



## NORTH DAKOTA AGING SERVICES

### MENUS

#### Spring/Summer 7 day Lunch 2023

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

## INTRODUCTION

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

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

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

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

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



## MENU OVERVIEW

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

## Menus Best Practice Guide

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

## PRINTING RECOMMENDATIONS

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

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

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



## MENU PACKET

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

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

Cycle Menu S/S Lunch 7 day 2023 - Week 1



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>LUNCH</b>													
Herbed Fish	3 Oz	Oriental Salad	1/2 Cup	Pesto Turkey	3 Oz	Braised Pork Chop	3 Oz	Tomato Cucumber Salad	1/2 Cup	Meatloaf & Gravy	3 Oz	Garden Salad	8 Oz
Au Gratin Potatoes	1/2 Cup	Hawaiian Chicken	3 Oz	Baked Sweet Potato	1 whole	Twice Baked Potato	0.5 each	Balsamic Blackberry Chicken	3 Oz	Chive Mashed Potatoes	1/2 Cup	Penne Pasta w/Meat Sauce	1 Cup
Green Beans Oregano	1/2 Cup	Wild Rice Pilaf	1/2 Cup	Lemon Asparagus	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Brown Rice Pilaf	1 #8 sc.	Squash Medley	1/2 Cup	Seasoned Spinach	1/2 Cup
Peaches	1 each	Pacific Blend Vegetables	1/2 Cup	Balsamic Strawberries	1/2 Cup	Fresh Whole Tangerine	1 each	Capri Blend Vegetables	1/2 Cup	Blushing Pineapple	1/2 Cup	Fresh Whole Apricot	1 each
Wheat Dinner Roll	1 each	Fresh Watermelon Cubes	1 Cup	Roll Ciabatta Whole Wheat	1 (4x4)	Whole Wheat Bread	2 slice	Chilled Apple Slices	1/2 Cup	Wheat Dinner Roll	1 each	Garlic Whole Grain Breadstick	1 each
Soft Margarine Cup	1 each	Whole Wheat Bread	1 slice	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Choice of Dressing	1 each
		1% Milk	8 fl. oz					1% Milk	8 fl. oz			1% Milk	8 fl. oz



Cycle Menu S/S Lunch 7 day 2023 - Week 2



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LUNCH													
Root Beer Rib	1 serving	Beef Steak & Gravy	3 Oz	Carrot Pineapple Salad	1/2 Cup	Beef Stroganoff	3/4 Cup	Honey Roast Pork Chop	3 Oz	Turkey Cutlet & Gravy	1 each	Parmesan Baked Cod	3 Oz
Rosemary Potatoes	1/2 Cup	Mashed Potatoes	1/2 Cup	Caprese Chicken	3 Oz	Seasoned Egg Noodles	1/2 Cup	Stewed Summer Squash	1/2 Cup	Mashed Sweet Potatoes	1/2 Cup	Roasted Red Potatoes	1/2 Cup
Corn Cobbette	1 each	Green Beans with Thyme	1/2 Cup	Sicilian Blend Vegetables	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Fresh Fruit Salad	1 Cup	Maple Dijon Brussels Sprouts	1/2 Cup	Asparagus Almondine	1/2 Cup
Pears with Blueberries	1/2 Cup	Fresh Blueberries	1/2 Cup	Fresh Watermelon & Cantaloupe Cubes	1 Cup	Fresh Whole Orange	1 whole	Hot Spiced Apples	1/2 Cup	Banana Half	1 each	Oranges & Pineapple	1/2 Cup
Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	Wheat Dinner Roll	1 each	Wheat Dinner Roll	1 each	Wheat Dinner Roll	1 each	Wheat Dinner Roll	1 each	Wheat Dinner Roll	1 each
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Cherry Crisp	1/2 Cup	1% Milk	8 fl. oz

Cycle Menu S/S Lunch 7 day 2023 - Week 3



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>LUNCH</b>													
Carrot Raisin Salad	1/2 Cup	Parmesan Chicken	3 Oz	Liver & Onions	3 Oz	Turkey a la King	1 Cup	Marinated Cucumbers	1/2 Cup	Lemon Mustard Chicken	3 Oz	Broccoli Salad	1/2 Cup
Spanish Eggs	1/4 Cup	Buttered Spaghetti	1/2 Cup	Garlic Mashed Potatoes	1/2 Cup	Fluffy Rice	1/2 Cup	Pork Chop & Mushroom Sauce	1 each	Chive Mashed Potatoes	1/2 Cup	Garlic Shrimp	3 Oz
O'Brien Potatoes	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Parslied Carrots	1/2 Cup	Pacific Blend Vegetables	1/2 Cup	Seasoned Egg Noodles	1/2 Cup	Seasoned Spinach	1/2 Cup	Angel Hair Pasta	1/2 Cup
Fresh Berries w/Whip Topping	1 Cup	Fresh Fruit Salad	1 Cup	Diced Mangos	1 each	Fresh Grapes	1/2 Cup	Lemon Asparagus	1/2 Cup	Chilled Tropical Fruit	1/2 Cup	Capri Blend Vegetables	1/2 Cup
Whole Grain Bagel	1 each	Wheat Dinner Roll	1 each	Whole Wheat Bread	2 slice	Biscuit RTB	1 each	Fresh Sliced Kiwi	1/2 Cup	Wheat Dinner Roll	1 each	Peach Applesauce	1 each
LoCal Cream Cheese	1 Oz	Marinara Sauce	2 fl. oz	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
		1% Milk	8 fl. oz					1% Milk	8 fl. oz				

Cycle Menu S/S Lunch 7 day 2023 - Week 4



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>LUNCH</b>													
Turkey Dijonaise	3 Oz	Mediterranean Baked Fish	3 Oz	Oven Fried Chicken	3 Oz	Corn Salad	1/2 Cup	Picadillo	1 Cup	Chicken Fricassee	3 Oz	Ham & Beans	1 Cup
White & Wild Rice Blend	1/2 Cup	Roasted Red Potatoes	1/2 Cup	Chive Mashed Potatoes	1/2 Cup	Beef Burgundy	3/4 Cup	Calico Corn	1/2 Cup	Dijon Red Potatoes	1/2 Cup	Southern Style Okra	1/2 Cup
Green Beans Oregano	1/2 Cup	Scandinavian Blend Vegetables	1/2 Cup	Seasoned Green Peas	1/2 Cup	Parslied Noodles	1/2 Cup	Shredded Lettuce Garnish	1/4 Cup	Savory Carrots	1/2 Cup	Scalloped Apples	1/2 Cup
Beet & Mandarin Salad	1/2 Cup	Banana	1 each	Peaches	1 each	Seasoned Spinach	1/2 Cup	Oranges In Whipped Topping	1/2 Cup	Blushing Pears	1/2 Cup	Corn Muffin	1 each
Fresh Strawberries	1/2 Cup	Wheat Dinner Roll	1 each	Cornbread	1 (2x3)	Fresh Plums	1/2 Cup	Whole Wheat Tortilla	1 each	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each
Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Whole Wheat Bread	1 slice	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz
Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Poultry Gravy	2 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz				
1% Milk	8 fl. oz			1% Milk	8 fl. oz	1% Milk	8 fl. oz						

# RECIPES



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

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# Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	ⓘ Contains: Cinnamon, AllergenSoy, AllergenMilk, 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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Salt, Iodized	1/4 tsp	1/2 tsp	3/4 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	
	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	
	Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	
	Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# 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.

# 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.

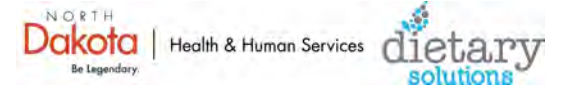
# Apple Slices Hot Cinnamon f/Cnd (Hot Spiced Apples)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	135 °F	Simmer	1/2 Cup	ⓘ Contains: Apples, Cinnamon, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	27 g	0 g	4 g	10 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine all ingredients. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
Apple Slices, Unsweetened Cnd	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 2 Cup	4 Gal 3 Cup	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					Discard unused product.

# Applesauce Peach Unsweetened PC (Peach Applesauce)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Apples, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 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					Portion according to serving size.
3					Discard unused product.





# Applesauce Peach Unsweetened PC (Peach Applesauce)

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# Apricots Whole Fresh (Fresh Whole Apricot)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Bake	1 each	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH ALL PRODUCE under cool, running water. Drain well.

# Asparagus Almondine f/Frz (Asparagus Almondine)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	300.0 °F	Steam	1/2 Cup	<b>ⓘ Contains: Asparagus, AllergenSoy, AllergenMilk, AllergenTreeNuts</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	3 g	4 g	4.5 g	30 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Asparagus, Cuts Frz	5 lb	10 lb	15 lb	20 lb		Steam or boil asparagus until tender and drain.
<b>3</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Spread nuts on a shallow pan in a thin layer. Bake, stirring occasionally until light brown.
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Nuts, Almonds Sliced	4 Oz	8 Oz	12 Oz	1 lb	Sauteed	
<b>4</b>						Add seasonings and mix lightly. Serve immediately.

# Asparagus Almondine f/Frz (Asparagus Almondine)

	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.
8							Discard unused product.

# Asparagus Seasoned f/Frz (Lemon Asparagus)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1	Asparagus, Cuts 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	
	Juice, Lemon RTS 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.
6					Discard unused product.

# Bagel Whole Grain (Whole Grain Bagel )

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	28 g	6 g	1 g	20 mg	250 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.

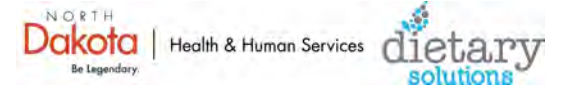
# Banana Half (Banana Half)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	0 g	0 g	0 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Banana Whole Fresh	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb	Halved	Slice each unpeeled banana in half. Wrap cut end securely to prevent discoloration and serve immediately.
						+CCP - Serve Chilled <40F/4C.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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





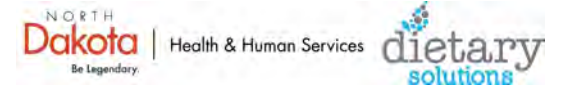
# Banana Whole Fresh (Banana)

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# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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



# Banana Whole Fresh (Banana)

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# Beef Burgundy f/Cubes (Beef Burgundy)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	155 °F	Simmer	3/4 Cup	ⓘ Contains: Tomato, Beef, Corn, Mushroom, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	5 g	17 g	3.5 g	20 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beef, Cubes Raw	5 lb	10 lb	15 lb	20 lb		Heat beef cubes until brown. Add first portion of water, turn heat to high until water comes to a boil. Reduce heat and cover pan. Let simmer until beef cubes are tender (approximately 1 1/2 hrs).
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
<b>3</b> Mushrooms, Pieces Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Drained	Add mushrooms, beef base, black pepper, burgundy wine, and tomato paste to beef mixture.
Base, Beef Paste LS G-F	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		
Wine, Burgundy	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		

# Beef Burgundy f/Cubes (Beef Burgundy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato Paste, Cnd	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
4	Cornstarch	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Mix cornstarch with cold water to form a smooth paste. Add to beef and cook to desired consistency.
	Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt	Cold	
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: Product held at >135F/57C Temperature should be taken 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.

