



NORTH DAKOTA AGING SERVICES

LUNCH MENUS

November 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 November Lunch 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Cheeseburger Pie	1 Cup	Arroz con Pollo	1 Cup	Swiss Steak	3 Oz	Turkey Almondine	3/4 Cup	Fish Tacos	2 each
Lettuce Wedge w/1000 Island Drsg	1 Cup	Guacamole Salad	1 Cup	Seasoned Egg Noodles	1/2 Cup	Mashed Potatoes	1/2 Cup	Spanish Rice	1/2 Cup
Seasoned Green Peas	1/2 Cup	Salsa	2 Tbsp	Winter Blend Vegetables	1 Cup	Herbed Green Beans	1/2 Cup	Shredded Lettuce Garnish	1/2 Cup
Wheat Dinner Roll	1 each	xCorn Tortilla	1 each	Wheat Roll	1 each	Wheat Dinner Roll	1 each	Zucchini & Pimentos	1/2 Cup
Soft Margarine Cup	1 each	Glazed Bananas	1/2 Cup	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Chilled Tropical Fruit	1/2 Cup
Peaches in Orange Sauce	1/2 Cup	1% Milk	8 fl. oz	Hot Fruit Compote	1/2 Cup	Chai Poached Pears	1/2 Cup	Salsa	2 Tbsp
1% Milk	8 fl. oz	Tortilla Chips	1 Oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz

Month Menu November Lunch 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

<table border="1"> <tr><td>Black Bean & Butternut Chili</td><td>3/4 Cup</td></tr> <tr><td>Baked Potato</td><td>1 whole</td></tr> <tr><td>Yogurt & Peaches</td><td>1 serving</td></tr> <tr><td>Whole Grain Biscuit</td><td>1 each</td></tr> <tr><td>Soft Margarine Cup</td><td>2 each</td></tr> <tr><td>Sour Cream</td><td>1 each</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Black Bean & Butternut Chili	3/4 Cup	Baked Potato	1 whole	Yogurt & Peaches	1 serving	Whole Grain Biscuit	1 each	Soft Margarine Cup	2 each	Sour Cream	1 each	1% Milk	8 fl. oz	<table border="1"> <tr><td>Spring Salad</td><td>1 Cup</td></tr> <tr><td>Tuna Melt Sandwich</td><td>1 each</td></tr> <tr><td>Pacific Blend Vegetables</td><td>1/2 Cup</td></tr> <tr><td>Banana</td><td>1 each</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Spring Salad	1 Cup	Tuna Melt Sandwich	1 each	Pacific Blend Vegetables	1/2 Cup	Banana	1 each	1% Milk	8 fl. oz	<table border="1"> <tr><td>Red Beans & Rice</td><td>1 Cup</td></tr> <tr><td>Southern Style Okra</td><td>1/2 Cup</td></tr> <tr><td>Cornbread</td><td>1 (2x3)</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>Scalloped Apples</td><td>1/2 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Red Beans & Rice	1 Cup	Southern Style Okra	1/2 Cup	Cornbread	1 (2x3)	Soft Margarine Cup	1 each	Scalloped Apples	1/2 Cup	1% Milk	8 fl. oz	<table border="1"> <tr><td>House Salad</td><td>1 Cup</td></tr> <tr><td>Chicken Fettuccine Alfredo</td><td>1 Cup</td></tr> <tr><td>Riviera Blend Vegetables</td><td>1/2 Cup</td></tr> <tr><td>Cranberry Fruit Salad Gelatin</td><td>1 (2x3)</td></tr> <tr><td>Whole Grain Breadstick</td><td>1 each</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	House Salad	1 Cup	Chicken Fettuccine Alfredo	1 Cup	Riviera Blend Vegetables	1/2 Cup	Cranberry Fruit Salad Gelatin	1 (2x3)	Whole Grain Breadstick	1 each	1% Milk	8 fl. oz	<table border="1"> <tr><td>Beef Potato Hash</td><td>1 Cup</td></tr> <tr><td>Green Beans with Thyme</td><td>1/2 Cup</td></tr> <tr><td>Wheat Dinner Roll</td><td>1 each</td></tr> <tr><td>Soft Margarine Cup</td><td>1 each</td></tr> <tr><td>Winter Fresh Fruit Salad</td><td>1 Cup</td></tr> <tr><td>1% Milk</td><td>8 fl. oz</td></tr> </table>	Beef Potato Hash	1 Cup	Green Beans with Thyme	1/2 Cup	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Winter Fresh Fruit Salad	1 Cup	1% Milk	8 fl. oz
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Month Menu November Lunch 2023 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Relish Plate w/Dip	1 each	Beef & Cider Stew	1 Cup	Cheese Enchiladas	2 each	Swiss Steak	3 Oz	Saltine Crackers	1 each
Chicken Divan Casserole	1 Cup	Beet & Mandarin Salad	1/2 Cup	Black Beans	1/2 Cup	Cinnamon Sweet Potato	1/2 Cup	Turkey Noodle Soup	6 fl. oz
Brown Rice	1/2 Cup	Wheat Dinner Roll	1 each	Pepper Medley	1/2 Cup	Romaine & Onion Salad w/Dressing	1 Cup	Cranberry Chicken Pecan Salad	1 each
Fresh Whole Orange	1 whole	Soft Margarine Cup	1 each	Winter Fresh Fruit Salad	1 Cup	Fresh Sliced Kiwi	1/2 Cup	Peach Cobbler	1/2 Cup
Wheat Bread	1 slice	Ginger Baked Pears with Spiced Whip	1/2 Cup	1% Milk	8 fl. oz	Wheat Bread	2 slice	Garlic Whole Grain Texas Bread	1 each
Soft Margarine Cup	1 each	1% Milk	8 fl. oz			Soft Margarine Cup	2 each	Choice of Dressing	1 each
1% Milk	8 fl. oz					1% Milk	8 fl. oz	1% Milk	8 fl. oz

Month Menu November Lunch 2023 - Week 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		LUNCH		PROVIDER CHOICE					
Salmon Patty	1 each	Asian Pepper Steak	1 Cup	Roast Turkey	3 Oz	House Salad	1 Cup	Cheese Soup	6 fl. oz
Lyonnais Potatoes	1/2 Cup	Brown Rice	1/2 Cup	Cranberry Sauce	1 Tbsp	Manhattan Meatballs	6 each	Loaded Turkey Sandwich on Hoagie	1 each
Pacific Blend Vegetables	1/2 Cup	Oriental Blend Vegetables	1/2 Cup	Poultry Gravy	2 fl. oz	Barley Mushroom Pilaf	1/2 Cup	Two Bean Salad	1/2 Cup
Fresh Orange Wedges	1 Cup	Vegetable Egg Roll	1 each	Mashed Potatoes	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Banana	1 each
Rye Bread	2 slice	Pears with Vanilla Sauce	1/2 Cup	Sage Bread Dressing	1/2 Cup	Seasonal Fresh Fruit	1 Cup	Unsalted Crackers	1 pkg
Soft Margarine Cup	2 each	Sweet & Sour Sauce	1 each	Green Bean Casserole	1/2 Cup	Whole Wheat Bread	1 slice	1% Milk	8 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Hot Fruit Compote	1/2 Cup	Soft Margarine Cup	1 each		
				Wheat Roll	1 each	Choice of Dressing	1 each		
				Soft Margarine Cup	1 each	1% Milk	8 fl. oz		
				Pumpkin Pie	1 slice				
				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"

Month Menu November Lunch 2023 - Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Tuna Noodle Casserole</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>Squash and Peppers</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Wheat Dinner Roll</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Ambrosia</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Tuna Noodle Casserole	1 Cup	Squash and Peppers	1/2 Cup	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Ambrosia	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Carne Guisada</td><td style="text-align: right;">3/4 Cup</td></tr> <tr><td>Corn & Black Bean Salad</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Whole Wheat Tortilla</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Salsa</td><td style="text-align: right;">2 Tbsp</td></tr> <tr><td>Winter Fresh Fruit Salad</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Carne Guisada	3/4 Cup	Corn & Black Bean Salad	1/2 Cup	Whole Wheat Tortilla	1 each	Soft Margarine Cup	1 each	Salsa	2 Tbsp	Winter Fresh Fruit Salad	1 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>House Salad</td><td style="text-align: right;">1 Cup</td></tr> <tr><td>Supreme Pizza Casserole</td><td style="text-align: right;">1 (3x3)</td></tr> <tr><td>Prince Edward Vegetable Blend</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Garlic Toast</td><td style="text-align: right;">1 slice</td></tr> <tr><td>Soft 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>Blushing Pineapple</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	House Salad	1 Cup	Supreme Pizza Casserole	1 (3x3)	Prince Edward Vegetable Blend	1/2 Cup	Garlic Toast	1 slice	Soft Margarine Cup	1 each	Choice of Dressing	1 each	Blushing Pineapple	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Braised Pork Chop</td><td style="text-align: right;">3 Oz</td></tr> <tr><td>Baked Sweet Potato</td><td style="text-align: right;">1 whole</td></tr> <tr><td>Herbed Green Beans</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Wheat Dinner Roll</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Cranberry Peaches</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Braised Pork Chop	3 Oz	Baked Sweet Potato	1 whole	Herbed Green Beans	1/2 Cup	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Cranberry Peaches	1/2 Cup	1% Milk	8 fl. oz	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>Chicken Chow Mein</td><td style="text-align: right;">3/4 Cup</td></tr> <tr><td>Brown Rice</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Oriental Blend Vegetables</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>Wheat Roll</td><td style="text-align: right;">1 each</td></tr> <tr><td>Soft Margarine Cup</td><td style="text-align: right;">1 each</td></tr> <tr><td>Cinnamon Pears</td><td style="text-align: right;">1/2 Cup</td></tr> <tr><td>1% Milk</td><td style="text-align: right;">8 fl. oz</td></tr> </table>	Chicken Chow Mein	3/4 Cup	Brown Rice	1/2 Cup	Oriental Blend Vegetables	1/2 Cup	Wheat Roll	1 each	Soft Margarine Cup	1 each	Cinnamon Pears	1/2 Cup	1% Milk	8 fl. oz
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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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Ambrosia w/Whip Topping (Ambrosia)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Pineapple, AllergenMilk, AllergenTreeNuts, Coconut, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	23 g	1 g	3 g	20 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.
Orange, Mandarin JcPk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Drained	Combine sour cream & whipped topping. Mix in all remaining ingredients.
Pineapple, Chunks JcPk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Drained	
Sour Cream, Real Bulk	3 Oz	6 Oz	9 Oz	12 Oz		
2 Topping, Whip Non-Dairy Bag Frz	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt		
Marshmallows, Mini	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz		
Coconut, Shredded	3 Oz	6 Oz	9 Oz	12 Oz		

Ambrosia w/Whip Topping (Ambrosia)

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	ⓘ Contains: Cinnamon, AllergenMilk, AllergenSoy, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	0 g	4 g	0 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	
Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
2					
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.

Asian Pepper Steak (Asian Pepper Steak)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Simmer	1 Cup	ⓘ Contains: Beef, AllergenWheat, AllergenSoy, Onion, Corn, Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	12 g	24 g	10 g	40 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Beef, Steak Round Raw	7 lb 5 Oz	14 lb 11 Oz	22 lb	29 lb 5 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cut Meat into 1" wide julienne strips.* Maintain <40F until ready to proceed. Brown Meat in Oil.	
	Oil, Vegetable	5.5 Oz	10.5 Oz	1 lb	1 lb 5 Oz		
2 Base, Beef Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		Mix Base and Water to make broth. Add Meat. Add Onions. Simmer until tender 1 hr and* internal temp of > 155F for 15 sec is reached. Stir occasionally.	
	Water, Tap	1 1/3 Cup	2 2/3 Cup	1 Qt	1 1/4 Qt		
	Onion, Yellow	1 1/3 Cup	2 2/3 Cup	1 Qt	1 1/4 Qt		Diced
3 Sauce, Soy Bulk LS	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		Combine Cornstarch, Water and Soy into smooth paste. Add to Meat mixture until thickening begins (about 5 min).	
	Cornstarch	2 Oz	4 Oz	6 Oz	8 Oz		
	Water, Tap	1 1/3 Cup	2 2/3 Cup	1 Qt	1 1/4 Qt		
4 Pepper, Red Fresh	4 lb	8 lb	12 lb	16 lb	Julienne	Last 5 min; add Pepper and cook until tender but firm and brightly colored.	

Asian Pepper Steak (Asian Pepper Steak)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Green Fresh	4 lb	8 lb	12 lb	16 lb	Julienne	
5							CCP-- Maintian >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: Product must reach >165F for 15 sec within 1 hr - one time only.

