p>Wash & prepare as appropriate for the Fruit.</p> <p>Place prepared Fruit in serving dish. Chill <40F.</p>	

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)

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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
3					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	☐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	☐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 Potatoes)

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
1 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.
2 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.
3 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		
4						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.
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 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, AllergenSulphites, AllergenEggs, 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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Broccoli, Slaw Mix	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz		
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	
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		
3						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"/> 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 Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



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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, AllergenSulphites, 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.
Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
3 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: AllergenSulphites, 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
1						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		
2 Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 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		
4 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		
5							CCP -- Maintain <40F/4C; discard unused product.
6							NOTES: Fresh Herbs may be substituted for dry. 1 Tbsp fresh = 1 tsp dry.

Banana Whole Fresh (Banana)

SB6		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)



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)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	☐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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3	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)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
5	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.
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.

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
1 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	
2					Combine Dressing Mix and mix lightly.
3					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)

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
1						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.
2 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	
3						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.
4						Remove muffins from pan(s) as soon as baked.
5						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"/> 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)



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.

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
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.
Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
3 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: AllergenSulphites, 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
1						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		
2 Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 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		
4 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		
5							CCP -- Maintain <40F/4C; discard unused product.
6							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	☐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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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		
3	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		
4						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
5	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		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							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.	☐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
1 Rice, Brown Raw	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Rice, White Parboiled	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		Place rice in steamtable pans.
2 Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
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.
3						

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)

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
1 Vegetable Mix, Riviera Frz	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
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	
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.

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
	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	
3	Liver, Beef Raw	25 slice	50 slice	75 slice	100 slice	Dredge liver in seasoned flour. Chill until ready to grill.
4	Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt	Oil grill; grill liver slices.
5	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
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C 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							Discard unused product.

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

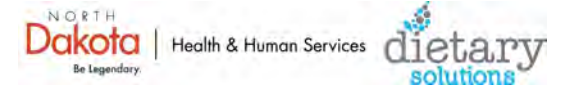
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 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	☐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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Greens, Mustard Frz 2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Steam Vegetables until tender.
	Greens, Turnip Frz 2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add Margarine and Seasonings.
	Base, Vegetable Paste LS G-F 1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
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.



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.

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.

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.
3 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
1 Tomato, Fresh	25 each	50 each	75 each	100 each		<p>WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.</p> <p>Prepare Chicken Salad per separate recipe.</p>
2 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		
3 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.
4						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: AllergenSulphites, Lemon, AllergenEggs, Celery, AllergenSoy, 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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg Boiled Hard Whole RTS	5.26 each	10.53 each	15.79 each	21.05 each	Diced	Combine all ingredients. Toss well. *Chill in refrigerator. Maintain Eggs <40F.
	Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
3	Chicken, Meat Pulled Ckd	2 lb 9 Oz	5 lb 2 Oz	7 lb 11 Oz	10 lb 4 Oz		CCP -- Maintain <40F/4C; discard unused product.
	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		☐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"/> 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
1						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		
2 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		
3							Press mixture into loaf pans, or form loaves on 18x26" baking sheet 22" long and 4" wide. Chill until ready to cook.
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5							Drain fat. Let stand a few minutes before slicing. Portion into 3 oz pieces.
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.
9							Note: 2 cups frozen egg product = 10 shell eggs.

Potato Mashed f/Inst Granules (Mashed Potatoes)

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.
3 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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Saute Garlic, in Oil over medium heat. DO NOT brown.	
	Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Minced
3	Spinach, Fresh	4 lb	8 lb	12 lb	16 lb	Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.	
	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	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.
Strawberries, Fresh	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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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	
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.	

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
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	1 oz	1 serving
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	
Fruit (Fresh or packed in juice)	½ c or 1 small piece	1 serving
Grains	1 oz	2 servings
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
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	3 oz	1 serving
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	¾ 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	
Vegetables	½ cup	2 servings
Fruits	½ cup or 1 small piece	1 serving
Grains	1 oz	2 servings
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	½ cup pasta ½ 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
Milk: Low-fat (1%) or fat-free milk, unflavored or flavor	8 fl oz	15 g
Meat/meat alternates Lean meat, poultry, or fish	1 oz	None
Cheese	1 oz	
Cottage cheese	1 oz	
Egg, large	1 each	
Cooked dry beans or peas	N/A	
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	
Fruit (Fresh or juice packed)	½ c or 1 small piece	15 g
Grains	2 oz served each meal	30 g
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	
Total Per Meal (average)		60 g= 4 Exchanges

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
Meat/meat alternates 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	
Vegetables	$\frac{1}{2}$ c	5g
Fruits (Fresh or juice packed)	$\frac{1}{2}$ c or 1 small piece	15g
Grains	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	
Total Per Meal (average)		65g= 4 Exchanges



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		
MILK	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
YOGURT	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
CHEESE	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
OTHER	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