# Beef Picadillo f/Grd (Picadillo)

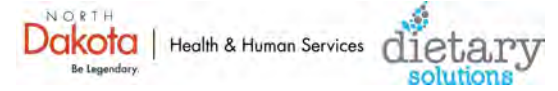
COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	165 °F	Simmer	1 Cup	ⓘ Contains: Beef, Onion, AllergenSoy, Garlic, Corn, AllergenWheat, AllergenMilk, Peppers Bell, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	10 g	17 g	21 g	50 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						In a skillet, sauté onion, peppers and garlic in oil until softened, stirring often.
Oil, Vegetable	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Garlic, Whole Fresh	0.5 Oz	1.5 Oz	2 Oz	2.5 Oz	Minced	
Onion, Yellow	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Chopped	
Pepper, Green Fresh	6.67 each	13.33 each	20 each	26.67 each	Chopped	
<b>3</b>						Add beef stirring to break meat to crumbles. Cook until browned. Drain fat. Add tomatoes & seasoning stirring to distribute.
Beef, Ground 80-85/20-15 Raw	6 lb 11 Oz	13 lb 5 Oz	20 lb	26 lb 11 Oz		
Tomato, Diced Cnd	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		

# Beef Picadillo f/Grd (Picadillo)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cumin, Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
	Pepper, Black Ground	1.0 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
	Flour, All Purpose	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		In separate pan, melt margarine. Add flour and cook 5 minutes until smooth to make a roux, stirring constantly. Mix base with hot water to make broth. Slowly stir in broth to roux . Cook until smooth and thickened, then add to meat mixture.
<b>5</b>	Base, Beef Paste LS G-F	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
	Margarine, Solids	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Flour, All Purpose Pepper, Black Ground Garlic, Powder Beef, Steak Cube Raw	2 Cup	1 Qt	1 1/2 Qt	2 Qt	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	
2 Gravy Mix, Brown Dry	5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	Mix seasonings with flour. Coat steaks in flour mixture. Bake at 400F/204C for 10-15 min or grill with high heat, browning both sides 3-4 min per side.
3					Make gravy according to package directions.
4					Place cooked steaks overlapping in 4" full pan. Cover steaks with gravy. Cover and bake about 30-40 min.



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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	155 °F	Simmer	3/4 Cup	ⓘ Contains: Garlic, Corn, Beef, Mushroom, AllergenMilk, AllergenWheat, AllergenFish, AllergenSoy, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	8 g	19 g	8 g	40 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Beef, Cubes Raw	5 lb 5 Oz	10 lb 11 Oz	16 lb	21 lb 5 Oz	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	
<b>2</b> Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Melted	Cut meat in 1" cubes. Brown meat in margarine. Add onion and seasonings.
	Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>3</b> Water, Tap	1 1/8 Qt	2 1/4 Qt	3 1/2 Qt	1 Gal 1 Cup		Make beef stock from water & base. Heat stock; add to meat. Simmer 35-40 min, until meat is tender.
	Base, Beef Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	

# Beef Stroganoff f/Cubes (Beef Stroganoff)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
5	Sauce, Worcestershire	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		Mix flour, water and worcestershire sauce. Stir until smooth. Add to meat while stirring and cook until thickened.
	Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt		
	Flour, All Purpose	4 Oz	8 Oz	12 Oz	1 lb		
6	Mushrooms, Pieces Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		Add mushrooms to meat.
7	Sour Cream, Real Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Just before serving, add sour cream to meat mixture, stirring constantly. Cook and stir until thickened.
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.

# Beets & Mandarin Salad (Beet & Mandarin Salad)

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

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

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



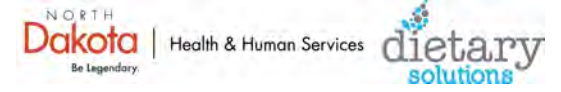
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SERVING SIZE	ALLERGENS
1 Cup	ⓘ Contains: Strawberry, AllergenSoy, Blueberry, Raspberry

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

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



# Biscuit RTB (Biscuit RTB)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	30 g	5 g	5 g	20 mg	550 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					Discard unused product.



# Biscuit RTB (Biscuit RTB)

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# Blueberries f/Fresh (Fresh Blueberries)

SERVING SIZE	ALLERGENS
1/2 Cup	<b>Contains: Blueberry</b>

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Berries under cool, running water. Drain well.
2					CCP - Maintain <40F/4C.



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

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

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

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

# Broccoli f/Fresh Salad (Broccoli Salad)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Onion, AllergenSulphites, Broccoli, Cauliflower, Pork & Products, AllergenEggs, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	19 g	5 g	13 g	75 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>	Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine Vegetables.
	Vinegar, White	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	
	Vinegar, Cider Apple	1/3 Cup	3/4 Cup	1 1/8 Cup	
	Mayonnaise, Low Fat Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	
<b>2</b>	Broccoli, Florets Fresh	5 lb	10 lb	15 lb	Add Bacon Bits, Sunflower Seeds, and Raisins to Vegetables.
	Cauliflower, Fresh	1 lb	2 lb	3 lb	
	Onion, Red/Burmuda	1.5 each	3 each	4.5 each	

## Broccoli f/Fresh Salad (Broccoli Salad)

INGREDIENTS		SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3	Bacon Bits, Real	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Mix remaining ingredients to make Dressing until Sugar is dissolved. Combine with Salad. Best if covered and refrigerated <40F/4C for 4 1/2 hours before serving. CCP - Maintain <40F/4C.
	Seeds, Sunflower Toasted	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
	Raisins, Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	

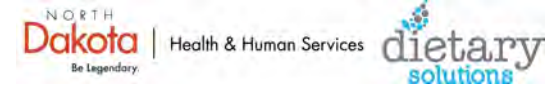
# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

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

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

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



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

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

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

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

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

# Carrot Parsley f/Frz (Parslied Carrots)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: AllergenEggs, Carrots, Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	11 g	1 g	10 g	30 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Mayonnaise, Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		Combine carrots, pineapple, and dressing. Mix lightly and chill for at least 2 hrs before serving. CCP -- Maintain <40F/4C.
<b>2</b> Carrot, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Shredded	
Pineapple, Chunks JcPk	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Drained	
<b>3</b> Lettuce, Iceberg	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Rinsed/Drained	Separate lettuce into leaves. Line salad plate with lettuce leaf and place 1/2 cup carrot mixture on top.
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.



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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	⚠️ Contains: AllergenEggs, Carrots, AllergenSulphites

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

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

# Carrot Savory f/Frz (Savory Carrots)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	1/2 Cup	ⓘ Contains: Carrots, AllergenSoy, Celery, Corn, Garlic, Onion, Tomato, AllergenMilk, Citrus

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g		1 g	2.5 g	40 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Base, Vegetable Paste LS G-F	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Steam or boil with base.
	Carrot, Sliced Frz	5 lb	10 lb	15 lb	20 lb	
<b>3</b>	Margarine, Solids	2 Oz	4 Oz	6 Oz	8 Oz	Melted Season with melted margarine, pepper and lemon juice.
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	
	Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
<b>4</b>	Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Sprinkle with parsley.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Carrot Savory f/Frz (Savory Carrots)

	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.

# Chicken Breast Balsamic Blackberry (Balsamic Blackberry Chicken)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Corn, Garlic, Onion, AllergenSulphites, Chicken

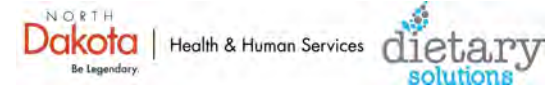
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	17 g	19 g	4 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Oil, Olive	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Chicken, Breast Bnls Sknls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
2 Water, Tap	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Warm	In a large skillet over medium-high heat, lightly brown chicken breasts on both sides. Transfer chicken to prepared pan(s).
	Base, Chicken Paste LS G-F	1 Oz	1.5 Oz	2.5 Oz	3 Oz	
	Thyme, Dried Leaves	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	
	Jam/Preserves, Blackberry Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
	Blackberries, Fresh	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup	

# Chicken Breast Balsamic Blackberry (Balsamic Blackberry Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Vinegar, Balsamic	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		
3	Cornstarch	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		Combine water and base to make broth. In a large bowl, whisk together the broth, thyme, blackberry preserves, fresh blackberries and vinegar. Pour blackberry sauce over chicken in pan, and place in oven to bake.
	Water, Tap	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Cold	
4							While chicken cooks, whisk together cornstarch and water to make a slurry. Set aside.
5							Remove chicken from oven, set aside to rest. Pour sauce/juices from cooking pan into a large saucepan. Stir cornstarch slurry into the saucepan and bring to a gentle boil over medium-high heat, stirring occasionally until sauce thickens, 5-7 minutes.
6							To serve: Spoon 2 Tbsp sauce over each 3 oz chicken breast.
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: If using frozen blackberries thaw completely before adding to sauce.

# Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)



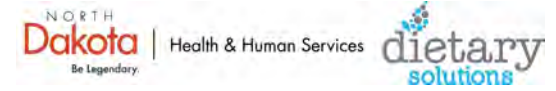
COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: AllergenMilk, Chicken, Tomato, AllergenSulphites, Garlic, Onion, Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	3 g	23 g	7 g	125 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Chicken, Breast Bnls Sknls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Marinate chicken in Italian dressing for 4-24 hours. Refrigerate until ready to use.	
	Dressing, Italian Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>3</b>						Place chicken on greased baking sheet. Bake at 350F/176C until chicken is approx. 3/4 of the way cooked.	
<b>4</b>	Tomato, Fresh	1 lb 2 Oz	2 lb 3 Oz	3 lb 5 Oz	4 lb 6 Oz	Sliced	Remove chicken from oven. Place one tomato slice on each chicken breast. Top each with ~2 Tbsp shredded mozzarella cheese and sprinkle with basil. Bake uncovered until cheese is melted and chicken is cooked through.
	Cheese, Mozzarella Shredded	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		
	Basil, Dried Leaves	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		

# Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.



# Chicken Fricassee Thighs Bnls (Chicken Fricassee)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	325.0 °F	165 °F	Bake	3 Oz	<b>ⓘ Contains: Chicken, AllergenSoy, Garlic, AllergenWheat, AllergenMilk, Corn, Onion</b>

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	4 g		15 g	13 g	10 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Flour, All Purpose Salt, Iodized Pepper, Black Ground	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>2</b> Chicken, Thigh Bnls Sknls	5 lb 8 Oz	11 lb	16 lb 8 Oz	22 lb	Combine flour, salt and pepper.
<b>3</b> Margarine, Solids Base, Chicken Paste LS G-F Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt	Dredge chicken in seasoned flour. Refrigerate until ready to use.
	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	
	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	
<b>4</b> Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Brown chicken in margarine. Place in roasting pan (or steam-jacketed kettle) and cover with boiling water and chicken base. Cook slowly, adding more water if necessary, until tender, approximately 1 1/2 hr



# Chicken Fricassee Thighs Bnls (Chicken Fricassee)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
5						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
6						Melt margarine and add flour; mix well. Stir flour mixture into liquid in which chicken was cooked; continue to heat and stir until thickened. Serve gravy over chicken.
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 Fried Oven f/Thigh (Oven Fried Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
55 Min	325.0 °F	165 °F	Bake	Tongs	3 Oz	<b>Contains: Chicken, AllergenSoy, AllergenMilk, AllergenWheat, AllergenEggs</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	4 g	18 g	4.5 g	20 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
<b>2</b>	Chicken, Thigh Bnls Sknls	6 lb 12 Oz	13 lb 9 Oz	20 lb 5 Oz	27 lb 2 Oz	Prepare egg wash by combining eggs and buttermilk. Mix well. Mix dip seasoning with flour. Dip chicken into egg wash and then into flour mix. Coat well and place coated chicken pieces in single layer on baking sheet sprayed with non-stick pan spray.	
	Egg, Shell Large	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
	Milk, Buttermilk Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Flour, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Seasoning, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
<b>3</b>	Margarine, Solids	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Melted	Drizzle chicken with melted margarine and seasoned salt. Bake at 325F/162C for 45-60 min.