Banana Glazed (Glazed Bananas)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Saute	1/2 Cup	ⓘ Contains: Cinnamon, AllergenSoy, AllergenMilk, Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	16 g	1 g	4 g	10 mg	35 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	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Heat margarine in a pan with brown sugar and cinnamon. Add bananas and cook for 2-3 minutes on each side, turning them carefully. Remove from pan and maintain >135F/57C.
Sugar, Brown Light	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Cinnamon, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Banana Whole Fresh	4 lb 2 Oz	8 lb 4 Oz	12 lb 6 Oz	16 lb 8 Oz	Peeled & Sliced	
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						Optional: To serve chilled, remove from pan in step 2 and refrigerate.

Banana Glazed (Glazed Bananas)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Maintain <40F/4C; discard unused product.
7							Note: Soak bananas in juice to delay browning if not sliced immediately prior to cooking.

Banana Whole Fresh (Banana)



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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.

Banana Whole Fresh (Banana)



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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.

Banana Whole Fresh (Banana)

Barley Mushroom Pilaf (Barley Mushroom Pilaf)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Bake	1/2 Cup	ⓘ Contains: Onion, AllergenSoy, Chicken, Corn, AllergenWheat, AllergenMilk, Mushroom, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	4 g	2.5 g	20 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	xBarley	1 lb 3 Oz	2 lb 6 Oz	3 lb 9 Oz	4 lb 12 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Chop Onions. Saute Barley and Vegetables in Margarine.	
	Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz		Chopped
	Mushrooms, Pieces Cnd	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz		
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
2	Soup Broth Chicken f/Base	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Add Broth. Pour into a 12 x 20 x 2" counter pan. Bake at 350F for 1 1/2 hours.	

Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Boil	6 fl. oz	ⓘ Contains: Chicken, Corn, Garlic, Onion

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Chicken Paste LS G-F	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 2 Cup	4 Gal 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.	
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.	

Bean Two Salad (Two Bean Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Beans/Legumes, Onion, Allergen Sulphites, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	18 g	2 g	4.5 g	75 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Beans, Wax Frz	2 lb 16 Oz	5 lb 15 Oz	8 lb 15 Oz	11 lb 14 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Green Beans, Cut Frz	2 lb 16 Oz	5 lb 15 Oz	8 lb 15 Oz	11 lb 14 Oz		
2 Onion, Yellow	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	Chopped Fine	Cook green and wax beans, do not overcook. Beans should be firm. Chill before mixing with remaining ingredients.	
	Pimento, Pieces Cnd	2/3 Cup	1 1/3 Cup	2 1/8 Cup	2 3/4 Cup		Chopped Fine
	Parsley, Fresh	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		Chopped Fine
3 Vinegar, Cider Apple	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		Combine beans, onions, pimentos and parsley.	
	Pepper, Black Ground	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp		
	Sugar, Granulated Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		

Bean Two Salad (Two Bean Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
4	Oil, Vegetable	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup		Mix vinegar, seasonings and water. Toss with bean mixture. Cover and store in refrigerator overnight. Stir occasionally.
5							Just before serving, drain vegetables well. Add oil & toss lightly. Chill.
6							CCP -- Maintain <40F/4C; discard unused product.
7							Note: This recipe should be prepared the day before service.

Beans Black f/Dry (Black Beans)



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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	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Black Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal	
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 Black f/Dry (Black 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.

Beans Red & Rice (Red Beans & Rice)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	1 Cup	ⓘ Contains: Beans/Legumes, Peppers Bell, Onion, Tomato, Allergen Sulphites, Garlic, Celery, Pork & Products, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
370 kcal	39 g	18 g	16 g	125 mg	740 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sausage, Polish/Kielbasa Pork	3 lb	6 lb	9 lb	12 lb	Sliced	Brown sausage with onion, celery, pepper, & garlic for about 4-6 minutes.
Celery, Fresh	1 lb 1 Oz	2 lb 2 Oz	3 lb 3 Oz	4 lb 4 Oz	Chopped	
2 Onion, Yellow	2 each	4 each	6 each	8 each	Chopped	
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Minced	
Pepper, Green Fresh	1.5 each	3 each	4.5 each	6 each	Chopped	
3 Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		Add tomatoes, kidney beans, water, & seasonings. Bring to a boil. Decrease heat, cover & simmer 20-30 minutes.
Beans Kidney f/Dry	2 1/2 Qt	1 Gal 2 Cup	1 Gal 6 Cup	2 Gal 4 Cup	Prepared	

Beans Red & Rice (Red Beans & Rice)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Thyme, Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Water, Tap	3 1/4 Cup	1 1/2 Qt	2 1/2 Qt	3 1/4 Qt	Boiled	
	Paprika	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp		
	Pepper, Cayenne	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp		
	Sauce, Hot	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Tomato, Diced Cnd	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		
	Oregano, Dry	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
4	Rice, White Parboiled	2 1/8 Cup	1 1/8 Qt	1 1/2 Qt	2 1/8 Qt		Add rice to boiling water, reduce heat, cover & simmer for 15-20 minutes until water is absorbed.
5							Serve 3/4 cup bean & sausage mixture topped with 1/4 cup rice.
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.

Beans Kidney f/Dry (Kidney Beans)



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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.

Beef Carne Guisada f/Cubes (Carne Guisada)



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SERVING SIZE	ALLERGENS
3/4 Cup	ⓘ Contains: Onion, Tomato, Beef, Corn, AllergenWheat, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	9 g	18 g	6 g	75 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.
2	Beef, Cubes Raw	5 lb	10 lb	15 lb	20 lb	Preprep: Cut beef into smaller bite-size pieces. Dice onions and celery. Brown meat in oil with onions and celery.
	Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Onion, Yellow	1 Qt	2 Qt	3 Qt	1 Gal	
	Celery, Fresh	1 Cup	2 Cup	3 Cup	1 Qt	Diced
3	Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Mix flour and water together until smooth. Add to meat and cook until gravy is thickened, stirring frequently. Add seasonings, base, peppers and tomatoes to meat mixture. Stir to distribute. Simmer on low heat.
	Tomato, Diced Cnd	0.5 no. 10 can	1 no. 10 can	1.5 no. 10 can	2 no. 10 can	
	Flour, All Purpose	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	

Beef Carne Guisada f/Cubes (Carne Guisada)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Base, Beef Paste LS G-F	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Pepper, Chile Green Cnd	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
Paprika	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Cumin, Ground	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
4						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 140F/60C 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.

Beef Cheeseburger Pie f/Grd (Cheeseburger Pie)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	15 g	15 g	18 g	100 mg	480 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	5 lb 8 Oz	11 lb	16 lb 8 Oz	22 lb		Preprep: Dice onions and pepper. Crumble and brown ground beef. Drain off fat.
3						CCP -- Maintain >140F/60C; discard unused product.
4 Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	Add onions and peppers to meat. Cook until vegetables are tender. Add seasonings and tomatoes. Simmer 30 min. Divide meat mixture into pans.
Tomato Sauce, Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Pepper, Green Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		

Beef Cheeseburger Pie f/Grd (Cheeseburger Pie)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Chili Powder, Mild	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Cumin, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pepper, Cayenne	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
	Sugar, Brown Light	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
5	Baking Mix, Biscuit	1 lb	2 lb	3 lb	4 lb		Cut cheese into biscuit mix on low speed to 1 - 1 1/2 min. Add water to make a thick batter; mix only until flour is moistened. Roll biscuit batter 1/2" and cut to desired size to fit over cheeseburger pie. Spread biscuit batter over cheeseburger pie.
	Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
	Cheese, Cheddar Shredded	1 Cup	2 Cup	3 Cup	1 Qt	Shredded	
6							Bake at 400F conventional (350F convection) for 25-35 min
7							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain >140F/60C; discard unused product.

Beef Hash f/Roast (Beef Potato Hash)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	165 °F	Bake	1 Cup	⚠️ Contains: Potatoes, Garlic, AllergenFish, AllergenWheat, AllergenMilk, AllergenSoy, Onion, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	21 g	32 g	9 g	50 mg	630 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 Roast f/Top Round	6 lb 12 Oz	13 lb 8 Oz	20 lb 4 Oz	27 lb		Prepare the roast beef as per separate recipe the day before hash is to be served. Chop or coarsely grind cooked meat. Refrigerate until ready to use.
3 Potato, Russet/Baking Fresh	4 lb	8 lb	12 lb	16 lb	Diced	Peel potatoes. Steam until tender. Dice potatoes and onions. Refrigerate at <40F until ready to use.
Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Diced	
4 Gravy Brown f/Mix	1 Qt	2 Qt	3 Qt	1 Gal		Prepare gravy as per separate recipe.
5 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Combine chopped meat and vegetables. Add seasonings and gravy to meat mixture. Thoroughly mix.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Sauce, Worcestershire	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		

Beef Hash f/Roast (Beef Potato Hash)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							Spray pans with non-stick spray. Place mixture in pans. Bake at 350F for 1 hr
7							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain >140F/60C; discard unused product.
9							CCP -- Cool: Product must reach 140F/60C 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.

Beef Roast f/Top Round (Roast Beef)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
240 Min	450.0 °F	145 °F	Roast	3 Oz	ⓘ Contains: Beef, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	21 g	6 g	30 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Rub roast with seasonings. Place meat thermometer into center of meat. Place in roasting pan and brown in oven for 10 min per side. When meat is browned, reduce heat to 300F/149C.
Beef, Roast Raw Rnd-Top Inside	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
Garlic, Powder	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
3					Cook roast until cooked through, approx. 3-4 hours.
4					For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
5					Let stand 30 min before slicing. Slice roast in 1 oz portions and arrange in steam pan(s). Save drippings to make au jus gravy as desired.

Beef Roast f/Top Round (Roast Beef)

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

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.

Beef Steak Swiss f/Cubed (Swiss Steak)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	350.0 °F	155 °F	Bake	3 Oz	ⓘ Contains: Tomato, Onion, Beef, AllergenFish, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	15 g	21 g	6 g	50 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.
Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Mix together flour and seasonings. Pound into meat.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Beef, Steak Cube Raw	25 each	50 each	75 each	100 each		
3 Margarine, Solids	3 Oz	6 Oz	9 Oz	12 Oz		Brown meat in margarine. Place slightly overlapping in pans.
Onion, Yellow	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz	Minced	Add tomatoes, onions, and worcestershire to meat. Cover tightly with foil. Bake immediately at 350F for 1-1/2 hrs.
4 Tomato, Diced Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
Sauce, Worcestershire	1 Cup	2 Cup	3 Cup	1 Qt		

Beef Steak Swiss f/Cubed (Swiss Steak)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
6							CCP -- Maintain >140F/60C; discard unused product.
7							CCP -- Cool: Product must reach 140F/60C 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.

Beets & Mandarin Salad (Beet & Mandarin Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: Allergen Sulphites, Beets, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	16 g	1 g	0.5 g	20 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beets, Sliced Cnd 4 lb	8 lb	12 lb	16 lb	Julienne	Drain beets. Mix with oranges.
	Orange, Mandarin JcPk 3 lb	6 lb	9 lb	12 lb	Drained	
3	Vinegar, Balsamic 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a bowl whisk together vinegar, sugar, and oil. Mix with beets and oranges, let stand 30 min in refrigerator until ready to serve.
	Sugar, Granulated Bulk 1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Oil, Vegetable 1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
4						CCP -- Maintain <40F/4C; discard unused product.

Biscuit Whole Grain Medium RTB2oz (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 Rye Seedless (Rye Bread)

SERVING SIZE	ALLERGENS
2 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	28 g	5 g	2 g	50 mg	340 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 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	1 slice	ⓘ Contains: AllergenWheat

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

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

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.

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.

Cabbage w/Tomato & Cucumber Salad (Spring Salad)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1 Cup	ⓘ Contains: Onion, Tomato, Cucumber, Cabbage, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	3 g	4 g	40 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Vinegar, White	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
	Sugar, Granulated Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	
	Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	
2	Tomato, Fresh	10 lb	20 lb	30 lb	40 lb	Combine vinegar, water, sugar and oil. Mix until well blended.
	Cucumber, Fresh	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	
	Cabbage, Green Fresh	12.5 Oz	1 lb 9 Oz	2 lb 6 Oz	3 lb 2 Oz	
	Onion, Yellow	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	
3						Add vegetables to vinegar Mixture. Mix well, refrigerate.
4						CCP -- Maintain <40F/4C; discard unused product.

Chicken Arroz Con Pollo Thighs (Arroz con Pollo)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	165 °F	Bake	1 Cup	ⓘ Contains: Peppers Bell, Onion, Tomato, Garlic, Chicken, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	33 g	15 g	4 g	50 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.
Chicken, Thigh Bnls Sknls	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb		Place chicken thigh in roasting pan, season with salt and pepper, cover and bake at 350F for 30 min.
2 Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 Rice, White Parboiled	2 lb	4 lb	6 lb	8 lb		Cook rice. Remove rice from heat and let stand 5-10 min.
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Boiled	
4 Pepper, Green Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped	In a large skillet, heat oil. Add peppers, onions and seasonings and cook for 5-7 minutes until vegetables begin to soften. Add tomatoes and bring to a simmer. Add cooked rice to tomato mixture and mix well.