# Chicken Fried Oven f/Thigh (Oven Fried Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Seasoning	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 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.

# Chicken Hawaiian Thighs (Hawaiian Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	Spatula	3 Oz	ⓘ Contains: Pineapple, Corn, Chicken, AllergenMilk, AllergenWheat, AllergenSoy, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	24 g	17 g	4 g	75 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Thigh Bnls Sknls Orange, Mandarin JcPk Pineapple, Chunks JcPk	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 lb 6 Oz	2 lb 12 Oz	4 lb 2 Oz	5 lb 8 Oz		
	1 lb 6 Oz	2 lb 12 Oz	4 lb 2 Oz	5 lb 8 Oz		
2 Milk, 2% Bulk Bread Crumbs, Plain	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		Thaw chicken. Drain approximately half of juice from oranges and pineapple.
	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
3 Cornstarch	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		Place milk in shallow bowl. Place bread crumbs in another shallow bowl. Dip each chicken piece in milk then in bread crumbs to coat. Place breaded chicken pieces in baking pan. Bake.

# Chicken Hawaiian Thighs (Hawaiian Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Juice Orange f/BIB 6 flz	3 1/3 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	Prepared	
	Basil, Dried Leaves	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
4	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
	Pepper, Black Ground	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
5							Prepare Sauce: Stir cornstarch into orange juice and stir until dissolved. Stir in basil. Heat to boiling, then reduce heat and continue cooking for 2 min.
6							Add salt and pepper. Gently stir in oranges and pineapple, including remaining juice. Simmer. Portion 1 piece of chicken with approximately 2 fl oz sauce per serving.
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.

# 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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	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	
<b>3</b>					+CCP - Serve Chilled <40F/4C.	

# Chicken Lemon Mustard f/Breast (Lemon Mustard Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Garlic, Mustard, AllergenMilk, AllergenSoy, Citrus, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	15 g	22 g	3.5 g	50 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Juice, Lemon RTS Mustard, Yellow Prepared	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
2 Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	In a bowl, mix lemon juice and mustard.
3 Bread Crumbs, Plain Paprika Garlic, Powder	1 Qt	2 Qt	3 Qt	1 Gal	Brush lemon-mustard mix over meat. Coat well. Cover container and refrigerate until ready to use.
	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
4					In a separate bowl, mix together the dry ingredients. Coat both sides of meat in the bread mixture.

# Chicken Lemon Mustard f/Breast (Lemon Mustard Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Place meat onto baking pan, and bake for 20 minutes on one side. Turn meat over and cook for another 20 minutes.
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.
10						Note: Can garnish with parsley and lemon slices.



# Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)

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

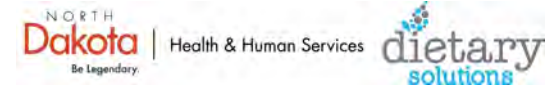
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	4 g	21 g	7 g	30 mg	140 mg

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

# Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)

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

# Corn Calico f/Frz (Calico Corn)



COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
8 Min	Steam	#8 scoop	1/2 Cup	ⓘ Contains: Peppers Bell, Corn, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g		3 g	2.5 g	0 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Corn, Whole Kernel Frz	5 lb	10 lb	15 lb	20 lb		Boil or steam corn until tender.
<b>3</b> Pepper, Green Fresh	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Chopped Fine	Add chopped vegetables and cook until tender. Add black pepper and margarine.
Peppers Red Roasted f/Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped Fine	
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Corn Calico f/Frz (Calico Corn)

	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.

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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pepper, Red Fresh	25 each	50 each	75 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice Pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3 Oil, Olive Salt, Iodized	2 Tbsp 1 tsp	1/4 Cup 2 tsp	1/3 Cup 1 Tbsp	1/2 Cup 1 Tbsp 1 tsp	Pour the oil and salt over the sliced Peppers. CCP -- Maintain >135F/57C. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
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.

# Corn Cobbette Frz (Corn Cobbette)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1 each	⚠️ Contains: Corn

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

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

# Corn Salad f/Frz (Corn Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Peppers Bell, Onion, Corn, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	17 g	3 g	4.5 g	10 mg	120 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Dice Onions and Peppers. Cook Corn. Combine Corn, Onions and Pepper in a bowl. Chill at <40F until cold.
<b>2</b>						Mix together Vinegar, Oil, Sugar, Salt, Cumin and Pepper for Dressing. Mix well with wire whip.
Corn, Whole Kernel Frz	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz		
Onion, Yellow	6.5 Oz	13.5 Oz	1 lb 4 Oz	1 lb 11 Oz	Diced	
Pepper, Green Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Diced	
Vinegar, White	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
Oil, Vegetable	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		
Sugar, Granulated Bulk	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
Salt, Iodized	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		

# Corn Salad f/Frz (Corn Salad)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Cumin, Ground	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Pepper, Black Ground	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
<b>3</b>						Pour Dressing over Corn Mixture, toss to coat.
<b>4</b>						CCP -- Maintain <40F.



# 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.

# Crisp Cherry f/Frz (Cherry Crisp)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	#10 scoop	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk, Citrus, Cinnamon, Cherry

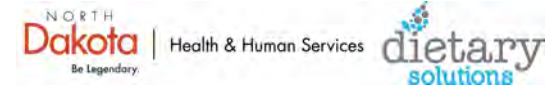
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	39 g	3 g	6 g	30 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Cherries, Sweet Pitted Frz	4 lb 13 Oz	9 lb 11 Oz	14 lb 8 Oz	19 lb 6 Oz		Mix Sugar, Lemon Juice and Fruit.
2 Sugar, Granulated Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
Juice, Lemon RTS	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
3 Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Softened	Combine remaining ingredients and mix until crumbly. Sprinkle evenly over Fruit. Bake 40-50min until top is browned, checking periodically to avoid excessive browning.
Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		
Sugar, Brown Light	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		

# Crisp Cherry f/Frz (Cherry Crisp)

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

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



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

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

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

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

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

# Cucumbers Marinated (Marinated Cucumbers)

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

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

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

# 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.

# Egg Scrambled Spanish f/Frz (Spanish Eggs)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Cook	1/4 Cup	ⓘ Contains: AllergenEggs, Tomato, AllergenSulphites, Garlic, Onion, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	5 g	11 g	10 g	175 mg	320 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid Frz	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Thawed	Combine egg, milk and pepper. Beat until blended. Refrigerate egg mixture until ready to cook.
<b>2</b> Milk, 2% Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
<b>3</b> Pepper, Chile Green Cnd	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	Drained	Steamer: Pour egg mixture into each pan. Sprinkle cheese and chili peppers on top and stir to distribute. Steam for 6-8 min at 5 lb pressure. Batch cook. Serve with 1 oz of picante sauce.
Cheese, Cheddar Shredded	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz		
Sauce, Salsa Mild RTS	3 1/3 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		



# Egg Scrambled Spanish f/Frz (Spanish Eggs)

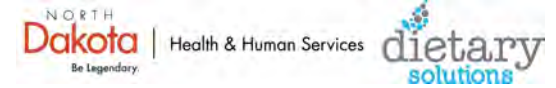
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Oven: Pour egg mixture into baking pans. Sprinkle cheese and chili peppers over egg mixture stirring to distribute. Bake in preheated 350F/176C conventional (325F/162C convention) oven for 20 min, stirring once during baking process. Serve with 1 oz of picante sauce.
5							Grill: Spray grill with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches. Sprinkle cheese and chili peppers onto egg as eggs begin to thicken, turn to incorporate (keep uncooked mixture refrigerated), continue cooking, turning spatula, for 3-5 min. Serve with 1 oz of picante sauce.
6							Eggs: 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							Discard unused product.

# Fish Cod Parmesan Bkd (Parmesan Baked Cod)

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

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

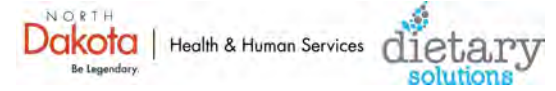
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Crumbs, Plain	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Combine bread crumbs, parmesan cheese and thyme.
Cheese, Parmesan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



# Fish Cod Parmesan Bkd (Parmesan Baked Cod)

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

# Fish Pollock Bkd Mediterranean (Mediterranean Baked Fish)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	145 °F	Bake	Spatula	3 Oz	ⓘ Contains: Tomato, AllergenSoy, Garlic, AllergenSulphites, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	4 g	18 g	4 g	75 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Fish, Pollock 2-4z Frz	6 lb	12 lb	18 lb	24 lb		Spray sheet pan(s) with pan coating spray and portion fish onto pan(s). Brush fish with oil, splash with wine and sprinkle with garlic. Chill if not using right away.
Pan Coating, Spray	25 g	50 g	75 g	100 g		
<b>2</b> Oil, Olive	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Wine, White	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Garlic, Powder	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>3</b> Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		Top fish with remaining ingredients, and cook. Note: dried chives may be substituted for fresh.
Tomato, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Chopped	

# Fish Pollock Bkd Mediterranean (Mediterranean Baked Fish)

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

# Fish Pollock Cheese Herb Baked (Herbed Fish)

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

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

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

# Fish Pollock Cheese Herb Baked (Herbed Fish)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Cheese, Mozzarella Shredded	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Shredded	Bake for 20 min; sprinkle cheese over fish, and place back in oven to bake until fish is flakey, 5-7 min.
6							Fish: Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Fruit Fresh Summer Salad 5 Kinds Fresh (Fresh Fruit Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	30 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh	6.25 each	12.5 each	18.75 each	25 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fruit may vary from foods listed. Preprep: Peel Kiwi & slice. Wash and drain Strawberries and Grapes. Peel and remove seeds from Melons. *Maintain <40F.
Strawberries, Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Grapes, Green Seedless	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	
Melon, Cantaloupe Fresh	1.88 each	3.75 each	5.63 each	7.5 each	
Melon, Honeydew Fresh	1.25 each	2.5 each	3.75 each	5 each	
2					Cut each Grape in half. Cut other Fruit into bitesize pieces. Mix all Fruit, except Kiwi, together. Portion 1 cup into serving bowls. Place 2 slices of Kiwi in each bowl. Chill <40F.
3					CCP -- Maintain <40F.



# 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	1/4 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 g	0 g	0 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						WASH ALL PRODUCE under cool, running water. Drain well.
3 Lettuce, Iceberg	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb	Shredded	Serve 1/2 cup per portion.
4						CCP -- Maintain <40F/4C; discard unused product.

# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ 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.

# Gravy Poultry f/Mix (Poultry Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0 g	20 mg	270 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 3/4 Qt	3 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	Prepare product as per package instructions.
	Gravy Mix, Poultry 5.5 Oz	11 Oz	1 lb 0 Oz	1 lb 6 Oz	
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.

# Green Beans Oregano f/Frz (Green Beans Oregano)

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

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

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	1/2 Cup	ⓘ Contains: AllergenSoy, Beans/Legumes, AllergenMilk

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

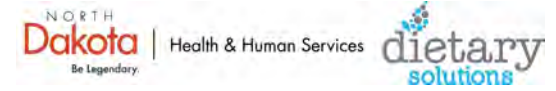
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Cut Frz	5 lb	10 lb	15 lb	20 lb		Cook green beans until tender. Drain excess liquid.
3	Margarine, Solids	1/4 Cup	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.