Chicken Arroz Con Pollo Thighs (Arroz con Pollo)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
	Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Cumin, Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Tomato, Diced Cnd	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		
	Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Sliced	
5							Pour rice into steamtable pans. Place chicken thighs on top of rice and gently push down into rice. Pour drippings from chicken pan over rice. Cover and Bake at 350F/176C for 30 min.
6							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.

Chicken Chow Mein f/Pulled (Chicken Chow Mein)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Cook	3/4 Cup	ⓘ Contains: AllergenWheat, AllergenSoy, Peppers Bell, Onion, Corn, Garlic, Mushroom, AllergenFish, Chicken, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	8 g	26 g	6 g	30 mg	370 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1 Pepper, Green Fresh	1 Cup	2 Cup	3 Cup	1 Qt	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Thaw pulled Chicken at <40F. Preprep: Chop Green Pepper & Onion. Thin slice Celery on the diagonal. Drain Mushrooms. Drain & rinse Bean Sprouts. Chop Chicken, if needed, to ensure a small, consistent size. Refrigerate at <40F. Steam Peppers, Onions, & Celery until tender crisp.	
	Onion, Yellow	1 Cup	2 Cup	3 Cup		1 Qt
	Celery, Fresh	1 Cup	2 Cup	3 Cup		1 Qt
	Mushrooms, Pieces Cnd	1 1/2 Cup	3 Cup	1 1/8 Qt		1 1/2 Qt
	Bean Sprouts, Cnd	1 1/2 Cup	3 Cup	1 1/8 Qt		1 1/2 Qt
2 Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal	Combine Water & Chicken Base to make a Broth. Add Chicken to Broth & simmer until tender.	
	Base, Chicken Paste LS G-F	1/4 tsp	1/2 tsp	3/4 tsp		1 tsp

Chicken Chow Mein f/Pulled (Chicken Chow Mein)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Chicken, Meat Pulled Ckd	5 lb	10 lb	15 lb	20 lb	
3	Water, Tap	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup Combine Cornstarch and Cold Water; make a smooth Paste. Pour slowly into Meat stirring constantly. Cook until thickened.

Chicken Chow Mein f/Pulled (Chicken Chow Mein)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Cornstarch	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	
4 Sauce, Soy Bulk LS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Add Soy Sauce and Worcestershire Sauce. Stir to blend. Add Vegetables, including Mushrooms & Bean Sprouts, to Meat mixture. Heat until *internal temp of >155F is reached. CCP - Maintain >140F for only 4 hrs.
Sauce, Worcestershire	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
5					Portion 3/4 cup of Chicken Chow Mein over 1/2 cup of Chow Mein Noodles (see separate recipe) per serving. Substitute Rice in place of Chow Mein Noodles for textured diets. CCP -- Maintain >140F for only 4 hrs.
6					CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp >165F held 15 sec within 1 hr - one time only.

Chicken Divan Casserole f/Pulled (Chicken Divan Casserole)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	1 Cup	ⓘ Contains: AllergenMilk, Broccoli, Chicken, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	8 g	35 g	11 g	125 mg	460 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 2% Bulk 2 1/8 Cup	1 1/8 Qt	1 3/4 Qt	2 1/8 Qt		Combine soup, milk, and pepper
	Pepper, Black Ground 1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
	Soup, Cream of Chicken Cond 0.67 no. 3 can	1.33 no. 3 can	2 no. 3 can	2.67 no. 3 can		
3	Chicken, Meat Pulled Ckd 6 lb	12 lb	18 lb	24 lb	Chopped	Place chicken in bottom of pan(s), then add a layer of broccoli. Pour soup mixture over chicken/broccoli. Sprinkle cheese on top. Bake at 350F/177C for approximately 35-45 min.
	Broccoli, Florets Frz 3 lb 5 Oz	6 lb 11 Oz	10 lb	13 lb 5 Oz		
	Cheese, Parmesan Grated 1 1/3 Cup	2 2/3 Cup	1 Qt	1 1/4 Qt		
4						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

Chicken Divan Casserole f/Pulled (Chicken Divan Casserole)

	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.

Chicken Fettuccine Alfredo f/Pulled (Chicken Fettuccine Alfredo)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	1 Cup	ⓘ Contains: AllergenEggs, AllergenWheat, AllergenMilk, Chicken

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
390 kcal	46 g		26 g	10 g	125 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Meat Pulled Ckd	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pasta, Fettuccini Dry	3 lb	6 lb	9 lb	12 lb		Chop chicken to ensure pieces are not too big.
3 Sauce Mix, Alfredo	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Cook pasta in water according to package directions to tender but firm to the bite. Drain.
Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Boiled	
4 Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Prepare alfredo sauce as per package instructions. If instructions are absent, add mix to boiling water gradually while stirring briskly with a wire whip until smooth. Reduce heat; cover, until thickened, stirring frequently.
5						Combine pasta, sauce and pulled chicken. Place mixture in 2" counter pans. Sprinkle with parmesan cheese. Bake until top is slightly golden.
6						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Fettuccine Alfredo f/Pulled (Chicken Fettuccine Alfredo)

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

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)



Health & Human Services



COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Cook	3/4 Cup	ⓘ Contains: Beans/Legumes, Onion, Tomato, Cinnamon, Peppers Bell, Carrots, Garlic, Celery, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	36 g	9 g	3 g	100 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	Beans, Black Dry	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb	Rinse beans and boil in first portion of water until tender but not mushy. Drain.	
	Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
3	Garlic, Whole Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	In a large pot, heat oil over medium high heat. Add onion and peppers and sauté until they begin to soften, 5-7 minutes. Add garlic, salt, pepper and spices and cook for additional 3-4 minutes until fragrant.	
	Onion, Yellow	1 lb	2 lb	3 lb	4 lb		Diced
	Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Cumin, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Chili Powder, Mild	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Pepper, Red Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Diced	
	Pepper, Green Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Diced	
4	Base, Vegetable Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Add base to hot water and stir to dissolve. Add to pot with beans, squash, and tomatoes. Bring to a boil, reduce heat to medium and simmer for approximately 60 minutes, until squash is tender.
	Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Hot	
	Tomato, Diced Cnd	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	w/Juice	
	Squash, Butternut Frz	3 lb	6 lb	9 lb	12 lb		
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

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

Chips Tortilla PC (Tortilla Chips)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	1 Oz	ⓘ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	6 g	40 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 product according to serving size.

Cobbler Peach Hmd w/Pastry Dough (Peach Cobbler)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	39 g	2 g	6 g	20 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Juice, Lemon RTS	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	1/3 Cup	Preprep: Drain Fruit reserving Juice. Heat Juice 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 Peaches, Sliced JcPk	0.78 no. 10 can	1.56 no. 10 can	2.34 no. 10 can	3.13 no. 10 can	Add Drained Fruit. Mix carefully. Cool. Pour into greased 12 x 20 x 2" baking pan(s).
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.
7					CCP -- Bake at 425F for 30 min. or until top is browned. *Refrigerate at <40F to serve cool or maintain > 140F to serve warm.

Cobbler Peach Hmd w/Pastry Dough (Peach Cobbler)

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

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



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

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

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

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

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

Beans Black f/Dry (Black Beans)



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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	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Black Dry	2 lb 2 Oz	4 lb 3 Oz	6 lb 5 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal	
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 Black f/Dry (Black 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.

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.

Crackers Saltine 2-ct Pkg (Saltine Crackers)



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SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Crackers Saltine 2-ct Pkg (Saltine Crackers)



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)



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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.
Celery, Fresh	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Diced	Saute onions & celery in margarine until light browned.
2 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 Water, Tap	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		Add water, base and seasonings to vegetables.
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 WG (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.

Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	1 each	ⓘ Contains: Celery, AllergenWheat, AllergenEggs, Cabbage, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	3 g	3 g	30 mg	210 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					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.



Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
8						Discard unused product.

Enchiladas Cheese Hmd (Cheese Enchiladas)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	145 °F	Bake	2 each	⚠️ Contains: Corn, Onion, Tomato, Carrots, Garlic, AllergenMilk, AllergenWheat, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
390 kcal	31 g	19 g	23 g	500 mg	540 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Cheese, Cheddar Shredded	3 lb 7 Oz	6 lb 14 Oz	10 lb 5 Oz	13 lb 12 Oz		Reserve about 1/5 of the shredded cheese for topping.
	Tomato Sauce, Cnd	2.0 Cup	1.0 Qt	1 1/2 Qt	2.0 Qt		
2	Chili Powder, Mild	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		Mix spices and tomato sauce. Sauté onion in pan release until golden brown. Combine shredded cheese, onion and 1/2 of tomato mixture and chill. Heat oil and add flour blend and simmer about 5 min to golden brown. Add tomato sauce mixture and continue to heat; stirring often.
	Garlic, Powder	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Cumin, Ground	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		
	Flour, All Purpose	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup		
	Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		

Enchiladas Cheese Hmd (Cheese Enchiladas)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Diced Small	
3	Water, Tap	2.0 Cup	1.0 Qt	1 1/2 Qt	2.0 Qt		Prepare broth from base and water. Place corn tortillas in broth momentarily to soften. Add remaining base to tomato mixture; continue to simmer sauce. Add flour and stir constantly until starting to thicken.
	Base, Vegetable Paste LS G-F	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4	Tortilla, Corn 6 in	50 each	100 each	150 each	200 each		Fill tortilla with # 12 scoop of cheese mixture. Roll and place seam down in pan sprayed with pan coating. Refrigerate until ready to bake. Sprinkle enchiladas with remaining shredded cheese. Add tomato base to gravy.
5							Bake 20 min at 350F/176C
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.

Fish Pollock Tacos (Fish Tacos)



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COOK TIME	COOK-END TEMP	SERVING SIZE	ALLERGENS
7 Min	145 °F	2 each	ⓘ Contains: Onion, Corn, AllergenFish, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	28 g	21 g	9 g	125 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.
Onion, Red/Burmuda	3.13 each	6.25 each	9.38 each	12.5 each		Place red onion in bowl and cover with red wine vinegar. Set aside and let sit 30 minutes to quick pickle. In a separate bowl, combine olive oil, spices and cilantro to make a marinade. Mix well.
Vinegar, Wine Red	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
Oil, Olive	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
2 Chili Powder, Mild	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Oregano, Dry	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Cumin, Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
Cilantro, Raw Bunch	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Chopped	

Fish Pollock Tacos (Fish Tacos)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Fish, Pollock 2-4z Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Place fish on a dish and pour the marinade over, coating the fish well on both sides. Set aside for 20 minutes, chill. Remove the fish from the marinade. Discard marinade. Place the fish in hot pan. Cook fish undisturbed for 4 minutes, then turn and cook for 2 more minutes. Remove pan from heat and flake the fish making sure to mix in all the marinade that has stuck to the bottom of the pan.
4	Tortilla, Corn 6 in	50 each	100 each	150 each	200 each		Heat the tortilla by placing 4 each between damp paper towels. Microwave on high for 45 seconds. Repeat for remaining tortillas.
5							Assemble the tacos by placing 2 oz fish onto the center of 1 tortilla. Top with 1/2 oz onion.
6							Notes: Can be served with salsa and garnished with lime.
7							Fish: Cook to internal temp of 145F/63C 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.

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 Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: Apples, AllergenSulphites, 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						Fruit may vary from foods listed. Ask Manager which Fruit to use. The fresh Fruit includes Banana, Apple & Orange. Place prepared Fruit in serving dish.
Banana Whole Fresh	5 each	10 each	15 each	20 each		
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole		
Apple Whole Fresh	5 whole	10 whole	15 whole	20 whole	Sliced	
3						Chill <40F/4C.

Banana Whole Fresh (Banana)



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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.

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.

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.

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: Apples, Citrus, Allergen Sulphites, Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	33 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Orange Fresh Whole Grapes, Green Seedless	10 each	20 each	30 each	40 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
2 Apple, Red Delicious Banana Whole Fresh	15 each	30 each	45 each	60 each	Wash and cut fruit, except bananas and apples, into bite-size pieces. Chill until ready to use.
	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3					About 30-60 min before service dice apples and slice bananas. Pour small amount of lemon or orange juice over bananas and apple pieces to keep from browning. Drain before using.
4					Combine fruit and chill.
5					CCP -- Maintain <40F/4C; discard unused product.
6					Note: fruit may vary from foods listed.

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)



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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 Shredded (Shredded Lettuce Garnish)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 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	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb	Shredded	Serve 1/2 cup per portion.
4						CCP -- Maintain <40F/4C; discard unused product.

Gelatin Cranberry & Fruit Salad (Cranberry Fruit Salad Gelatin)



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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 Casserole f/Frz (Green Bean Casserole)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	300.0 °F	Bake	1/2 Cup	ⓘ Contains: Mushroom, Onion, AllergenSoy, AllergenMilk, AllergenWheat, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	12 g	2 g	1 g	50 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Soup, Cream of Mushroom Cnd Cond	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Blend together Soup and Milk.
Milk, 2% Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
3 Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb	Combine Beans with the Soup mixture.
4 Onion, French Crispy Fried Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Pour Green Bean mixture into pan(s). Sprinkle Onions evenly over Vegetables. Cover pan. Bake to internal temp 165F for 15 sec. Remove cover last 10 min to brown Onions.
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.

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.
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.

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	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	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb		Cook green beans until tender. Drain excess liquid.
3 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Add margarine and thyme. Mix and continue cooking.
Thyme, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
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.

Guacamole Salad f/RTS (Guacamole Salad)

SERVING SIZE	ALLERGENS
1 Cup	⚠ Contains: Tomato, Onion, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	12 g	3 g	10 g	40 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Guacamole RTS Lettuce, Iceberg Juice, Lemon RTS Tomato, Fresh	3 lb 13 Oz	7 lb 9 Oz	11 lb 6 Oz	15 lb 2 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix Guacamole Dip and Lemon Juice.
	5 lb 1 Oz	10 lb 2 Oz	15 lb 2 Oz	20 lb 3 Oz	
	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	4 lb 9 Oz	9 lb 1 Oz	13 lb 10 Oz	18 lb 3 Oz	
2					Plate shredded Lettuce and place #40 scoop of Guacamole on Lettuce. Slice Tomatoes and place one slice on each Salad.

Guacamole RTS (Guacamole)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Oz	Contains: Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	3 g	1 g	4 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					Portion according to serving size. #30 scoop
3					CCP -- Maintain <40F/4C; discard unused product.

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

Kiwi f/Fresh (Fresh Sliced Kiwi)

SERVING SIZE	ALLERGENS
1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	14 g	2 g	0 g	40 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh	31.25 each	62.5 each	93.75 each	125 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Peel and Slice Fruit in serving Dishes. CCP-Maintain at <40F.

Lettuce Romaine & Red Onion Salad w/Drsg (Romaine & Onion Salad

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: Onion, Allergen Sulphites, Garlic, Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	6 g	1 g	3.5 g	30 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						WASH ALL PRODUCE under cool, running water. Drain well.
3 Lettuce, Romaine Fresh	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	Bite Size	Toss lettuce with onion. Chill until ready to use.
Onion, Red/Burmuda	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Sliced Thin	
4 Dressing, Italian Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		Just before serving, toss lightly with dressing.
5						CCP -- Maintain <40F/4C; discard unused product.

Lettuce Wedge w/1000 Island Drsg (Lettuce Wedge w/1000 Island Drsg)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	ⓘ Contains: AllergenEggs, AllergenSulphites, Cucumber, Mustard, Onion, Peppers Bell, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	6 g	2 g	6 g	30 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3 Lettuce, Iceberg	5 lb 8 Oz	11 lb	16 lb 8 Oz	22 lb	Cut each lettuce head into 8 even size wedges.
4 Dressing, 1000 Island Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Portion 1 tbsp dressing over each lettuce wedge or serve dressing on the side.
5					CCP -- Maintain <40F/4C; 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.

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.

Meatballs Manhattan BBQ Sauce f/Frz (Manhattan Meatballs)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	Bake	6 each	ⓘ Contains: AllergenMilk, AllergenWheat, Beef, AllergenSoy, Citrus, Tomato, AllergenSulphites, Mustard, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	29 g	13 g	19 g	100 mg	790 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Meatball, Beef Ckd .5z Marmalade, Orange Bulk Sauce, Soy Bulk LS Sauce, BBQ	150 each	300 each	450 each	600 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Thaw Meatballs at <40F. Mix Barbecue Sauce, Marmalade, & Soy Sauce together.
	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	
	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/2 Cup	
	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
2					Place Meatballs into baking dish. Pour Sauce over Meatballs. Bake at 375F for 40 min until *internal temp of >155F held for 15 sec is reached. *Maintain >140F/60C for 4 hrs only.
3					Serve 6 Meatballs per serving.
4					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.

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 Egg Seasoned (Seasoned Egg Noodles)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	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	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 Gal 4 Cup	3 Gal 2 Cup	5 Gal	6 Gal 4 Cup	Bring water & salt to a boil.
	Salt, Iodized 1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
3	Noodles, Egg Dry 1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Add noodles gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, but firm about 5-10 min. Stir occasionally to prevent sticking. Drain.
4	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Stir in margarine.
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 140F/60C 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.

Okra Cut Southern Style f/Frz (Southern Style Okra)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	Simmer	1/2 Cup	ⓘ Contains: Pork & Products, Onion, Corn, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	2.5 g	50 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	Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Diced	Cook bacon and onion in skillet until bacon is crisp and onion transparent.
	Bacon, Pork 18-26 ct	1 lb	2 lb	3 lb	4 lb	Sliced Thin or Chop	
3	Okra, Cut Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Stir in okra. Cook about 5 min, stirring constantly.
4	Tomato, Diced Cnd	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		Add tomatoes and corn. Cover and simmer until tender, about 10-15 min. Add pepper and stir.
	Pepper, Black Ground	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp		
	Corn, Whole Kernel Frz	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		

Okra Cut Southern Style f/Frz (Southern Style Okra)

	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 Wedges (Fresh Orange Wedges)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	ⓘ Contains: Citrus

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

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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	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.

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.

Peaches Sliced JcPk Cnd w/Cranberry Sauce (Cranberry Peaches)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	23 g	2 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.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Lettuce, Iceberg 8 Oz	1 lb	1 lb 8 Oz	2 lb	Separated	Separate lettuce into garnish leaves. Arrange 4-5 drained Peach slices in a star pattern on cleaned lettuce leaf.
	Peaches, Sliced JcPk 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	
4	Cranberry Sauce, Jellied Cnd 1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt		Place 1 #60 scoop of cranberry sauce in the center of each plate surrounded by peach slices.
5						CCP -- Maintain <40F/4C; discard unused product.

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.	

Pear Halves Cinnamon JcPk Cnd (Cinnamon Pears)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Halves JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	Drained	Place 2 pear halves in each serving bowl.
3 Cinnamon, Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Sprinkle cinnamon on each portion.
4						CCP -- Maintain <40F/4C; discard unused product.

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with



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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 wit

	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 Halves Vanilla Sauce f/Cnd (Pears with Vanilla Sauce)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	30 g	0 g	1 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.	
2	Sugar, Granulated Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Vanilla Sauce: In a saucepan, mix sugar and cornstarch.
	Cornstarch	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	
3	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal	Boil water. Add boiling water to sugar mixture and cook until clear on low to medium heat.
4	Extract, Vanilla	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	Add margarine and vanilla. Blend well into sauce and serve immediately.
	Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz	
5	Pears, Halves JcPk	3 1/8 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Portion 2 pear halves per serving bowl and top with 2 Tbsp vanilla sauce.
6						CCP -- Maintain <40F/4C; discard unused product.

Pears Poached Chai Tea (Chai Poached Pears)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Poach	1/2 Cup	ⓘ Contains: AllergenMilk, Cinnamon, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	35 g	1 g	3 g	30 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Tea, Chai Conc	2 1/3 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	Add tea, water, honey, cream, and sugar to a saucepan over low heat. Stir to combine.
	Water, Tap	2 1/3 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
	Honey, Bulk	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
	Cream, Whipping Heavy	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
	Sugar, Granulated Bulk	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
3	Pears, Halves JcPk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Drained Add pears to the saucepan. If needed, add additional water to ensure pears are fully covered with liquid (should be enough to just cover the pears). Bring to a simmer and cook until flavor has soaked in to pears, approximately 15 minutes. Remove pears with a slotted spoon, set aside and keep chilled.

Pears Poached Chai Tea (Chai Poached Pears)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cinnamon, Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		Bring the poaching liquid to a boil. Continue boiling until liquid thickens to a slight syrup consistency, 15-25 minutes.
5							Drizzle each portion with a spoonful of the syrup and a light sprinkle of cinnamon. Chill pears before serving.
6							CCP -- Maintain <40F/4C; discard unused product.

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					Steam or boil peas until tender. Add seasonings and mix well.
Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
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.

Pepper Medley f/Fresh (Pepper Medley)

COOK METHOD	SERVING SIZE	ALLERGENS
Grill	1/2 Cup	ⓘ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2.5 g	10 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	Pepper, Green Fresh	3 lb	6 lb	9 lb	12 lb	Cook vegetables with oil on grill to desired tenderness.
	Pepper, Red Fresh	3 lb	6 lb	9 lb	12 lb	
	Oil, Vegetable	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.

Pie Pumpkin RTS (Pumpkin Pie)

COOK METHOD	SERVING SIZE	ALLERGENS
Thaw	1 slice	ⓘ Contains: AllergenEggs, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	43 g	5 g	12 g	100 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Thaw & Serve as desired. CCP - Maintain <40F/4C.

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	ⓘ Contains: Strawberry, Pork & Products, Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	1 g	0 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pineapple, Chunks JcPk	6 lb 11 Oz	13 lb 5 Oz	20 lb	26 lb 11 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Gelatin, Dry Strawberry	2 Oz	4 Oz	6 Oz	8 Oz	Lightly drain fruit.
3					Sprinkle gelatin powder over fruit and stir gently.
4					Let fruit stand for 30 min before serving.
5					CCP -- Maintain <40F/4C; discard unused product.

Pizza Casserole Supreme (Supreme Pizza Casserole)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1 (3x3)	ⓘ Contains: AllergenMilk, AllergenWheat, Pork & Products, Peppers Bell, Beef, Onion, Tomato, Mushroom, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	21 g	14 g	13 g	175 mg	470 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Sauce Pizza Hmd	3 2/3 Cup	1 3/4 Qt	2 3/4 Qt	3 3/4 Qt	Prepared	Prepare pizza sauce as per separate recipe. Keep warm. Maintain >135F/57C.
3 Pasta, Spaghetti Dry	1 lb 1 Oz	2 lb 1 Oz	3 lb 2 Oz	4 lb 3 Oz	Cooked/Drained	Stir spaghetti into boiling Water. Cook 8-10 min until nearly cooked through. Drain well, and set aside. CCP -- Maintain >135F/57C.
4 Sausage, Pork Bulk	2 lb 1 Oz	4 lb 3 Oz	6 lb 4 Oz	8 lb 6 Oz	Cooked & Crumbled	In a large skillet over medium-high heat, cook sausage until lightly browned, 5-8 minutes. Add onion, peppers, mushrooms, and olives. Cook 4-5 minutes until onion is translucent, stirring occasionally.
Onion, Yellow	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	Chopped	
Pepper, Green Fresh	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt	Chopped	
Mushrooms, Fresh	2.5 Oz	5.5 Oz	8 Oz	10.5 Oz	Sliced	

Pizza Casserole Supreme (Supreme Pizza Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Olives, Black-Ripe Pieces	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup		
5	Cheese, Mozzarella Shredded	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal		Add pizza sauce and spaghetti to the sausage-vegetable mixture, stir to combine well. Remove from heat, and stir in half of the cheese. Spread mixture into baking pan(s).
6	Pepperoni, Sliced	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz		Sprinkle remaining cheese over pan(s), and arrange pepperoni evenly over cheese. Bake for 25-30 minutes.
7							To Serve: Cut casserole into approximate 3X3 pieces, and serve.
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.

Sauce Pizza Hmd (Pizza Sauce)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	Simmer	2 fl. oz	⚠️ Contains: Onion, Tomato, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	8 g	2 g	1 g	20 mg	115 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 in oil until transparent.	
Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Chopped Fine		
Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Add remaining ingredients. Bring to boil. Reduce heat & simmer for 30-45 min.	
Tomato Paste, Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt			
Juice, Tomato RTS	1 Qt	2 Qt	3 Qt	1 Gal			
3							
Oregano, Dry	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp			
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp			
Basil, Dried Leaves	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup			

Sauce Pizza Hmd (Pizza Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sugar, Granulated Bulk	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	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.
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.