# Ham & Beans Navy f/Dry (Ham & Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
300 Min	350.0 °F	165 °F	Bake	1 Cup	ⓘ Contains: Onion, Beef, Corn, Beans/Legumes, Celery, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	43 g	21 g	3.5 g	125 mg	410 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beans, Navy Dry Water, Tap	3 lb 9 Oz	7 lb 2 Oz	10 lb 11 Oz	14 lb 4 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 Gal	2 Gal 1 Cup	3 Gal 1 Cup	4 Gal 2 Cup		
2 Ham, Buffet Flat Bnls Pepper, Black Ground Base, Beef Paste LS G-F Onion, Yellow Celery, Fresh	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Diced	Wash beans. Add boiling water. Let stand 1 hr or longer or let stand in refrigerator overnight.
	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
	1 lb 1 Oz	2 lb 2 Oz	3 lb 3 Oz	4 lb 4 Oz	Diced	
	1 lb 3 Oz	2 lb 6 Oz	3 lb 9 Oz	4 lb 12 Oz	Diced	



# Ham & Beans Navy f/Dry (Ham & Beans)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Drain water and add fresh water. Cook until tender, about 1 hr. Add more water as necessary. Add ham & remaining ingredients.
4							Pour into baking pan. Bake uncovered at 350F/176C for 4-5 hrs. Stir occasionally.
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.



# 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.

# Liver & Onions (Liver & Onions)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Grill	3 Oz	ⓘ Contains: Onion, Beef, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	18 g	27 g	13 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Mix seasonings with flour.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>2</b> Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Garlic, Powder	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
<b>3</b> Liver, Beef Raw	25 slice	50 slice	75 slice	100 slice		Dredge liver in seasoned flour. Chill until ready to grill.
<b>4</b> Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt		Oil grill; grill liver slices.
<b>5</b> Onion, Yellow	3 lb	6 lb	9 lb	12 lb	Sliced Thin	Grill sliced onions until tender. Serve grilled onions over liver.

# Liver & Onions (Liver & Onions)

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

# Mango Diced PC (Diced Mangos)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	1 g	0 g	20 mg	5 mg

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

# 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.

# Meatloaf & Gravy f/Mix (Meatloaf & Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	6 g	16 g	17 g	75 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Gravy Brown f/Mix	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Prepared	Prepare gravy as per separate recipe.
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	Mix remaining ingredients on low speed until blended. Do not overmix.
Bread Crumbs, Plain	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		
<b>3</b> Egg, Liquid Frz	1 Cup	2 Cup	3 Cup	1 Qt		
Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		

# Meatloaf & Gravy f/Mix (Meatloaf & Gravy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Press mixture into loaf pans. Or, form loaves onto a baking sheet. Bake, approximately 1 1/2 hr.
5							Drain fat from meatloaf. Let stand a few minutes before slicing. Portion into 3 oz pieces. Serve 2 fl oz of gravy over each serving.
6							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
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.

# 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.	



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



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

# Muffin Corn Medium RTS (Corn Muffin)

SERVING SIZE	ALLERGENS
1 each	<b>ⓘ Contains: Corn, AllergenMilk, AllergenWheat, AllergenEggs, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
350 kcal	58 g	7 g	10 g	100 mg	440 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 directions.
3					Portion according to serving size.
4					Discard unused product.

**Regular Easy to Chew (EC7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Noodles Egg Seasoned (Seasoned Egg Noodles)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Boil	1/2 Cup	ⓘ Contains: AllergenWheat, AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	4 g	3 g	20 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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.

# 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 Water, Tap Salt, Iodized	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal		
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Margarine, Solids Parsley, Dried	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Bring water to a boil.
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3						Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4						Stir in margarine and seasonings.

# Noodles Parslied (Parslied Noodles)

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

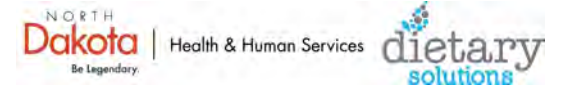
# Okra Cut Southern Style f/Frz (Southern Style Okra)

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	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	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	
<b>3</b>	Okra, Cut Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Stir in okra. Cook about 5 min, stirring constantly.
<b>4</b>	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 & Pineapple f/Cnd (Oranges & Pineapple)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	⚠ Contains: Pineapple, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Orange, Mandarin JcPk Pineapple, Chunks JcPk	0.5 no. 10 can	1 no. 10 can	1.5 no. 10 can	2 no. 10 can 1 Gal 3 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour undrained Mandarin Oranges into undrained Pineapple. Mix gently. Portion with slotted spoon. Chill.
<b>2</b>	1 1/2 Qt	3 Qt	1 Gal 1 Cup	CCP -- Keep chilled at 40F.	

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ Contains: Citrus

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

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

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



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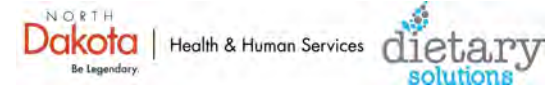


COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	1 g	1 g	10 mg	15 mg

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

# Oriental Salad (Oriental Salad)



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

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

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

# Oriental Salad (Oriental Salad)

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

# Pasta Angel Hair Buttered (Angel Hair Pasta)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	24 g	5 g	2.5 g	20 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	Water, Tap 3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		Bring Water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, approximately 8-10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
	Pasta, Angel Hair Dry 1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3	Margarine, Solids 1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Melted	Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized 1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
4						CCP -- Maintain >135F/57C 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.

# Pasta Penne w/Meat Sauce (Penne Pasta w/Meat Sauce)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Boil	1 Cup	ⓘ Contains: Pork & Products, Beef, Onion, Tomato, Garlic, AllergenEggs, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	39 g	16 g	12 g	50 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Pork, Ground Raw	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Beef, Ground 80-85/20-15 Raw	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz	
	Onion, Yellow	4 Oz	7.5 Oz	11.5 Oz	15 Oz	
2	Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Brown meats and drain off fat. Immediately add onion and cook for 5 minutes.
	Tomato Puree, Cnd	1 1/8 Qt	2 1/4 Qt	3 1/2 Qt	1 Gal 1 Cup	
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal	
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	



# Pasta Penne w/Meat Sauce (Penne Pasta w/Meat Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Oregano, Dry	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Marjoram, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Thyme, Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
	Garlic, Powder	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
<b>3</b>	Pasta, Penne	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Add granulated garlic, pepper, tomato puree, first measure water, salt and herbs. Simmer about 1 hour.
	Water, Tap	3 Gal	6 Gal	9 Gal	12 Gal		
<b>4</b>							Heat second measure water to a rolling boil. Slowly add pasta, stirring until water returns to a boil. Cook 10-12 minutes or until tender, stirring occasionally. Drain well, rinse with cool water, and drain again.
<b>5</b>							Stir into meat sauce and scale into lightly sprayed medium half-steamtable pans.
<b>6</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>7</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Pasta Spaghetti Buttered (Buttered Spaghetti)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Boil	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	21 g	4 g	3 g	10 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pasta, Spaghetti Dry	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Bring water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.	
	Water, Tap	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		
3	Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Melted	Mix in melted margarine until well blended.
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.	

# Peaches Fresh (Peaches )

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Peach

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

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

# Pear Slices Blushing JcPk Cnd (Blushing Pears)

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

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

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

# Pear Slices w/Blueberries (Pears with Blueberries)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Blueberry, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	0 g	0 g	10 mg	5 mg

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Pears, Sliced JcPk	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Chilled	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Blueberries, Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
2							Wash blueberries just before using. Lightly drain pears. Portion 1/4 cup pears in each serving dish. Add 1/4 cup blueberries on top. Do NOT stir. Combine fruit as close to meal service as possible to avoid bleeding colors.
3							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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam or boil peas until tender. Add seasonings and mix well.
Peas, Green Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# 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.

# Plums f/Fresh (Fresh Plums)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	1 g	0 g	10 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Plums, Fresh	50 each	100 each	150 each	200 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Plums. Dice into bite-sized pieces for serving.
2					CCP - Maintain <40F.



# Pork Chop & Mushroom Sc f/Bnls (Pork Chop & Mushroom Sauce)



Health & Human Services



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	145 °F	Bake	1 each	ⓘ Contains: AllergenMilk, Pork & Products, AllergenSoy, Mushroom, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	4 g	19 g	11 g	40 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pork Chop, Bnls Raw	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 2% Bulk	1 Cup	2 Cup	3 Cup	1 Qt	Pour liquids in blender or food processor. Chop prepared product to facilitate blending. Add prepared product to blender. Blend until desired consistency is reached.
2 Soup, Cream of Mushroom Cnd Cond	1 Qt	2 Qt	3 Qt	1 Gal	
3					Mix soup with milk; pour over meat. Bake 30 min at 350F/176C.
4					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
60 Min	300.0 °F	145 °F	Bake	Tongs	3 Oz	ⓘ Contains: Pork & Products, Chicken, Garlic, Onion, AllergenWheat, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	6 g	19 g	9 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>	Flour, All Purpose	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Paprika	1 1/8 tsp	2 1/4 tsp	1 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 1/8 tsp	1 3/4 tsp		
	Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp		
<b>2</b>	Pork Chop, Bnls Raw	25 each	50 each	75 each	100 each	Combine flour with spices.
<b>3</b>	Base, Chicken Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Dredge meat in above mixture. Brown dredged meat on lightly oiled 375F/190C grill. Place browned meat in pan; slightly overlap meat in each pan.
	Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	
<b>4</b>					Heat water and base to dissolve base. Pour over meat.	

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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Cover pans tightly, bake 45-60 min until meat is tender.
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						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.

# Pork Chop Honey f/Bnls (Honey Roast Pork Chop)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	10 g		19 g	9 g	20 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sauce, Soy Bulk LS	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	Combine soy sauce, honey, applesauce and sugar. Marinate pork for 4 hrs in mixture under refrigeration.
Honey, Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
<b>2</b> Applesauce, Unswt	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt	
Sugar, Granulated Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Pork Chop, Bnls Raw	25 each	50 each	75 each	100 each	
<b>3</b>					Place pork in single layer on greased baking sheets. Pour marinade over pork chops. Chill if not cooking immediately.
<b>4</b>					Bake at 350F/177C for 1 hr until pork is browned and well done. Turn pork often to redistribute marinade.

# Pork Chop Honey f/Bnls (Honey Roast Pork Chop)

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

# Pork Ribs Root Beer (Root Beer Ribs)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
300.0 °F	145 °F	Bake	1 serving	ⓘ Contains: Tomato, Garlic, AllergenSulphites, Pork & Products, AllergenFish, AllergenSoy, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	7 g	18 g	15 g	40 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Sauce BBQ Root Beer	25 fl. oz	50 fl. oz	75 fl. oz	100 fl. oz	Prepare root beer BBQ sauce as per separate recipe.
	Pork, Ribs Raw	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
3						Steam the ribs until tender. Portion into 3 rib sections & place on sheet pans. Brush with root beer BBQ sauce & bake at 300F/148C until gooey. (1.5-2hrs)
4						For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Sauce BBQ Root Beer (Root Beer BBQ Sauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	2 Tbsp	ⓘ Contains: Tomato, Citrus, Garlic, Allergen Sulphites, Allergen Fish, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	7 g	0 g	0 g	10 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Juice, Lemon RTS	1 Tbsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp	1/4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Garlic, Whole Fresh	1 Tbsp 1 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/4 Cup	Puree	
Drink Soft Root Beer 12 flz	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Ketchup, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Sauce, Worcestershire	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup		
Sauce, Hot	1 Tbsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp	1/4 Cup		
Sugar, Brown Light	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Liquid Smoke	1 1/2 tsp	3 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		

# Sauce BBQ Root Beer (Root Beer BBQ Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
2							Combine all ingredients. Bring to a boil and reduce heat and simmer until thickened about 20-25 minutes.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.