Pork Chop Braised Marinade f/Bnls (Braised Pork Chop)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	Bake	3 Oz	⚠ Contains: Pork & Products, Onion, Corn, Tomato, Garlic, AllergenSulphites, Celery, AllergenFish, AllergenWheat, AllergenSoy, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	7 g	19 g	19 g	40 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Pork Chop, Bnls Raw	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Pork Chops in a shallow pan. Combine all Ingredients, except demi-glaze, in a bowl. Pour over the Pork Chops and marinade for several hours or overnight at <40F.	
	Oil, Corn	1 Cup	2 Cup	3 Cup	1 Qt		
	Chili Powder, Mild	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Thyme, Fresh	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Garlic, Whole Fresh	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Puree
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

Pork Chop Braised Marinade f/Bnls (Braised Pork Chop)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
2	Sauce Demi Glace f/Pork	4 lb	8 lb	12 lb	16 lb		Sear Pork Chops on both sides until browned. Discard Marinade. Place Pork Chops in a single layer in pan(s). Cover with Demi Glaze.
3							Bake covered at 325F for 45 min - 1 hr hours until *internal temp >155F for 15 sec.
4							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.
5							Cook Time: 45 min - 1 hr

Sauce Demi Glace f/Pork (Pork Demi-Glaze)



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COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1 Oz	ⓘ Contains: Carrots, Corn, Onion, Tomato, Celery, Garlic, AllergenFish, AllergenWheat, AllergenSoy, AllergenSulphites, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	0 g	0.5 g	0 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Base, Pork Paste LS G-F Water, Tap	1 1/2 tsp	2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2.0 Cup	3 3/4 Cup	1 1/2 Qt	2.0 Qt		
2 Vegetables Roasted Juice Apple f/BIB 6 flz Garlic, Whole Fresh Bay Leaf, Whole Thyme, Fresh Rosemary, Fresh	6.5 Oz	13.5 Oz	1 lb 4 Oz	1 lb 11 Oz	Prepared	Combine Base and Water to make Broth.
	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup	1/2 Cup	Prepared	
	3/4 tsp	1 1/4 tsp	2.0 tsp	3 tsp	Minced	
	0.14 each	0.28 each	0.42 each	0.56 each		
	1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp		
1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp			

Sauce Demi Glace f/Pork (Pork Demi-Glaze)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Peppercorns, Black	1.0 tsp	1 1/2 tsp	2 tsp	3 tsp		
	Sauce, Worcestershire	1/2 tsp	3/4 tsp	1 1/4 tsp	1 3/4 tsp		
3	Cornstarch	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/4 Cup	1/3 Cup		Add prepared Vegetables, Juice, Herbs, and Seasonings. Bring to full boil, reduce heat to simmer. Simmer for 4 hours. Strain and discard solids, reserve Stock.
	Water, Tap	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/4 Cup	1/3 Cup		
4							Combine Cornstarch and Water, stirring thoroughly to blend. Add Cornstarch mixture to the Stock, stirring with a wire whisk to incorporate. Cook for 3 minutes until thickened.
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.

Vegetables Roasted (Roasted Vegetables)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	325.0 °F	Roast	1/2 Cup	ⓘ Contains: Carrots, Onion, Tomato, Allergen Sulphites, Celery, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	5 g	1 g	4.5 g	20 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.
Carrot, Fresh	1 lb	2 lb	3 lb	4 lb	Halved	Combine Vegetables, Oil, and Tomato Paste. Stir well to coat. Place Vegetables in pan(s) and Bake at 325F for 40 minutes until Vegetables begin to look charred.
Celery, Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Halved	
2 Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Halved	
Oil, Corn	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Tomato Paste, Cnd	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
3 Wine, Table Red	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		Remove pan(s) from oven and place over low heat. Deglaze pan with Wine.
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.

Vegetables Roasted (Roasted Vegetables)

	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.

Juice Apple f/BIB 6 flz (Apple Juice)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	6 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
550 kcal	140 g	0 g	0 g	75 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Juice, Apple BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare per manufacturers instructions. Chill <40F/4C.
	Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	

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 Lyonnaise Sliced f/Fresh (Lyonnaise Potatoes)

SERVING SIZE	ALLERGENS
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	10 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	5 lb	10 lb	15 lb	20 lb	Peeled & Sliced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Peel & Slice Potatoes. (Pre-peeled & sliced Potatoes may be used. Finely chop Onions. Steam or boil Potatoes.
2 Onion, Yellow	1 lb	2 lb	3 lb	4 lb		Cook Chopped Onions slowly in Margarine without browning.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Add Seasoned cut, boiled Potatoes and cook until browned.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 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 for at least 15 sec within 1 hr - one time only.
7						Cook Time: 10-15min

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 Herbed f/Inst (Mashed Potatoes)

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

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.
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		
3 Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Rosemary, Dried Whole	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Thyme, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.

Potato Mashed Herbed f/Inst (Mashed Potatoes)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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 Sweet Bkd f/Fresh (Baked Sweet Potato)

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

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

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

Potato Sweet Cinnamon f/Cnd (Cinnamon Sweet Potato)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	4z Spoodle	1/2 Cup	ⓘ Contains: Cinnamon, AllergenSoy, Potatoes, Sweet, Potatoes, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	30 g	2 g	3 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Syrup Cnd Margarine, Solids Cinnamon, Ground	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 2 Cup	4 Gal 3 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour off 1/4th of sweet syrup juice from potatoes for sauce. Arrange potatoes in shallow pan(s).
	3 Oz	6 Oz	9 Oz	12 Oz	
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
2					Mix reserved potato juice, margarine and cinnamon and heat to boiling point. *
3					Pour over potatoes. Bake immediately.
4					Bake at 400F for 20-30 min.
5					CCP -- Maintain >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. Refer to local or regional public health regulations for specific times.
6					CCP -- Cool: Product must reach 140F/60C 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 Sweet Cinnamon f/Cnd (Cinnamon Sweet Potato)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
8						Cook Time: 20-30 min

Relish Plate/Dip f/Fresh (Relish Plate w/Dip)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: Cucumber, Peppers Bell, Carrots, Garlic, Onion, AllergenEggs, AllergenMilk, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	9 g	2 g	13 g	40 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Carrot, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, trim and drain Vegetables. Pour Dressing into souffle cup (1 oz per serving). Cut Vegetables into attractive pieces. Arrange on small plate and garnish with fresh Parsley.
Radish, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
Pepper, Green Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
Cucumber, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
Dressing, Ranch Bulk	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	
2					NOTE: May lightly steam and chill for softer texture. (Do not steam Cucumber)
3					A variety of Vegetables may be used. For example: Zucchini, Yellow Squash, Green Onion, etc.
4					CCP - Keep chilled at 40F.

Rice Brown (Brown Rice)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	20 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Rice, Brown Raw Salt, Iodized Margarine, Solids Water, Tap	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	
2					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. CCP -- Cook to minimum internal temp 145F/63C held for 15 seconds. Fluff with fork.
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.

Rice Spanish w/Veg Base (Spanish Rice)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	0.0 °F	145 °F	Steam	1/2 Cup	ⓘ Contains: Peppers Bell, Onion, Tomato, Carrots, Rice, Celery, Corn, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2 g	40 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Onion, Yellow	7 Oz	14.5 Oz	1 lb 5 Oz	1 lb 13 Oz	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Pepper, Green Fresh	5.5 Oz	11.5 Oz	1 lb 1 Oz	1 lb 7 Oz	Diced	
	Celery, Fresh	5.5 Oz	10.5 Oz	1 lb	1 lb 5 Oz	Diced	
	Oil, Vegetable	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
2	Rice, White Parboiled	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Saute onion, celery, and bell pepper in oil.
3	Cumin, Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		Add raw rice and stir 2-3 min until grains are coated with oil.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		Stir in seasonings. Place rice in steam table pan.
	Tomato, Diced Cnd	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
	Base, Vegetable Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
5							Combine tomatoes, base, and water; mix well.
6							Pour Tomato Mixture over Rice.
7							Steam or bake 25-30 min. Stir before serving.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Bake	1 each	ⓘ Contains: AllergenWheat

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

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

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.

Salad Chicken Pecan Cranberry (Cranberry Chicken Pecan Salad)



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COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	ⓘ Contains: AllergenTreeNuts, Onion, AllergenSulphites, AllergenWheat, AllergenMilk, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	15 g	17 g	10 g	100 mg	270 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 Baked f/Bnls	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Prepared	Prepare chicken breast as per separate recipe. Slice cooked chicken into strips, and set aside.
3	Lettuce, Iceberg	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 3 Cup	4 Gal 4 Cup	Toss together lettuce and red onion. Divide among chilled salad plates.
	Lettuce, Romaine Fresh	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 3 Cup	4 Gal 4 Cup	
	Onion, Red/Burmuda	12.5 Oz	1 lb 9 Oz	2 lb 6 Oz	3 lb 2 Oz	
4	Nuts, Pecan Pieces	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Top each salad with 2 oz cooked chicken breast, 1 Tablespoon each pecans, cheese, and cranberries, and 2 Tablespoons croutons. Serve immediately.
	Cranberries, Dried Sweet	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
	Cheese, Bleu	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	

Salad Chicken Pecan Cranberry (Cranberry Chicken Pecan Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Croutons, Seasoned	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		
5							+CCP - Serve Chilled <40F/4C.
6							Discard unused product.

Chicken Breast Baked f/Bnls (Baked Chicken Breast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	Tongs	3 Oz	ⓘ Contains: Chicken

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
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	Place chicken on greased baking sheet.
3	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Sprinkle chicken with seasonings.
	Paprika	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
4					Bake uncovered or grill.	
5					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.	

Chicken Breast Baked f/Bnls (Baked Chicken Breast)

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

Salmon Patty (Salmon Patty)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	Bake	1 each	ⓘ Contains: AllergenEggs, AllergenWheat, Onion, Citrus, AllergenMilk, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	7 g	21 g	6 g	250 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Heat milk to scalded. Add bread to milk. Stir in eggs.
Bread White	8 slice	16 slice	24 slice	32 slice	Cubed	
Egg, Liquid Frz	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
3						In mixing bowl, flake salmon, removing bones and skin. Combine salmon and remaining ingredients except parsley, and add to bread mixture. Mix lightly; do not overmix.
Salmon, Cnd	5 lb	10 lb	15 lb	20 lb	Drained	
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	
Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Juice, Lemon RTS	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		

Salmon Patty (Salmon Patty)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Dill, Weed Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4	Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Shape 1/2 cup salmon mixture into individual patties and place on greased baking sheet. Bake to internal temp of 165F held for 15 sec. until golden brown, about 20-25 min. Sprinkle with dried parsley before serving.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Bread White WG (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.

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 Salsa f/RTS (Salsa)

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

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

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

Soup Cheese Hmd (Cheese Soup)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	185.0 °F	Simmer	6 fl. oz	ⓘ Contains: AllergenMilk, AllergenWheat, AllergenFish, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	13 g	12 g	16 g	400 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Margarine, Solids	4.5 Oz	9.5 Oz	14 Oz	1 lb 3 Oz	Melted	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Flour, All Purpose	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
2 Milk, 2% Bulk	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup		Heat Margarine, add Flour to make a paste
3 Cheese, Cheddar Shredded	1 lb 7 Oz	2 lb 15 Oz	4 lb 6 Oz	5 lb 13 Oz		Blend in Milk
4 Paprika	1 Tbsp 1 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/3 Cup		Blend Cheese into mixture
Sauce, Worcestershire	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
5						Add Paprika and Worcestershire Sauce.
6						Let simmer on low heat for 30 min to *internal temp > 155F for 15 sec.

Soup Cheese Hmd (Cheese Soup)

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

Soup Turkey Noodle Hmd (Turkey Noodle Soup)



Health & Human Services



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	6 fl. oz	ⓘ Contains: AllergenWheat, Turkey, AllergenEggs, Carrots, Onion, Chicken, Corn, Garlic, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	8 g	6 g	1 g	20 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Base, Chicken Paste LS G-F Water, Tap Celery, Fresh Carrot, Fresh Onion, Yellow Parsley, Dried Turkey, Pulled/Shredded	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 Gal	2 Gal 1 Cup	3 Gal 1 Cup	4 Gal 1 Cup		
	2 Oz	4 Oz	6 Oz	8.5 Oz	Diced	
	2 Oz	4 Oz	6 Oz	8.5 Oz	Diced	
	2 Oz	4 Oz	6 Oz	8.5 Oz	Diced	
	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
	13.5 Oz	1 lb 11 Oz	2 lb 8 Oz	3 lb 5 Oz		
2 Noodles, Egg Dry	8.5 Oz	1 lb 1 Oz	1 lb 9 Oz	2 lb 1 Oz		Combine all ingredients except Noodles and bring to a boil.
3						Add Noodles and simmer to * internal temp >165F for 15 sec until tender.

Soup Turkey Noodle Hmd (Turkey Noodle Soup)

	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.

Squash Yellow & Red Peppers f/Frz (Squash and Peppers)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	2 g	2.5 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						Chop onion and sauté until tender using pan coating spray.
Pan Coating, Spray	0.5 Oz	1 Oz	1.5 Oz	2 Oz		
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Add squash, margarine and garlic powder to cooked onion.
3						
Squash, Yellow Frz	5 lb	10 lb	15 lb	20 lb	Thawed	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Cover and simmer until soft, about 20 min; stirring occasionally.
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4						
5						When vegetables are half cooked. Add pimentos and continue cook until vegetable is tender.
Pimento, Pieces Cnd	1 Cup	2 Cup	3 Cup	1 Qt		

Squash Yellow & Red Peppers f/Frz (Squash and Peppers)

	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							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.

Steak Swiss (Swiss Steak)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
180 Min	300.0 °F	Bake	3 Oz	ⓘ Contains: Beef, Tomato, Onion, Celery, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	28 g	24 g	6 g	75 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Oil, Vegetable Beef, Steak Cube Raw Flour, All Purpose	1/4 Cup 25 each 1 Qt	1/2 Cup 50 each 2 Qt	3/4 Cup 75 each 3 Qt	1 Cup 100 each 1 Gal		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare flat top grill with a thin layer of Vegetable Oil. Dredge Cube Steak in Flour and place on grill. Brown for 5 min on each side. Transfer to hotel pan(s), 20 steaks per pan.	
2 Gravy Brown f/Mix Onion, Yellow Tomato, Diced Cnd	2 Qt 3 3/4 Cup 2 Qt	1 Gal 2.0 Qt 1 Gal	1 Gal 3 Cup 2 3/4 Qt	2 Gal 3 3/4 Qt 2 Gal	Prepared Sliced		Equally distribute the Gravy between the pans and evenly top with Onions and Tomatoes. Cover with plastic and foil and bake until *internal temp 145F/63C held for 15 sec.
3							

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.	

Stew Beef & Cider f/Cubes (Beef & Cider Stew)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	165 °F	Simmer	1 Cup	ⓘ Contains: Onion, Beef, Potatoes, Sweet, Allergen Sulphites, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	18 g	23 g	8 g	40 mg	470 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		Heat oil in a large pot. Brown beef in batches, until all beef is browned. Season with salt and pepper.
Beef, Cubes Raw	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		
2 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
3 Soup, French Onion Cond	2 lb	4 lb	6 lb	8 lb		Combine beef, soup, Canadian bacon, and cider in the pot. Bring to a boil. Once boiling, cover and reduce heat. Simmer for 1 1/2 hours.
Bacon, Canadian Ckd	7 slice	14 slice	21 slice	28 slice	Chopped	

Stew Beef & Cider f/Cubes (Beef & Cider Stew)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cider, Apple	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
4	Potato, Sweet Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Cubed	Add sweet potatoes, bring to a boil. Once boiling, cover and reduce heat. Simmer 25 min until beef and potatoes are tender.
5							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C 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.

Tortilla Whole Wheat 10 in (Whole Wheat Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	27 g	6 g	6 g	150 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Use as desired.

Tuna Melt Sandwich (Tuna Melt Sandwich)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Grill	1 each	ⓘ Contains: AllergenEggs, AllergenSoy, Citrus, AllergenWheat, Celery, AllergenFish, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	29 g	17 g	21 g	300 mg	810 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Tuna, Chunk Light WtrPk Bulk	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Preprep: Mince Celery. Combine all ingredients except Cheese. Mix well. Place in a shallow covered container in refrigerator *until thoroughly chilled <40F; about 2-3 hrs.
	Celery, Fresh	1 Cup	2 Cup	3 Cup	1 Qt	
	Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
	Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
	Mayonnaise, Bulk	1 Cup	2 Cup	3 Cup	1 Qt	
	Pickle Relish, Sweet	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
3	Bread Wheat	50 slice	100 slice	150 slice	200 slice	Spread #12 scoop Tuna Salad on one slice of Bread. Top with Cheese slice and additional slice of Bread. Brush Sandwiches with melted Margarine. Grill Sandwiches on griddle set @ 325F until both sides are golden brown.

Tuna Melt Sandwich (Tuna Melt Sandwich)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Cheese, American Yellow Sliced	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	
4					Batch cook Sandwiches as close to serving as possible.
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.

Bread Wheat (Wheat Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 slice	ⓘ Contains: AllergenWheat

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

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

Tuna Noodle Casserole (Tuna Noodle Casserole)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	32 g	23 g	7 g	150 mg	300 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Noodles, Egg Dry	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Prepare noodles per package instructions; rinse and drain.
3 Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Melted	Melt margarine. Add onions and celery. Sauté until tender. Add flour, pepper and garlic to flour mixture. Stir and cook 5-10 min.
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
Flour, All Purpose	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
4 Base, Chicken Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Stir in Base. Add water and milk; stir constantly with wire whisk until thickened. Add tuna and noodles to sauce. Fold peas into sauce. Scale 13 lbs mixture in greased 12x20x2" pan(s).

Tuna Noodle Casserole (Tuna Noodle Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
	Milk, 2% Bulk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
	Tuna, Chunk Light WtrPk Bulk	4 lb	8 lb	12 lb	16 lb	Drained	
	Peas, Green Frz	1 lb	2 lb	3 lb	4 lb		
5	Cheese, Cheddar Shredded	1 Cup	2 Cup	3 Cup	1 Qt		Sprinkle with 1 cup cheese per pan. Garnish with sprinkling of paprika. Bake.
	Paprika	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
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.

Turkey Almondine Casserole f/Pulled (Turkey Almondine)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	165 °F	Bake	3/4 Cup	ⓘ Contains: Turkey, Onion, Chicken, Garlic, AllergenWheat, Mushroom, Celery, AllergenMilk, AllergenTreeNuts, AllergenSoy, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	18 g	26 g	14 g	75 mg	500 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Turkey, Pulled/Shredded	4 lb	8 lb	12 lb	16 lb	Diced	Melt margarine. Add onion and celery. Saute for 3 min.
Onion, Yellow	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Chopped	
2 Celery, Fresh	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Chopped Fine	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
3 Flour, All Purpose	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Add flour and stir until blended.
4 Curry Powder	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Combine base and water to make a stock. Pour into vegetable mixture, stirring constantly. Cook until thickened. Add soup and curry; blend well.
Soup, Cream of Mushroom Cnd Cond	1 no. 3 can	2 no. 3 can	3 no. 3 can	4 no. 3 can		

Turkey Almondine Casserole f/Pulled (Turkey Almondine)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
	Base, Chicken Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Curry Powder	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
5	Nuts, Almonds Sliced	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Combine turkey and sauce. Scale into lightly greased pan(s) or individual casseroles. Sprinkle with sliced Almonds.
6							Bake approximately 25-30 min.
7							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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							Note: The regular texture is the only texture which can have Almonds.

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.

Turkey Sndw w/Lettuce Tomato & Mayo on Hoagie (Loaded Turkey Sa

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Make	Gloved	1 each	⚠️ Contains: Tomato, AllergenWheat, AllergenEggs, Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	39 g	25 g	8 g	100 mg	510 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Roll Hoagie	25 whole	50 whole	75 whole	100 whole	Toast bread, spread one side of bun with 1 tsp of mayonnaise.
	Mayonnaise, Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
3	Tomato, Fresh	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb	Assemble Sandwich: Place 2 tomato slices and a lettuce leaf over the mayonnaise. Add 2 oz of meat, and top with other half of bun. Cut sandwich in half and serve immediately or wrap.
	Lettuce, Green Leaf	2 lb 10 Oz	5 lb 4 Oz	7 lb 14 Oz	10 lb 8 Oz	
	Turkey, Breast Whole Ckd	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	
4						CCP -- Maintain <40F/4C; discard unused product.

Vegetable Mix Oriental Blend (Oriental Blend Vegetables)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	⚠️ Contains: Onion, AllergenSoy, Mushroom, Broccoli, AllergenMilk, Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	12 g	3 g	2 g	30 mg	50 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.
Vegetable Mix, Oriental Frz	5 lb	10 lb	15 lb	20 lb	
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	
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 Pacific Blend (Pacific Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	12 g	3 g	2 g	30 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Vegetable Mix, Pacific 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	Melted	
2						Steam or boil vegetables until just tender. Do not overcook. Add margarine & 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 140F/60C 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 Prince Edward Blend (Prince Edward Vegetable Blend

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
80 kcal	12 g	3 g	2 g	30 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Vegetable Mix, Prince Edward 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	Melted	
2						Steam or boil vegetables until tender. Add margarine & 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 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.

Vegetable Mix Winter Duet Blend (Winter Blend Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1 Cup	ⓘ Contains: AllergenSoy, Broccoli, Cauliflower, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	5 g	4.5 g	75 mg	105 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	10 lb	20 lb	30 lb	40 lb	Steam or boil vegetables until tender; prepare according to package instructions.
3	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Add melted margarine and seasoning.
	Paprika	1 Tbsp	2 Tbsp	3 Tbsp	1/4 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.	

Yogurt Vanilla & Peaches Dessert (Yogurt & Peaches)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 serving	ⓘ Contains: AllergenMilk, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	32 g	7 g	1.5 g	225 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 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 fruit.
Peaches, Diced JcPk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Drained	
3						CCP -- Maintain <40F/4C; discard unused product.

Zucchini Pimiento f/Frz (Zucchini & Pimientos)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	2 g	2.5 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.
Zucchini, Frz	5 lb	10 lb	15 lb	20 lb	Sliced	Thaw zucchini. Sauté onion until tender using pan spray.
Pan Coating, Spray	0.5 Oz	1 Oz	1.5 Oz	2 Oz		
2 Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped	
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3 Pimiento, Pieces Cnd	1 Cup	2 Cup	3 Cup	1 Qt		Add zucchini, garlic & margarine to onion.
4						Cover and simmer until soft, about 20 min; stirring occasionally. When vegetables are half cooked, add pimientos and continue to cook until zucchini is tender.

Zucchini Pimiento f/Frz (Zucchini & Pimientos)

	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.



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
November
Lunch
2023

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	780 kcal
Protein (g)	30 (g)	41 (g)
Carbohydrate	NA	107 (g)
Fat	30-35% of calories, less is acceptable	28%
Fiber (g)	9 (g)	12 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	513.73 mcg
Vitamin B-6	.6 mg	1.1 mg
Vitamin B12	.8 mcg	2.83 mcg
Vitamin C	30 mcg	56.96 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	700 mg
Potassium	1567 mg	1700 mg
Sodium	<1100mg avg over one month	1000 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: Monday, Week 1, Month Menu November 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	90	12	0	0	43	0	37	34	595	6	1350	1190	714	375	35	3	75	142	80	1	10
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 Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
1cup Beef Cheeseburger Pie f/Grd	290	15	1	0	0	4	0	15	18	100	2.25	300	480	246.28	27.43	8.89	0	3.93	32.67	55	0.87	7
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup 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 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1cup Lettuce Wedge w/1000 Island Drsg	70	6	1	0	0	4	0	2	6	30	0.75	175	170	24.18	27.14	2.79	0	34.85	28.94	5	0	1
Lunch TOTAL	765	90	12	0	0	43	0	37	34.0	595	6.25	1350	1190	713.68	375.39	35.41	3.4	74.58	142.34	80	1.18	10.0

Daily Nutrient Analysis: Tuesday, Week 1, Month Menu November 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	760	110	13	0	0	32	0	33	28	520	4	1800	740	592	263	36	4	52	132	70	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 Each xTortilla Corn	60	13	2	0	0	0	0	2	1	30	0.4	75	15	89.02	0	0	0	0	1.42	0	0	0
1cup Guacamole Salad f/RTS	140	12	7	0	0	4	0	3	10	40	1	700	20	74	62.36	21.45	0	43.03	94.97	0	0	1.5
1cup Chicken Arroz Con Pollo Thighs	230	33	1	0	0	2	0	15	4	50	1.5	300	330	172.15	7.71	5.93	0	3.68	9.39	55	0.02	1
2tbsp Sauce Salsa f/RTS	10	3	0	0	0	2	0	0	0	0	0.3	125	115	11.4	12.3	3.96	0	1.11	4.2	0	0	0
1/2cup Banana Glazed	90	16	1	0	0	11	0	1	4	10	0.2	200	35	11.31	38.38	4.3	0.6	4.39	9.97	0	0.26	0.5
1oz Chips Tortilla PC	130	20	2	0	0	0	0	3	6	40	0.75	0	115	0	0	0	0	0	0	0	0	0.5
Lunch TOTAL	760	110	13	0	0	32	0	33	27.5	520	4.25	1800	740	591.52	263.4	35.64	3.6	52.46	132.25	70	0.28	5.0

Daily Nutrient Analysis: Wednesday, Week 1, Month Menu November 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	785	115	12	0	0	44	0	46	23	590	9	1790	1150	708	423	130	4	282	342	100	1	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 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 Noodles Egg Seasoned	120	20	1	0	0	1	0	4	3	20	1.25	75	125	65.7	23.07	0	0.4	2.2	62.62	25	0.15	0.5
3oz Steak Swiss	250	28	2	0	0	4	0	24	6	75	4.5	550	610	239.91	10.59	8.4	0	4.94	51.02	55	0.14	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Vegetable Mix Winter Duet Blend	100	14	6	0	0	3	0	5	4.5	75	1.5	550	105	122.66	183.38	117.76	0.6	260.18	196.14	0	0.26	1
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
Lunch TOTAL	785	115	12	0	0	44	0	46	22.5	590	8.75	1790	1150	707.83	423.32	130.34	4.2	281.52	341.64	100	0.83	5.0

Daily Nutrient Analysis: Thursday, Week 1, Month Menu November 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	122	14	0	0	53	0	46	28	590	5	1550	1070	712	303	21	4	68	103	105	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 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
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
3/4cup Turkey Almondine Casserole f/Pulled	300	18	3	0	0	3	0	26	14	75	1.75	400	500	245.66	43.64	4.42	0.8	19.33	40.73	75	0.31	2.5
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Pears Poached Chai Tea	160	35	2	0	0	30	0	1	3	30	0.75	250	15	24.94	30.79	2.53	0.2	0.64	1.97	10	0.09	1.5
Lunch TOTAL	860	122	14	0	0	53	0	46	28.0	590	5.1	1550	1070	711.54	302.78	20.88	4.4	67.82	102.75	105	0.75	6.0