# Potato Au Gratin f/Mix (Au Gratin Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	400.0 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	27 g	4 g	3.5 g	125 mg	790 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, AuGratin Mix	2 lb	4 lb	6 lb	8 lb	Place potato mix in steamtable pan(s). Pour sauce over potatoes.	
3	Margarine, Solids	2.5 Oz	5 Oz	7.5 Oz	10 Oz	Melted	Add boiling water and margarine.
	Water, Tap	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Boiled	
4						Bake uncovered until internal temp reaches >145F/62C held for 15 sec.	
5						CCP -- Maintain >135F/57C for only 4 hrs.	
6						CCP -- Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.	
7						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.	

# Potato Bkd Twice (Twice Baked Potato)

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

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

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

# Potato Bkd Twice (Twice Baked Potato)

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

# Potato Mashed Chive f/Pearls (Chive Mashed Potatoes)

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

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

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

# Potato Mashed Chive f/Pearls (Chive Mashed Potatoes)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	ⓘ Contains: Potatoes, AllergenSoy, 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.
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 Garlic f/Pearls (Garlic Mashed Potatoes)

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

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

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

# Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)

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



# Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	400.0 °F	Bake	1/2 Cup	⚠ Contains: Potatoes, Onion, Peppers Bell, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	2 g	2.5 g	10 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh Pepper, Green Fresh Pimento, Pieces Cnd Onion, Yellow	5 lb	10 lb	15 lb	20 lb	Peeled & Cubed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Peel Potatoes and cube. Mince Green Pepper, Onion and Pimentos. Steam or boil until tender.
	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz	Diced	
	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz		
	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz	Diced	
2 Pepper, Black Ground Margarine, Solids	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		Pan Fry Potatoes and Vegetables in Margarine. Add Seasoning and cook to light brown; 30-40 min. Serve immediately.
	2.5 Oz	5 Oz	7.5 Oz	10 Oz		
3						CCP -- Hold at 140F for only 4 hrs. Discard left over.

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

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	Roast	1/2 Cup	ⓘ Contains: Garlic, Mustard, Potatoes

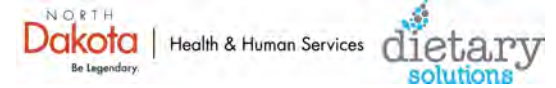
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	2 g	4.5 g	20 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Mustard, Dijon	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Garlic, Whole Fresh	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		Minced
	Thyme, Dried Leaves	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
	Rosemary, Dried Whole	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		

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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Potato, Red Fresh	5 lb 3 Oz	10 lb 6 Oz	15 lb 9 Oz	20 lb 12 Oz	Chopped	
2							In a large bowl, combine oil, mustard, garlic, thyme, rosemary, salt and pepper. Mix thoroughly. Add potatoes and toss to coat. Transfer to roasting pan.
3							Bake at 375F/191C until potatoes are tender.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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

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

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

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

# Potato Red Roasted Quarter w/Peel (Roasted Red Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	Slotted Spoon	1/2 Cup	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	25 g	3 g	9 g	20 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Red Fresh	6 lb 13 Oz	13 lb 10 Oz	20 lb 7 Oz	27 lb 4 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash Potatoes & remove blemishes. Do not remove skin. Quarter Potatoes. Rinse Potatoes and place in bowl.
2 Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt	Pour Oil over Potatoes. Stir to coat. Drain excess Oil from Potatoes. Spread Potatoes in a single layer on oiled baking sheets.
3 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Combine Salt and Pepper. Sprinkle a light coat of mixture over Potatoes. Roast Potatoes at 400F until tender & golden brown, approximately 30-35 min.
Pepper, Black Ground	1 1/2 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	
4					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 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 Mashed f/Fresh (Mashed Sweet Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Cinnamon, AllergenSoy, AllergenMilk, Potatoes, Sweet

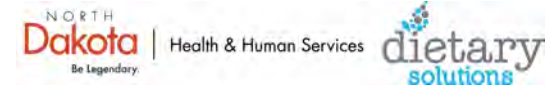
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2 g	100 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Potato, Sweet Fresh	4 lb 12 Oz	9 lb 8 Oz	14 lb 4 Oz	19 lb	Select even-sized sweet potatoes or yams. Scrub, then prick potatoes all over with the tines of a fork. Arrange on baking sheet. Bake 50-60 mins or until fully tender. When cool enough to handle, peel and add potato to mixing bowl.
	Milk, 2% Bulk	1 Qt	2 Qt	3 Qt	1 Gal	
	Allspice, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Nutmeg, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>3</b>	Cinnamon, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	Add remaining ingredients to mixing bowl and mash using whip attachment at low speed until there are no lumps.
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	



# Potato Sweet Mashed f/Fresh (Mashed Sweet Potatoes)

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



# 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	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	30 g	3 g	4.5 g	20 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb	Cut into Wedges	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Oil, Vegetable	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Wash & peel potatoes. Cut into pieces approximately 2 inches in size. (Pre-peeled and wedged potatoes may also be used.) Place potatoes in bowl.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Rosemary, Dried Whole	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>4</b>						Spread potatoes in a single layer on oiled baking sheets. Combine salt, pepper and rosemary. Sprinkle a light coat of mixture over potatoes. Roast potatoes until tender & golden brown.
<b>5</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

# Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	⚠️ Contains: Rice, Onion, Chicken, Garlic, 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 Rice, White Parboiled	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
2 Water, Tap Base, Chicken Paste LS G-F Pepper, Black Ground	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		Place rice in steamtable pans.
	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
3 Onion, Yellow	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Chopped	Bring chicken base, water, pepper and onions to a boil.

# Rice Brown Pilaf (Brown Rice Pilaf)

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

# Rice Fluffy (Fluffy Rice)

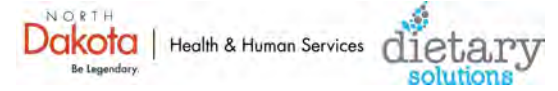
COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenMilk, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	25 g	3 g	2 g	30 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Place rice, margarine and salt in shallow baking pan. Add water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake until liquid is absorbed. Fluff with fork, and serve.
Rice, White Parboiled	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt		
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Boiled	
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Rice Fluffy (Fluffy Rice)

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



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

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

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

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



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

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

# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	Simmer	1/2 Cup	<b>Contains: Peppers Bell, Carrots, Onion, AllergenSoy, AllergenMilk, Rice, Celery</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	4 g	2.5 g	40 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
<b>2</b> Rice, Wild & Long Grain Blend	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz		
<b>3</b> Onion, Yellow	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
Celery, Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
Carrot, Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
<b>4</b> Water, Tap	1 1/2 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
<b>5</b> Pepper, Red Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Stir in peppers and parsley.

# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Chopped	
<b>6</b>							CCP - Maintain >135F/57C for only 4 hrs.
<b>7</b>							CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>8</b>							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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

# Salad Garden (Garden Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	8 Oz	ⓘ Contains: Cucumber, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	4 g	0.5 g	75 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Lettuce, Iceberg	4 head	8 head	12 head	16 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	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb		Diced
	Tomato, Grape Fresh	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Cucumber, Fresh	3 lb	6 lb	9 lb	12 lb		Peeled & Sliced

# Sauce Marinara (Marinara Sauce)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	2 fl. oz	<b>⚠ Contains: Peppers Bell, Onion, Garlic, Celery, AllergenFish, AllergenSoy, Tomato</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	8 g	2 g	0.5 g	50 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Saute onions, pepper, and celery in oil until tender.
Onion, Yellow	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	Minced	
Pepper, Green Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	Minced	
Celery, Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	Minced	
Oil, Vegetable	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		Add remaining ingredients. Bring to boil. Simmer for 30 min. Remove bay leaf.
<b>3</b>						
Sugar, Granulated Bulk	2 1/4 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
Tomato, Diced Cnd	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt		
Tomato Paste, Cnd	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
Water, Tap	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		

# Sauce Marinara (Marinara Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		
	Salt, Iodized	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Garlic, Powder	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Basil, Dried Leaves	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
	Bay Leaf, Whole	1 each	2 each	3 each	4 each		
	Parsley, Dried	2 1/4 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
	Sauce, Worcestershire	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Shrimp Garlic f/Raw (Garlic Shrimp)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Stir Fry	3 Oz	<b>ⓘ Contains: AllergenShellfish, AllergenCrustacean, Corn, AllergenSulphites, Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	7 g	11 g	3 g	50 mg	430 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Shrimp, Shell on Tail On	5 lb 3 Oz	10 lb 7 Oz	15 lb 10 Oz	20 lb 13 Oz	Peel and devein shrimp. Pour garlic sauce over shrimp. Refrigerate and let marinate for 4-6 hrs. Drain and discard marinade.
Sauce, Garlic	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
<b>3</b> Cornstarch	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt	Sprinkle cornstarch over shrimp. Toss to evenly coat.
<b>4</b> Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup	Heat oil in frying pan. Add shrimp. Stir-fry to minimum.
<b>5</b>					Fish: Cook to internal temp of 145F/63C held for 15 sec.
<b>6</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Spinach Seasoned f/Frz (Seasoned Spinach)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	5 g	4 g	1 g	150 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Spinach, Chopped Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil spinach 8-10 minutes or until tender and heated through; or prepare according to package instructions.
<b>3</b> Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Season with salt & pepper.
Pepper, Black Ground	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



Health & Human Services



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

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

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

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

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

# Strawberries Balsamic f/Fresh (Balsamic Strawberries)

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

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

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

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<b>ⓘ Contains: Strawberry</b>

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.

# Tangerine Whole Fresh (Fresh Whole Tangerine)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1 each	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	19 g	2 g	0 g	75 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.

# 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.

# Turkey a la King f/Pulled (Turkey a la King)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Simmer	1 Cup	<b>Contains: Turkey, AllergenMilk, Peppers Bell, Onion, AllergenSoy, Chicken, Corn, Garlic, Mushroom, AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	12 g	34 g	8 g	125 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Turkey, Pulled/Shredded	5 lb 9 Oz	11 lb 3 Oz	16 lb 12 Oz	22 lb 5 Oz	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 2% Bulk	1 3/4 Qt	3 1/4 Qt	1 Gal 2 Cup	1 Gal 4 Cup		Chop turkey into small pieces.
<b>3</b> Pimento, Pieces Cnd	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup		Mix water and base to make broth.
Mushrooms, Pieces Cnd	10.5 Oz	1 lb 5 Oz	2 lb	2 lb 11 Oz	Drained	
<b>4</b> Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 5 Cup	2 Gal 2 Cup		Melt margarine. Add onions and peppers and sauté until tender.
Base, Chicken Paste LS G-F	3 Tbsp 2 tsp	1/2 Cup	2/3 Cup	1.0 Cup		
<b>5</b> Margarine, Solids	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		Stir in flour and pepper. Cook about 3 min to brown flour.
Onion, Yellow	5.5 Oz	11 Oz	1 lb 1 Oz	1 lb 6 Oz	Diced	



# Turkey a la King f/Pulled (Turkey a la King)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Green Fresh	4 Oz	7.5 Oz	11.5 Oz	15 Oz	Chopped	
<b>6</b>	Flour, All Purpose	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt		Slowly add broth and milk, stirring constantly. Cook about 10 min until thickened.
	Pepper, Black Ground	3/4 tsp	1 1/4 tsp	2 tsp	2 3/4 tsp		
<b>7</b>							Add drained mushrooms, turkey and pimento; heat.
<b>8</b>							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>9</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>10</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>11</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Turkey Cutlet Pesto (Pesto Turkey)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Turkey, Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	1 g	15 g	9 g	40 mg	105 mg

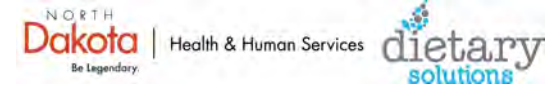
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Turkey, Cutlet Unbrd Raw 3z 4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	Spray steamtable pan(s) with cooking spray. Arrange turkey cutlet in pan(s). Spray turkey lightly and put in oven to brown, approximately 25-35 min. Evenly top each cutlet with 1 teaspoon pesto sauce.
	Sauce Pesto Basil Hmd 1 Cup	2 Cup	3 Cup	1 Qt	
<b>3</b>					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Sauce Pesto Basil Hmd (Basil Pesto)

COOK METHOD	SERVING SIZE	ALLERGENS
Blenderize	1 tsp	ⓘ Contains: Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	1 g	3.5 g	20 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						In a blender, combine all ingredients. Process until smooth.
Oil, Olive	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Basil, Fresh	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		
Cheese, Parmesan Grated	1.5 Oz	3 Oz	4.5 Oz	6.5 Oz		
Garlic, Whole Fresh	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Minced	
Pepper, Black Ground	1/8 tsp	1/8 tsp	1/4 tsp	1/4 tsp		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.



# Turkey Cutlet w/Gravy (Turkey Cutlet & Gravy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	165 °F	Bake	1 each	ⓘ Contains: Turkey, AllergenSoy, Corn, Onion, AllergenWheat, AllergenMilk, Garlic, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	8 g	15 g	4.5 g	10 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine first portion of flour and pepper. Coat both sides of meat with seasoned flour. Chill until ready to cook meat.
Flour, All Purpose	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt	
Pepper, Black Ground	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	
Turkey, Cutlet Unbrd Raw 3z	25 each	50 each	75 each	100 each	
<b>3</b>					Pan fry turkey for 5 min on each side. Add margarine & second portion flour to pan and stir to combine. Dissolve base in water and pour into flour mixture, stirring constantly. Cook until gravy thickens.
Margarine, Solids	2.5 Oz	5 Oz	7.5 Oz	10 Oz	
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
Base, Chicken Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Water, Tap	1 1/8 Qt	2 1/4 Qt	3 1/2 Qt	1 Gal 1 Cup	

# Turkey Cutlet w/Gravy (Turkey Cutlet & Gravy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						Place browned cutlets in baking pan and pour gravy over turkey. Approximately 10-20 min.
5						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.

# Turkey Dijonaise f/Cutlet (Turkey Dijonaise)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Turkey, AllergenEggs, AllergenSoy, AllergenMilk, AllergenWheat, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	6 g	16 g	11 g	75 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Pan Coating, Spray	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz		Spray steamtable pans with pan coating. Arrange turkey cutlet in pan(s). Spray turkey lightly and put in oven to brown, about 15 min.
Turkey, Cutlet Unbrd Raw 3z	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		
<b>3</b> Margarine, Solids	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz		Sauce: Melt margarine. Add flour and salt. Cook until blended.
Flour, All Purpose	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
Salt, Iodized	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b> Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Add milk, stirring constantly. Cook until thickened; about 5-8 min. Mix together mayonnaise and mustard, stir until smooth; add to sauce mixture.
Mayonnaise, Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		

# Turkey Dijonaise f/Cutlet (Turkey Dijonaise)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Dijon	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
5	Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Pour sauce over turkey cutlets. Sprinkle cheese and parsley over turkey and continue to bake.
	Parsley, Fresh	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	Chopped	
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: Turkey or chicken stock may be substituted for part of milk in sauce. Adjust salt accordingly if stock used.

# Vegetable Mix Capri Blend (Capri 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
35 kcal	4 g	1 g	2 g	20 mg	65 mg

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



# 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 Scandinavian f/Frz (Scandinavian Blend Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	⚠️ Contains: Carrots, AllergenSoy, Beans/Legumes, Onion, AllergenMilk, Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	5 g	2 g	30 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Vegetable Mix, Scandinavian Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
3	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add seasoning and margarine and mix well.
	Paprika	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.	

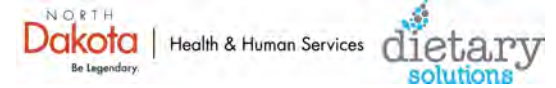
# Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

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

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

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

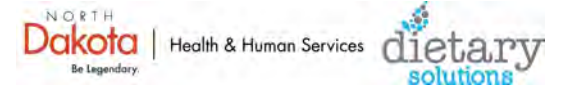
# Zucchini & Squash Yellow Seasoned f/Frz (Squash Medley)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	4 g	2 g	2 g	20 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1 Zucchini, Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Squash, Yellow Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz		10 lb
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Steam vegetables until tender.	
	Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp		2 tsp
	Oregano, Dry	1 tsp	2 tsp	1 Tbsp		1 Tbsp 1 tsp
3					Pour margarine and seasonings over squash.	
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.	



# Zucchini & Squash Yellow Seasoned f/Frz (Squash Medley)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
6						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**  
**Cycle Menu**  
**Spring/Summer 7 Day**  
**Lunch**  
**2023**

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	720 kcal
Protein (g)	30 (g)	41 (g)
Carbohydrate	NA	100 (g)
Fat	30-35% of calories, less is acceptable	27%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	848 mcg
Vitamin B-6	.6 mg	1.15 mg
Vitamin B12	.8 mcg	4.8mcg
Vitamin C	30 mcg	58.8 mcg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1650 mg
Sodium	<1100mg avg over one month	910 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, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>585</b>	<b>91</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>39</b>	<b>16</b>	<b>735</b>	<b>4</b>	<b>1800</b>	<b>1350</b>	<b>765</b>	<b>321</b>	<b>27</b>	<b>5</b>	<b>62</b>	<b>81</b>	<b>80</b>	<b>0</b>	<b>4</b>
Lunch																						
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Green Beans Oregano f/Frz	40	6	3	0	0	2	0	2	2	50	0.75	150	20	26.69	37.65	3.73	0.4	37.75	21.31	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Au Gratin f/Mix	130	27	1	0	0	0	0	4	3.5	125	0.75	400	790	146.74	42.81	5.63	0.4	2.6	14.54	0	0.17	1
3oz Fish Pollock Cheese Herb Baked	100	4	1	0	0	2	0	17	2	125	0.75	400	125	214.68	32.99	7.24	0.8	11.81	12.25	60	0	1
1 Each 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
<b>Lunch TOTAL</b>	<b>585</b>	<b>91</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>39</b>	<b>15.5</b>	<b>735</b>	<b>4.0</b>	<b>1800</b>	<b>1350</b>	<b>764.55</b>	<b>321.05</b>	<b>26.51</b>	<b>4.6</b>	<b>62.36</b>	<b>81.45</b>	<b>80</b>	<b>0.48</b>	<b>4.0</b>



## Daily Nutrient Analysis: Tuesday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>760</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>41</b>	<b>20</b>	<b>595</b>	<b>7</b>	<b>1490</b>	<b>880</b>	<b>628</b>	<b>560</b>	<b>55</b>	<b>4</b>	<b>103</b>	<b>216</b>	<b>90</b>	<b>0</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.33	12.25	0	0.15	4.54	0	0	0
1/2cup Oriental Salad	60	7	3	0	0	2	0	3	4	40	0.75	225	230	47.9	21.85	12.91	0	29.42	22.24	0	0.01	0
1/2cup Rice Pilaf Wild f/Rice Blend	170	33	1	0	0	1	0	4	2.5	40	1.5	125	25	65.17	70.4	8.94	0.4	38.58	107.4	0	0.13	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
3oz Chicken Hawaiian Thighs	200	24	1	0	0	12	0	17	4	75	1.75	350	290	180.55	28.81	17.48	0.4	4.59	28.14	70	0.03	1
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
<b>Lunch TOTAL</b>	<b>760</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>41</b>	<b>19.5</b>	<b>595</b>	<b>6.5</b>	<b>1490</b>	<b>880</b>	<b>627.64</b>	<b>559.57</b>	<b>54.56</b>	<b>4.2</b>	<b>102.81</b>	<b>216.03</b>	<b>90</b>	<b>0.49</b>	<b>3.0</b>

## Daily Nutrient Analysis: Wednesday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>670</b>	<b>97</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>38</b>	<b>20</b>	<b>580</b>	<b>5</b>	<b>1650</b>	<b>760</b>	<b>667</b>	<b>1322</b>	<b>70</b>	<b>4</b>	<b>91</b>	<b>197</b>	<b>60</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Asparagus Seasoned f/Frz	30	2	1	0	0	0	0	3	2	20	0.75	175	20	44.58	54.73	22.22	0.4	74.64	122.53	0	0.13	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
3oz Turkey Cutlet Pesto	140	1	0	0	0	0	0	15	9	40	0.5	175	105	128.85	10.99	0.12	0.2	5.26	4.49	40	0.06	2
1/2cup Strawberries Balsamic f/Fresh	45	11	2	0	0	8	0	1	0	20	0.4	125	5	19.11	0.76	44.45	0	1.66	18.14	0	0	0
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
<b>Lunch TOTAL</b>	<b>670</b>	<b>97</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>38</b>	<b>20.0</b>	<b>580</b>	<b>4.75</b>	<b>1650</b>	<b>760</b>	<b>667.34</b>	<b>1322.03</b>	<b>70.43</b>	<b>3.6</b>	<b>91.09</b>	<b>196.81</b>	<b>60</b>	<b>0.37</b>	<b>4.5</b>

## Daily Nutrient Analysis: Thursday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>695</b>	<b>91</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>43</b>	<b>22</b>	<b>590</b>	<b>5</b>	<b>1675</b>	<b>620</b>	<b>632</b>	<b>337</b>	<b>86</b>	<b>5</b>	<b>94</b>	<b>132</b>	<b>85</b>	<b>1</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3oz Pork Chop Braised f/Bnls	180	6	0	0	0	0	0	19	9	20	1	350	55	191.67	4.44	0.1	0.6	0.42	12.5	60	0.06	3
1/2 Each Potato Bkd Twice	110	21	1	0	0	2	0	3	3	20	0.4	400	105	54.57	35.76	11.82	0.6	3.5	8.82	5	0.2	0.5
1 Each Tangerine Whole Fresh	80	19	3	0	0	15	0	2	0	75	0.3	250	5	28.35	48.2	37.85	0	0	22.68	0	0	0
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
<b>Lunch TOTAL</b>	<b>695</b>	<b>91</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>43</b>	<b>22.0</b>	<b>590</b>	<b>4.8</b>	<b>1675</b>	<b>620</b>	<b>632.32</b>	<b>336.74</b>	<b>86.31</b>	<b>4.6</b>	<b>94.42</b>	<b>131.85</b>	<b>85</b>	<b>0.59</b>	<b>5.5</b>