Daily Nutrient Analysis: Friday, Week 1, Month Menu November 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	680	104	9	0	0	22	0	37	16	575	5	1700	460	735	253	50	4	42	79	85	0	3
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Rice Spanish w/Veg Base	120	23	1	0	0	2	0	3	2	40	0.75	150	70	48.29	7.24	8.02	0	4.69	7.75	5	0.01	0
1/2cup Fruit Tropical f/Cnd	110	29	2	0	0	0	0	1	0	20	0.75	175	5	8.99	7.71	22.48	0	0	11.56	0	0	0
1/2cup Garnish Lettuce Shredded	10	3	1	0	0	2	0	1	0	20	0.4	125	10	16.32	20.42	2.28	0	19.68	23.68	0	0	0
2tbsp Sauce Salsa f/RTS	10	3	0	0	0	2	0	0	0	0	0.3	125	115	11.4	12.3	3.96	0	1.11	4.2	0	0	0
1/2cup Zucchini Pimiento f/Frz	40	5	1	0	0	2	0	2	2.5	20	0.75	225	20	28.09	37.73	11.45	0.4	6.52	9.95	0	0.13	0
2 Each Fish Pollock Tacos	290	28	4	0	0	1	0	21	9	125	2	500	130	387.81	24.99	1.72	1	9.93	9.83	65	0	1.5
Lunch TOTAL	680	104	9	0	0	22	0	37	16.0	575	5.05	1700	460	734.54	253.04	49.91	4.4	42.18	79.27	85	0.14	3.0

Daily Nutrient Analysis: Monday, Week 2, Month Menu November 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	930	148	13	0	0	54	0	34	28	865	7	2515	855	779	464	67	3	22	250	60	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 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
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 Serving Yogurt Vanilla & Peaches Dessert	160	32	2	0	0	30	0	7	1.5	225	0.5	450	90	187.33	38.51	5.48	0	2.25	17.28	10	0	1
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
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
3/4cup Chili Black Bean Butternut Squash	190	36	7	0	0	6	0	9	3	100	3.5	800	240	150.66	166.03	37.65	0	8.07	168.01	5	0.01	0
Lunch TOTAL	930	148	13	0	0	54	0	34	28.0	865	6.6	2515	855	778.76	464.24	67.1	3	21.65	250.14	60	0.61	9.0

Daily Nutrient Analysis: Tuesday, Week 2, Month Menu November 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	760	100	12	0	0	52	0	34	30	730	4	1800	990	600	542	45	5	72	136	55	1	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 Tuna Melt Sandwich	360	29	2	0	0	6	0	17	21	300	2.5	225	810	238.88	105.04	0.76	2	15.11	47.54	40	0.55	6
1cup Cabbage w/Tomato & Cucumber Salad	120	20	3	0	0	16	0	3	4	40	0.75	550	15	56.72	78.32	31.36	0	32.32	36.64	0	0.02	0
1/2cup Vegetable Mix Pacific Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
Lunch TOTAL	760	100	12	0	0	52	0	34	29.5	730	4.4	1800	990	600.48	541.98	44.86	5.4	71.62	136.34	55	0.7	7.5

Daily Nutrient Analysis: Wednesday, Week 2, Month Menu November 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	775	99	14	0	0	39	0	33	32	545	7	1565	1320	690	259	25	4	51	240	85	0	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 2x3 Cornbread f/Mix	120	20	2	0	0	6	0	3	4	20	1	40	240	146.86	12.68	0.03	0.2	1.43	30.08	20	0	1
1/2cup Okra Cut Southern Style f/Frz	70	12	2	0	0	4	0	3	2.5	50	1	250	135	56.38	12.59	10.17	0	22.65	58.83	5	0	1
1/2cup Apple Scalloped Hmd f/Frz	90	15	1	0	0	13	0	0	4	0	0.2	75	60	5.94	36.91	0.08	0.6	4.18	0.76	0	0.26	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Beans Red & Rice	370	39	9	0	0	3	0	18	16	125	4.5	800	740	246.17	13.32	14.63	0	17.71	137.99	40	0	6
Lunch TOTAL	775	99	14	0	0	39	0	33	32.0	545	6.8	1565	1320	689.79	259.1	24.92	3.8	51.27	240.01	85	0.44	10.5

Daily Nutrient Analysis: Thursday, Week 2, Month Menu November 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	785	115	10	0	0	46	0	47	16	605	6	1425	830	676	550	39	3	80	282	75	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 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
1/2cup Vegetable Mix Riviera f/Frz	50	5	2	0	0	0	0	2	2	30	0.4	150	35	24.04	165.62	19.96	0.4	2.5	10.48	0	0.13	0
1cup Chicken Fettuccine Alfredo f/Pulled	390	46	2	0	0	2	0	26	10	125	3	300	440	260.34	21.43	0	0	2.35	133.2	60	0.02	3.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
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	785	115	10	0	0	46	0	47	16.0	605	5.9	1425	830	676.13	550.28	38.95	3.4	80.19	281.59	75	0.15	5.0

Daily Nutrient Analysis: Friday, Week 2, Month Menu November 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	705	99	13	0	0	45	0	50	19	545	6	1900	1070	729	231	43	3	55	96	105	0	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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1cup Beef Hash f/Roast	290	21	2	0	0	2	0	32	9	50	3	800	630	324.88	0.46	10.73	0	2.64	26.85	85	0	3.5
1cup Fruit Fresh Winter Salad w/Fresh Orange	120	33	4	0	0	24	0	2	0	30	0.4	400	5	31.31	9.28	28.73	0	8.83	21.19	0	0	0
1/2cup Green Beans w/Thyme f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.54	37.6	3.75	0.4	37.61	21.04	0	0.13	0
Lunch TOTAL	705	99	13	0	0	45	0	50	19.0	545	5.5	1900	1070	729.17	230.94	43.22	3.4	55.38	96.43	105	0.31	5.5

Daily Nutrient Analysis: Monday, Week 3, Month Menu November 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	805	80	9	0	0	34	0	54	33	650	5	1515	1140	702	585	136	4	116	128	130	0	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 Relish Plate/Dip f/Fresh	150	9	2	0	0	5	0	2	13	40	0.5	300	300	83.39	278.94	36.81	0	49.6	19.99	10	0.05	2
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	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 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
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	0
1cup Chicken Divan Casserole f/Pulled	280	8	2	0	0	2	0	35	11	125	2.25	400	460	260.73	88.37	24.33	0.6	57.56	26.79	100	0.07	3.5
Lunch TOTAL	805	80	9	0	0	34	0	54	33.0	650	4.55	1515	1140	702.37	584.75	135.68	4.0	115.75	127.85	130	0.44	7.5

Daily Nutrient Analysis: Tuesday, Week 3, Month Menu November 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 N (G)	SAT FAT (G)
DAILY TOTAL	695	102	11	0	0	59	0	39	20	515	7	1475	1060	620	631	36	3	15	68	80	1	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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1/2cup 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
1cup Stew Beef & Cider f/Cubes	230	18	3	0	0	6	0	23	8	40	3	600	470	225.62	405.22	20.07	0	5.24	13.33	60	0.22	2
1/2cup Beets & Mandarin Salad	70	16	2	0	0	14	0	1	0.5	20	1.75	175	150	18.27	23.59	13.75	0	0.53	24.49	0	0	0
Lunch TOTAL	695	102	11	0	0	59	0	39	19.5	515	6.85	1475	1060	620.37	631.0	35.74	3.4	14.77	67.64	80	0.53	5.0

Daily Nutrient Analysis: Wednesday, Week 3, Month Menu November 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	785	107	16	0	0	44	0	41	29	965	4	1875	810	897	464	144	3	22	259	80	1	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
2 Each Enchiladas Cheese Hmd	390	31	4	0	0	2	0	19	23	500	1.25	250	540	473.36	217.01	2.15	0.4	2.73	25.71	65	0.58	12
1/2cup Beans Black f/Dry	130	24	6	0	0	1	0	9	0.5	75	2	600	150	134.12	0	0	0	2.13	169.17	0	0	0
1cup Fruit Fresh Winter Salad w/Fresh Orange	120	33	4	0	0	24	0	2	0	30	0.4	400	5	31.31	9.28	28.73	0	8.83	21.19	0	0	0
1/2cup Pepper Medley f/Fresh	45	6	2	0	0	4	0	2	2.5	10	0.5	225	5	25.04	95.25	113.43	0	8.25	30.48	0	0.01	0
Lunch TOTAL	785	107	16	0	0	44	0	41	28.5	965	4.25	1875	810	897.47	464.19	144.31	3.4	22.19	258.85	80	0.59	13.5

Daily Nutrient Analysis: Thursday, Week 3, Month Menu November 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 N (G)	SAT FAT (G)
DAILY TOTAL	730	102	11	0	0	52	0	41	24	575	8	1750	1095	600	1030	107	4	117	181	75	1	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
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 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 Sweet Cinnamon f/Cnd	150	30	4	0	0	22	0	2	3	30	1.25	300	65	38.37	559.9	14.83	0.4	6.13	9.92	0	0.2	0.5
1cup Lettuce Romaine & Red Onion Salad w/Drsg	50	6	1	0	0	3	0	1	3.5	30	0.75	175	160	21.87	205.21	3.36	0	56.24	67.57	0	0.01	0
1/2cup Kiwi f/Fresh	50	14	3	0	0	8	0	2	0	40	0.3	300	5	30.12	3.54	82.13	0	35.71	22.15	0	0	0
3oz Beef Steak Swiss f/Cubed	190	15	1	0	0	3	0	21	6	50	4	500	450	210.34	36.57	6.64	0.4	6.42	26.33	55	0.33	1.5
Lunch TOTAL	730	102	11	0	0	52	0	41	23.5	575	8.4	1750	1095	600.44	1029.77	107.07	3.8	117.3	180.87	75	0.93	4.5

Daily Nutrient Analysis: Friday, Week 3, Month Menu November 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	93	7	0	0	48	0	38	22	520	4	1195	805	603	373	8	3	57	157	90	0	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 Each Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
1/2cup Cobbler Peach Hmd w/Pastry Dough	210	39	2	0	0	23	0	2	6	20	1	150	105	34.17	18.21	3.82	0	3.29	17.53	0	0	2
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
6fl. oz Soup Turkey Noodle Hmd	70	8	0	0	0	1	0	6	1	20	0.75	100	40	60.26	22.74	0.45	0	2.39	25.13	25	0.01	0
1 Each Bread Texas Whole Grain Garlic	80	13	2	0	0	2	0	4	1	30	0.75	75	115	66.69	0	0.03	0	0.4	18.9	0	0	0
1 Each Salad Chicken Pecan Cranberry	210	15	3	0	0	8	0	17	10	100	1.25	450	270	203.67	189.18	3.75	0	47.94	78.2	50	0.01	2.5
Lunch TOTAL	700	93	7	0	0	48	0	38	21.5	520	4.05	1195	805	603.26	372.96	8.05	3	56.88	156.52	90	0.03	6.0

Daily Nutrient Analysis: Monday, Week 4, Month Menu November 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	710	95	11	0	0	32	0	41	21	740	4	1675	1175	767	508	72	17	39	167	105	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 Potato Lyonnaise Sliced f/Fresh	110	22	2	0	0	2	0	2	2	10	0.4	400	170	50.8	18.46	12.96	0.4	2.48	11.64	0	0.13	0
2 Slice Bread Rye Seedless	150	28	3	0	0	2	0	5	2	50	1.75	100	340	70	0	0.22	0	0.67	61.6	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 Each Salmon Patty	170	7	0	0	0	2	0	21	6	250	1.25	400	440	350.67	41.48	1.43	13	2.33	33.28	85	0.05	1.5
1/2cup Vegetable Mix Pacific Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1cup Orange Fresh Wedges	50	13	2	0	0	10	0	1	0	50	0.1	200	0	14.31	11.24	54.37	0	0	30.66	0	0	0
Lunch TOTAL	710	95	11	0	0	32	0	41	20.5	740	4.35	1675	1175	767.4	508.31	71.9	16.8	39.21	166.84	105	0.68	4.0

Daily Nutrient Analysis: Tuesday, Week 4, Month Menu November 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	775	113	11	0	0	53	0	42	21	490	6	1605	900	654	531	162	4	58	125	70	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
1/2cup Vegetable Mix Oriental Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.44	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	0
1/2cup Pear Halves Vanilla Sauce f/Cnd	120	30	2	0	0	24	0	0	1	20	0.4	125	15	14.99	9.29	1.96	0.2	1.41	1.23	0	0.07	0
1 Each Egg Roll Vegetable 1.5z	90	14	1	0	0	3	0	3	3	30	1	100	210	30.62	20.84	2.85	0	16.76	30.2	0	0.02	0
1 Each Sauce Sweet & Sour PC	45	11	0	0	0	5	0	0	0	0	0.1	30	160	1.98	0.28	2.47	0	0.06	2.27	0	0	0
1cup Asian Pepper Steak	230	12	3	0	0	5	0	24	10	40	3	700	240	254.47	127	151.88	0	14.33	56.21	55	0.03	2
Lunch TOTAL	775	113	11	0	0	53	0	42	21.0	490	5.85	1605	900	654.1	531.08	162.07	4.0	58.26	124.94	70	0.38	3.5