### Daily Nutrient Analysis: Friday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>700</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>38</b>	<b>20</b>	<b>505</b>	<b>3</b>	<b>1550</b>	<b>640</b>	<b>658</b>	<b>281</b>	<b>68</b>	<b>3</b>	<b>37</b>	<b>80</b>	<b>85</b>	<b>0</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Mix Capri Blend	35	4	0	0	0	3	0	1	2	20	0.3	200	65	17.49	50.23	49.3	0.4	8.03	19.13	0	0.13	0
1/2cup Cucumber & Tomato Salad f/Fresh	70	6	1	0	0	4	0	1	5	20	0.4	250	90	27.53	36.36	12.18	0	14.81	14.46	0	0.02	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each 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 Apple Slices f/Fresh	40	11	2	0	0	8	0	0	0	0	0.1	100	5	8.58	2.34	3.59	0	1.72	2.34	0	0	0
1 #8 sc. Rice Brown Pilaf	120	25	1	0	0	0	0	3	1	20	0.5	100	10	76.54	0.08	0.08	0	0.23	5.77	5	0	0
3oz Chicken Breast Balsamic Blackberry	180	17	1	0	0	10	0	19	4	20	0.75	350	55	181.13	8.42	2.84	0	5.6	11.4	60	0.01	0.5
<b>Lunch TOTAL</b>	<b>700</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>38</b>	<b>20.0</b>	<b>505</b>	<b>3.4</b>	<b>1550</b>	<b>640</b>	<b>657.71</b>	<b>281.03</b>	<b>68.0</b>	<b>3.4</b>	<b>36.69</b>	<b>80.45</b>	<b>85</b>	<b>0.34</b>	<b>2.5</b>

## Daily Nutrient Analysis: Saturday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>715</b>	<b>94</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>36</b>	<b>29</b>	<b>550</b>	<b>5</b>	<b>1550</b>	<b>870</b>	<b>593</b>	<b>256</b>	<b>38</b>	<b>4</b>	<b>18</b>	<b>74</b>	<b>115</b>	<b>1</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Zucchini & Squash Yellow Seasoned f/Frz	30	4	1	0	0	2	0	2	2	20	0.5	200	20	24.51	27.11	4.09	0.4	6.25	8.36	0	0.13	0
3oz Meatloaf & Gravy f/Mix	240	6	0	0	0	1	0	16	17	75	2	300	290	168.99	30.7	0.17	0.6	1.73	19.48	95	0.92	6
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 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 Potato Mashed Chive f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.61	12.43	22.15	0.2	3.67	12.55	0	0.08	0
<b>Lunch TOTAL</b>	<b>715</b>	<b>94</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>36</b>	<b>28.5</b>	<b>550</b>	<b>4.65</b>	<b>1550</b>	<b>870</b>	<b>593.01</b>	<b>256.26</b>	<b>37.91</b>	<b>4.2</b>	<b>18.31</b>	<b>73.86</b>	<b>115</b>	<b>1.31</b>	<b>8.0</b>

## Daily Nutrient Analysis: Sunday, Week 1, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>665</b>	<b>91</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>38</b>	<b>22</b>	<b>665</b>	<b>9</b>	<b>2070</b>	<b>820</b>	<b>643</b>	<b>1198</b>	<b>28</b>	<b>3</b>	<b>639</b>	<b>436</b>	<b>60</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Apricots Whole Fresh	15	4	1	0	0	3	0	0	0	0	0.2	100	0	8.13	33.92	3.53	0	1.17	3.18	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
1cup Pasta Penne w/Meat Sauce	330	39	3	0	0	4	0	16	12	50	3.5	500	210	190.67	13.85	5.48	0.2	7.53	118	40	0.36	4.5
8oz Salad Garden	50	12	4	0	0	6	0	4	0.5	75	1.75	650	30	80.42	419.18	16.74	0	131.74	165.58	0	0	0
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup Spinach Seasoned f/Frz	30	5	3	0	0	0	0	4	1	150	2	300	160	45.53	547.06	2	0	490.96	109.79	0	0	0
<b>Lunch TOTAL</b>	<b>665</b>	<b>91</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>38</b>	<b>21.5</b>	<b>665</b>	<b>8.55</b>	<b>2070</b>	<b>820</b>	<b>643.04</b>	<b>1197.76</b>	<b>27.8</b>	<b>3.2</b>	<b>639.05</b>	<b>436.34</b>	<b>60</b>	<b>0.54</b>	<b>6.5</b>

## Daily Nutrient Analysis: Monday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>795</b>	<b>106</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>40</b>	<b>28</b>	<b>495</b>	<b>5</b>	<b>1625</b>	<b>825</b>	<b>593</b>	<b>195</b>	<b>27</b>	<b>4</b>	<b>18</b>	<b>102</b>	<b>85</b>	<b>0</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Corn Cobbette Frz	70	18	2	0	0	0	0	3	0.5	0	0.5	200	5	58.51	0	3.74	0	0	24.19	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Wedges Rosemary f/Fresh	170	30	2	0	0	2	0	3	4.5	20	0.75	550	150	68.43	0.45	17.58	0	3.73	13.08	0	0.02	0
1 Serving Pork Ribs Root Beer	230	7	0	0	0	6	0	18	15	40	1	300	250	148.79	9.81	1.7	1	0.5	1.5	65	0.13	5
1/2cup Pear Slices w/Blueberries	40	11	2	0	0	8	0	0	0	10	0.3	75	5	9.5	0.89	3.66	0	5.86	2.27	0	0	0
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
<b>Lunch TOTAL</b>	<b>795</b>	<b>106</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>40</b>	<b>28.0</b>	<b>495</b>	<b>4.9</b>	<b>1625</b>	<b>825</b>	<b>592.81</b>	<b>194.75</b>	<b>26.8</b>	<b>4</b>	<b>18.17</b>	<b>101.59</b>	<b>85</b>	<b>0.35</b>	<b>7.0</b>

## Daily Nutrient Analysis: Tuesday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>615</b>	<b>93</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>26</b>	<b>0</b>	<b>39</b>	<b>14</b>	<b>505</b>	<b>6</b>	<b>1150</b>	<b>895</b>	<b>567</b>	<b>238</b>	<b>21</b>	<b>4</b>	<b>64</b>	<b>119</b>	<b>60</b>	<b>1</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Potato Mashed f/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 Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Green Beans w/Thyme f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.54	37.6	3.75	0.4	37.61	21.04	0	0.13	0
3oz Beef Steak Brd Hmd w/Gravy	140	12	0	0	0	0	0	17	2.5	20	2.25	225	330	157.85	2.35	0.02	0	1.12	22.7	40	0.1	1
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1/2cup Blueberries f/Fresh	40	11	2	0	0	7	0	1	0	0	0.2	75	5	8.52	2.13	6.89	0	13.71	4.26	0	0	0
<b>Lunch TOTAL</b>	<b>615</b>	<b>93</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>26</b>	<b>0</b>	<b>39</b>	<b>14.0</b>	<b>505</b>	<b>5.85</b>	<b>1150</b>	<b>895</b>	<b>567.24</b>	<b>237.56</b>	<b>20.85</b>	<b>3.6</b>	<b>64.27</b>	<b>119.45</b>	<b>60</b>	<b>0.51</b>	<b>3.0</b>



## Daily Nutrient Analysis: Wednesday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>665</b>	<b>74</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>42</b>	<b>27</b>	<b>630</b>	<b>4</b>	<b>1550</b>	<b>820</b>	<b>659</b>	<b>1003</b>	<b>56</b>	<b>3</b>	<b>35</b>	<b>66</b>	<b>90</b>	<b>0</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Melon Watermelon Cantaloupe f/Fresh	50	12	1	0	0	10	0	2	0	20	0.4	250	10	18.42	94.35	22.87	0	1.03	11.16	0	0	0
1/2cup Vegetable Mix Sicilian Blend	60	9	2	0	0	0	0	2	2	30	1	150	40	21.65	214.43	23.63	0.4	2.5	0.14	0	0.13	0
1/2cup Carrot Pineapple Salad f/Fresh	130	11	2	0	0	7	0	1	10	30	0.4	250	105	27.12	476.84	6.36	0	13.56	15.48	0	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
3oz Chicken Breast Mozzarella Tomato & Basil	170	3	0	0	0	2	0	23	7	125	0.75	350	250	245.72	33.8	2.78	0	11.46	12.16	70	0.01	2
<b>Lunch TOTAL</b>	<b>665</b>	<b>74</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>42</b>	<b>27.0</b>	<b>630</b>	<b>3.9</b>	<b>1550</b>	<b>820</b>	<b>659.35</b>	<b>1003.02</b>	<b>55.65</b>	<b>3.4</b>	<b>34.85</b>	<b>66.29</b>	<b>90</b>	<b>0.32</b>	<b>5.5</b>

## Daily Nutrient Analysis: Thursday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
<b>IDEAL VALUES</b>																							
<b>DAILY TOTAL</b>	<b>655</b>	<b>89</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>42</b>	<b>21</b>	<b>610</b>	<b>6</b>	<b>1500</b>	<b>780</b>	<b>677</b>	<b>321</b>	<b>112</b>	<b>4</b>	<b>94</b>	<b>175</b>	<b>110</b>	<b>1</b>	<b>6</b>	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0	
1/2cup 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	
3/4cup Beef Stroganoff f/Cubes	170	8	1	0	0	2	0	19	8	40	2.25	400	200	195.33	33.8	1.54	0.4	2.64	15.23	65	0.39	3.5	
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 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0	
1 Each 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	
<b>Lunch TOTAL</b>	<b>655</b>	<b>89</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>42</b>	<b>21.0</b>	<b>610</b>	<b>5.8</b>	<b>1500</b>	<b>780</b>	<b>677.22</b>	<b>320.61</b>	<b>112.45</b>	<b>4.2</b>	<b>93.56</b>	<b>174.5</b>	<b>110</b>	<b>0.85</b>	<b>6.0</b>	

## Daily Nutrient Analysis: Friday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>680</b>	<b>98</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>64</b>	<b>0</b>	<b>37</b>	<b>23</b>	<b>515</b>	<b>4</b>	<b>1775</b>	<b>890</b>	<b>608</b>	<b>358</b>	<b>75</b>	<b>5</b>	<b>31</b>	<b>80</b>	<b>80</b>	<b>1</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Fruit Fresh Summer Salad 5 Kinds Fresh	70	17	2	0	0	14	0	2	0	30	0.5	450	20	30.68	106.08	67.26	0	12.96	34.59	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
3oz Pork Chop Honey f/Bnls	190	10	0	0	0	8	0	19	9	20	1	400	280	196.08	2.13	0.45	0.6	0.17	4.79	60	0.06	3
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 Apple Slices Hot Cinnamon f/Cnd	130	27	2	0	0	23	0	0	4	10	0.5	150	85	9.08	38.92	1.77	0.6	5.07	5.32	0	0.26	0.5
1/2cup Squash Medley f/Frz w/Tomatoes Stewed	35	5	1	0	0	2	0	2	2	30	1	225	90	25.28	27.37	5.65	0.4	6.44	8.13	0	0.13	0
<b>Lunch TOTAL</b>	<b>680</b>	<b>98</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>64</b>	<b>0</b>	<b>37</b>	<b>23.0</b>	<b>515</b>	<b>4.35</b>	<b>1775</b>	<b>890</b>	<b>607.56</b>	<b>358.1</b>	<b>75.14</b>	<b>4.6</b>	<b>30.94</b>	<b>80.18</b>	<b>80</b>	<b>0.63</b>	<b>5.5</b>