Daily Nutrient Analysis: Wednesday, Week 4, Month Menu November 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)	
PROVIDER CHOICE																							
DAILY TOTAL	1180	162	11	0	0	69	0	44	42	675	7	1475	1430	664	922	19	5	98	151	130	1	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	
1/2cup 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	
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	
1/2cup Green Beans Casserole f/Frz	100	12	3	0	0	2	0	2	1	50	0.75	175	220	33.2	20.78	3.72	0	38.36	21.37	5	0.01	3	
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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
1/2cup Fruit 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	
1 Slice Pie Pumpkin RTS	300	43	2	0	0	23	0	5	12	100	1.25	225	300	98.82	546.56	0	0	16.1	31.72	35	0	2.5	
Lunch TOTAL	1180	162	11	0	0	69	0	44	41.5	675	6.6	1475	1430	664.08	921.71	18.66	5.4	97.9	150.94	130	1.29	11.0	

- *Meals labeled as "Provider Choice" are intended to be served on a one time per month basis.
- *Only one labeled meal may be used per month as they vary from the standard nutritional requirements.
- *Meals >=1400mg Sodium are considered "Provider Choice"

Daily Nutrient Analysis: Thursday, Week 4, Month Menu November 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	96	13	0	0	49	0	35	32	620	6	1610	1355	652	501	60	4	167	198	85	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 Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Barley Mushroom Pilaf	100	18	4	0	0	1	0	4	2.5	20	1	150	95	71.36	18.75	0.85	0.4	2.82	8.25	5	0.13	0
6 each Meatballs Manhattan BBQ Sauce f/Frz	330	29	2	0	0	22	0	13	19	100	1.75	350	790	209.27	21.19	1.19	0	7.27	33.46	60	0.49	7
1 Slice Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
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	745	96	13	0	0	49	0	35	31.5	620	5.95	1610	1355	651.58	501.25	59.78	3.8	167.44	197.88	85	0.94	9.0

Daily Nutrient Analysis: Friday, Week 4, Month Menu November 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 N (G)	SAT FAT (G)
DAILY TOTAL	895	114	9	0	0	49	0	51	32	945	6	1760	985	768	578	30	6	118	204	105	1	10
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 Bean Two Salad	110	18	3	0	0	13	0	2	4.5	75	1	200	10	35.81	22.02	9.59	0	45.74	26.53	0	0.02	0
6fl. oz Soup Cheese Hmd	240	13	0	0	0	7	0	12	16	400	0.75	250	300	252.9	214.54	0.5	2.5	6.07	25.64	40	0.67	7
1 Each Turkey Sndw w/Lettuce Tomato & Mayo on Hoagie	320	39	3	0	0	2	0	25	8	100	3	450	510	214.76	195.07	9.97	0.2	65.6	109.55	50	0.01	1.5
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
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	895	114	9	0	0	49	0	51	31.5	945	5.55	1760	985	768.27	577.67	29.89	5.7	118.22	204.06	105	0.7	10.0

Daily Nutrient Analysis: Monday, Week 5, Month Menu November 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	99	8	0	0	44	0	40	21	615	6	1225	760	654	362	28	6	23	135	85	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
1cup Tuna Noodle Casserole	280	32	2	0	0	5	0	23	7	150	3	350	300	266.49	111.86	3.7	2.5	9.55	94.48	60	0.31	2.5
1/2cup Ambrosia w/Whip Topping	110	23	1	0	0	20	0	1	3	20	0.4	125	25	15.42	30.11	14.73	0	0.42	5.03	5	0.03	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1/2cup Squash Yellow & Red Peppers f/Frz	40	5	1	0	0	2	0	2	2.5	20	0.75	200	20	25.37	36.82	10	0.4	6.52	8.14	0	0.13	0
Lunch TOTAL	685	99	8	0	0	44	0	40	20.5	615	5.5	1225	760	653.72	362.39	28.44	5.9	22.79	135.0	85	0.65	7.0

Daily Nutrient Analysis: Tuesday, Week 5, Month Menu November 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 N (G)	SAT FAT (G)
DAILY TOTAL	715	107	15	0	0	49	0	40	21	645	7	2025	1075	750	234	48	3	30	223	70	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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Fruit Fresh Winter Salad w/Fresh Orange	120	33	4	0	0	24	0	2	0	30	0.4	400	5	31.31	9.28	28.73	0	8.83	21.19	0	0	0
3/4cup Beef Carne Guisada f/Cubes	150	9	1	0	0	3	0	18	6	75	3.5	500	320	182.72	12.36	9.73	0	5.57	18.42	50	0.18	1.5
2tbsp Sauce Salsa f/RTS	10	3	0	0	0	2	0	0	0	0	0.3	125	115	11.4	12.3	3.96	0	1.11	4.2	0	0	0
1 Each Tortilla Whole Wheat 10 in	180	27	6	0	0	1	0	6	6	150	1.5	150	350	196.18	0	0	0	2.55	78.25	0	0	3
1/2cup Corn & Bean Black Salad f/Frz	130	22	4	0	0	6	0	5	3	40	1.25	450	140	93.73	16.28	5.92	0	6.68	88.56	0	0.01	0
Lunch TOTAL	715	107	15	0	0	49	0	40	20.5	645	7.05	2025	1075	749.78	233.82	48.35	3	30.04	222.97	70	0.37	6.5

Daily Nutrient Analysis: Wednesday, Week 5, Month Menu November 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	695	91	10	0	0	44	0	32	28	625	6	1535	1020	567	656	47	4	112	240	65	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 Pineapple Blushing Chunks f/Cnd	80	22	1	0	0	19	0	1	0	20	0.4	150	15	10.46	2.42	11.49	0	0.36	6.12	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Vegetable Mix Prince Edward Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1 Slice Toast Garlic Whole Grain 1in	120	15	1	0	0	1	0	3	6	10	1.25	40	190	29.58	4.42	0.07	0	10.03	63.24	0	0.08	2
1 3X3 Pizza Casserole Supreme	250	21	2	0	0	4	0	14	13	175	2	400	470	204.35	43.5	24.42	0.2	5.57	57.34	45	0.11	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	695	91	10	0	0	44	0	32	27.5	625	5.5	1535	1020	567.19	656.26	47.27	3.6	112.36	239.54	65	0.5	9.0

Daily Nutrient Analysis: Thursday, Week 5, Month Menu November 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)	FATRNR (G)	SAT FAT (G)
DAILY TOTAL	780	106	15	0	0	47	0	40	29	565	5	1875	765	662	1373	25	4	61	78	80	0	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 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
1/2cup Peaches Sliced JcPk Cnd w/Cranberry Sauce	80	23	2	0	0	19	0	2	0	10	0.5	175	10	22.99	25.46	4.77	0	4.5	6.42	0	0	0
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
3oz Pork Chop Braised Marinade f/Bnls	280	7	1	0	0	3	0	19	19	40	1.5	450	240	195.24	59.49	12.36	0.6	10.41	6.09	60	0.06	4
Lunch TOTAL	780	106	15	0	0	47	0	40	28.5	565	5.1	1875	765	662.47	1373.05	24.51	3.8	60.75	77.64	80	0.33	6.0

Daily Nutrient Analysis: Friday, Week 5, Month Menu November 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	655	84	9	0	0	30	0	44	18	500	5	1140	840	559	431	11	4	37	67	100	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 Vegetable Mix Oriental Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.44	212.58	2.91	0.4	23.38	17.26	0	0.13	0
3/4cup Chicken Chow Mein f/Pulled	190	8	1	0	0	1	0	26	6	30	1.75	300	370	161.2	15.85	6.12	0.2	4.96	13.32	80	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	0
1/2cup Pear Halves Cinnamon JcPk Cnd	70	17	2	0	0	13	0	0	0	20	0.4	150	10	15.67	0.05	2.08	0	0.48	1.31	0	0	0
Lunch TOTAL	655	84	9	0	0	30	0	44	18.0	500	4.5	1140	840	558.83	430.52	11.12	4.0	36.95	66.51	100	0.44	3.5



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 >=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"**

RECIPE TABLE OF CONTENTS

Lettuce Tossed Salad (Garden Salad)	5
Pork Sweet & Sour f/Loin (Sweet & Sour Pork)	6
Juice Pineapple f/Frz Conc 6 flz (Pineapple Juice)	8
Rice Fried w/Soy Sauce (Fried Rice)	9
Dressing Italian Fat Free PC (FF Italian Dressing)	11
Milk 1% 8 flz PC (1% Milk)	12
Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)	13
Juice Orange f/BIB 6 flz (Orange Juice)	15
Peas Green w/Paprika f/Frz (Seasoned Green Peas)	16
Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)	17
Milk 1% 8 flz PC (1% Milk)	18
Bratwurst Grilled (Grilled Bratwurst)	19
Potato Baked (Baked Potato)	20
Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)	21
Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)	23
Banana Whole Fresh (Banana)	24
Milk 1% 8 flz PC (1% Milk)	26

BBO Pork Ribs (BBO Pork Ribs)	27
Beans Baked f/Cnd (Baked Beans)	28
Potato Au Gratin RTC (Au Gratin Potatoes)	30
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	31
Milk 1% 8 flz PC (1% Milk)	32
Ham Ckd Bnls RS (RS Ham)	33
Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)	34
Tomato Stewed f/Cnd (Stewed Tomatoes)	36
Banana Whole Fresh (Banana)	38
Milk 1% 8 flz PC (1% Milk)	40
Lettuce Tomato Tossed Salad f/Mix (Lettuce & Tomato Salad)	41
Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)	42
Spinach w/Garlic Butter (Spinach with Garlic Butter)	44
Spread Garlic Butter (Garlic Butter Spread)	46
Peaches Spiced Slices Hot Cold f/Cnd (Spiced Peaches)	47
Milk 1% 8 flz PC (1% Milk)	49
Meatballs Swedish w/Sauce (Swedish Meatballs)	50
Noodles Parslied (Parslied Noodles)	52
Carrot Dilled f/Frz Bias (Seasoned Carrots)	54

Apple Scalloped Hmd f/Frz (Scalloped Apples)	55
Milk 1% 8 flz PC (1% Milk)	57
Beef Kabobs Marinated (Marinated Beef Kabob)	58
Marinade Beef (Beef Marinade)	60
Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)	62
Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)	64
Orange Pineapple & Banana (Oranges, Pineapples & Bananas)	65
Banana Whole Fresh (Banana)	66
Milk 1% 8 flz PC (1% Milk)	68
Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)	69
Greens Collard f/Frz (Collard Greens)	71
Crisp Pineapple Hmd (Pineapple Crisp)	73
Cornbread f/Mix (Cornbread)	75
Milk 1% 8 flz PC (1% Milk)	76
Meatloaf No Sauce (Meatloaf)	77
Potato Mashed f/Inst Granules (Mashed Potatoes)	79
Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)	80
Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)	81
Banana Whole Fresh (Banana)	82

Gravy Brown f/Mix (Brown Gravy)

84

Milk 1% 8 flz PC (1% Milk)

85

Lettuce Tossed Salad (Garden Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐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.

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)

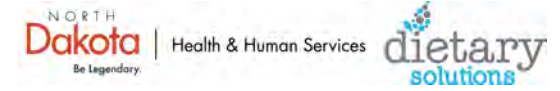
COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Cook	1 Cup	☐Contains: Onion, Carrots, Tomato, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

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)

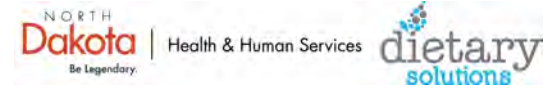
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining 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 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.

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	
	Carrot, Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	
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.

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 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

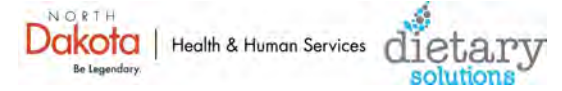
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 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

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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	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.

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	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	☐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)

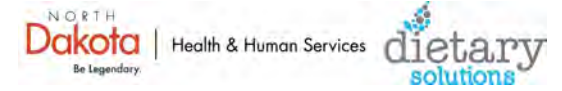
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours 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
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	
1 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)



Health & Human Services



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		
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	
3						Bring chicken base, water, pepper and onions to a boil.

Rice Brown Pilaf (Brown Rice Pilaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Add 2.25qt. of hot stock mixture to each pan. Cover with foil or metal lid and bake at 350F/176C for 40 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							Discard unused product.

Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)

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	Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
	Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
	Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	
	Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
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, AllergenSulphites, Carrots, Lemon, Chicken, AllergenEggs, Celery, AllergenWheat, AllergenMilk, Citrus, AllergenSoy

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	☐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	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
Vegetables	1/2 cup	2 servings
Fruits	1/2 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	1/2 cup pasta 1/2 cup rice	



CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.

Carbohydrate Content Breakfast

15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
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