## Daily Nutrient Analysis: Saturday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>820</b>	<b>129</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>65</b>	<b>0</b>	<b>39</b>	<b>23</b>	<b>595</b>	<b>5</b>	<b>1825</b>	<b>850</b>	<b>644</b>	<b>958</b>	<b>48</b>	<b>5</b>	<b>198</b>	<b>172</b>	<b>65</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Crisp Cherry f/Frz	210	39	3	0	0	30	0	3	6	30	1	225	50	39.99	65.61	1.2	0.8	8.53	12.6	0	0.41	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1 Each Banana Half	35	9	1	0	0	5	0	0	0	0	0.1	150	0	8.56	1.17	3.39	0	0.19	7.78	0	0	0
1 Each Turkey Cutlet w/Gravy	130	8	0	0	0	0	0	15	4.5	10	1	200	65	117.68	24.5	0.01	0.4	3.07	20.6	40	0.18	1
1/2cup Potato Sweet Mashed f/Fresh	120	24	3	0	0	10	0	3	2	100	0.75	400	170	77.02	641.78	2.18	0.6	2.82	11.57	5	0.1	0.5
1/2cup Brussels Sprouts Maple Dijon f/Frz	70	10	4	0	0	3	0	4	2.5	30	0.5	300	150	54.45	41.75	41.46	0	177.43	91.64	0	0	0
<b>Lunch TOTAL</b>	<b>820</b>	<b>129</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>65</b>	<b>0</b>	<b>39</b>	<b>23.0</b>	<b>595</b>	<b>4.7</b>	<b>1825</b>	<b>850</b>	<b>644.14</b>	<b>958.41</b>	<b>48.25</b>	<b>4.8</b>	<b>198.34</b>	<b>171.54</b>	<b>65</b>	<b>0.87</b>	<b>4.5</b>

## Daily Nutrient Analysis: Sunday, Week 2, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>705</b>	<b>99</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>46</b>	<b>20</b>	<b>655</b>	<b>4</b>	<b>1625</b>	<b>875</b>	<b>686</b>	<b>333</b>	<b>53</b>	<b>5</b>	<b>91</b>	<b>189</b>	<b>80</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Orange & Pineapple f/Cnd	70	20	1	0	0	18	0	1	0	20	0.4	125	5	9.72	26.96	17.82	0	0.18	6.05	0	0	0
1/2cup Asparagus Almondine f/Frz	60	3	2	0	0	1	0	4	4.5	30	0.75	200	70	66.42	54.74	22.14	0.4	74.67	124.72	0	0.13	0.5
3oz Fish Cod Parmesan Bkd	190	9	0	0	0	2	0	24	6	150	1.25	300	320	202.51	64.65	2.6	1.5	5.36	18.57	55	0.23	2
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 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 Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0
<b>Lunch TOTAL</b>	<b>705</b>	<b>99</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>46</b>	<b>19.5</b>	<b>655</b>	<b>4.25</b>	<b>1625</b>	<b>875</b>	<b>685.95</b>	<b>332.82</b>	<b>52.71</b>	<b>4.9</b>	<b>91.41</b>	<b>189.18</b>	<b>80</b>	<b>0.55</b>	<b>4.5</b>

## Daily Nutrient Analysis: Monday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>810</b>	<b>98</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>35</b>	<b>37</b>	<b>665</b>	<b>5</b>	<b>1850</b>	<b>960</b>	<b>667</b>	<b>1176</b>	<b>67</b>	<b>5</b>	<b>56</b>	<b>186</b>	<b>240</b>	<b>0</b>	<b>14</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/4cup Egg Scrambled Spanish f/Frz	150	5	1	0	0	3	0	11	10	175	1.25	250	320	182.1	151.39	6.84	1.5	2.19	55.3	200	0.17	4.5
1/2cup Carrot Raisin Salad f/Fresh	160	15	4	0	0	9	0	2	11	50	0.75	500	150	57.73	780.18	7.99	0	37.52	43.76	0	0	1.5
1oz Cream Cheese LoCal PC	70	2	0	0	0	1	0	3	6	40	0	50	95	39.12	68.32	0	0	0.48	3.97	25	0	3.5
1/2cup Potato O'Brien Diced f/Fresh	110	21	2	0	0	2	0	2	2.5	10	0.5	400	25	48.92	30.93	20.43	0.4	3.75	9.98	0	0.17	0
1cup Berries Mixed Fresh w/Whip Topping	80	14	4	0	0	9	0	2	3.5	20	0.5	150	10	24.51	2.57	32.22	0	10.7	17.35	0	0	2.5
1 Each Bagel Whole Grain	140	28	2	0	0	3	0	6	1	20	1.75	100	250	80.51	0	0	0	0.85	43.09	0	0	0
<b>Lunch TOTAL</b>	<b>810</b>	<b>98</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>35</b>	<b>36.5</b>	<b>665</b>	<b>4.85</b>	<b>1850</b>	<b>960</b>	<b>666.53</b>	<b>1176.04</b>	<b>67.48</b>	<b>4.9</b>	<b>55.74</b>	<b>185.75</b>	<b>240</b>	<b>0.34</b>	<b>13.5</b>

## Daily Nutrient Analysis: Tuesday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>690</b>	<b>94</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>46</b>	<b>21</b>	<b>595</b>	<b>6</b>	<b>1800</b>	<b>855</b>	<b>704</b>	<b>452</b>	<b>116</b>	<b>4</b>	<b>115</b>	<b>178</b>	<b>85</b>	<b>1</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup 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
3oz Chicken Parmesan f/Breast Bnls Sknls	160	4	0	0	0	0	0	21	7	30	0.75	300	140	201.56	49.77	0.01	0.6	4.45	12.52	65	0.29	1.5
1cup Fruit Fresh Summer Salad 5 Kinds Fresh	70	17	2	0	0	14	0	2	0	30	0.5	450	20	30.68	106.08	67.26	0	12.96	34.59	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 Pasta Spaghetti Buttered	130	21	1	0	0	1	0	4	3	10	1	75	30	51.61	27.67	0	0.4	3.12	64.53	0	0.2	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
2fl. oz Sauce Marinara	35	8	2	0	0	3	0	2	0.5	50	2	250	210	23.9	20.12	12.6	0	5.94	12.03	0	0	0
<b>Lunch TOTAL</b>	<b>690</b>	<b>94</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>46</b>	<b>20.5</b>	<b>595</b>	<b>6.35</b>	<b>1800</b>	<b>855</b>	<b>704.34</b>	<b>451.98</b>	<b>116.3</b>	<b>4.4</b>	<b>115.19</b>	<b>178.32</b>	<b>85</b>	<b>0.8</b>	<b>4.0</b>

## Daily Nutrient Analysis: Wednesday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>815</b>	<b>107</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>48</b>	<b>25</b>	<b>525</b>	<b>10</b>	<b>1650</b>	<b>985</b>	<b>847</b>	<b>9072</b>	<b>72</b>	<b>5</b>	<b>48</b>	<b>377</b>	<b>360</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Parsley f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
3oz Liver & Onions	300	18	1	0	0	2	0	27	13	30	6.5	400	360	450.59	8028.79	5.65	1.5	9.69	243.96	340	0.34	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Mashed Garlic f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.73	11.88	22.05	0.2	3.67	12.56	0	0.08	0
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1 Each Mango Diced PC	70	18	2	0	0	16	0	1	0	20	0.2	200	5	15.88	61.23	41.28	0	4.76	48.76	0	0	0
<b>Lunch TOTAL</b>	<b>815</b>	<b>107</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>48</b>	<b>25.0</b>	<b>525</b>	<b>10.2</b>	<b>1650</b>	<b>985</b>	<b>847.25</b>	<b>9071.92</b>	<b>71.83</b>	<b>5.1</b>	<b>47.57</b>	<b>376.75</b>	<b>360</b>	<b>0.75</b>	<b>5.0</b>



## Daily Nutrient Analysis: Thursday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>113</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>55</b>	<b>23</b>	<b>575</b>	<b>5</b>	<b>1400</b>	<b>1035</b>	<b>920</b>	<b>490</b>	<b>15</b>	<b>5</b>	<b>53</b>	<b>113</b>	<b>130</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each 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 Grapes Fresh	80	21	1	0	0	18	0	1	0	20	0.5	225	5	22.68	3.4	3.63	0	16.56	2.27	0	0	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
1/2cup Rice Fluffy	130	25	1	0	0	0	0	3	2	30	0.3	75	65	46.01	18.44	0	0.4	2.1	2.42	0	0.13	0
1cup Turkey a la King f/Pulled	260	12	1	0	0	4	0	34	8	125	1.75	400	220	307.03	72.17	8.37	1.5	4.19	31.95	110	0.28	2.5
1 Each Biscuit RTB	180	30	1	0	0	5	0	5	5	20	1.75	125	550	263.66	0	0	0	1.25	47.06	0	0	2
<b>Lunch TOTAL</b>	<b>855</b>	<b>113</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>55</b>	<b>22.5</b>	<b>575</b>	<b>5.15</b>	<b>1400</b>	<b>1035</b>	<b>920.2</b>	<b>490.19</b>	<b>14.92</b>	<b>5.3</b>	<b>52.78</b>	<b>113.31</b>	<b>130</b>	<b>0.72</b>	<b>6.5</b>

## Daily Nutrient Analysis: Friday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>670</b>	<b>85</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>42</b>	<b>24</b>	<b>555</b>	<b>5</b>	<b>1525</b>	<b>960</b>	<b>701</b>	<b>275</b>	<b>106</b>	<b>5</b>	<b>134</b>	<b>240</b>	<b>105</b>	<b>1</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
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
1/2cup Asparagus Seasoned f/Frz	30	2	1	0	0	0	0	3	2	20	0.75	175	20	44.58	54.73	22.22	0.4	74.64	122.53	0	0.13	0
1/2cup Cucumbers Marinated	25	6	0	0	0	5	0	0	0	10	0.2	75	65	11.95	2.27	1.44	0	7.45	3.62	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Pork Chop & Mushroom Sc f/Bnls	190	4	0	0	0	1	0	19	11	40	0.75	350	330	201.92	7.93	0.11	0.8	7.61	2.16	60	0.08	3.5
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 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
<b>Lunch TOTAL</b>	<b>670</b>	<b>85</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>42</b>	<b>24.0</b>	<b>555</b>	<b>4.6</b>	<b>1525</b>	<b>960</b>	<b>700.71</b>	<b>275.14</b>	<b>105.91</b>	<b>4.6</b>	<b>133.91</b>	<b>240.43</b>	<b>105</b>	<b>0.54</b>	<b>6.0</b>

## Daily Nutrient Analysis: Saturday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>20</b>	<b>0</b>	<b>44</b>	<b>14</b>	<b>655</b>	<b>6</b>	<b>1775</b>	<b>960</b>	<b>663</b>	<b>763</b>	<b>53</b>	<b>3</b>	<b>502</b>	<b>191</b>	<b>85</b>	<b>0</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Lemon Mustard f/Breast	180	15	1	0	0	2	0	22	3.5	50	1.5	400	250	219.88	12.26	5.98	0	1.38	29.89	65	0.01	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
1/2cup Fruit Tropical f/Cnd	110	29	2	0	0	0	0	1	0	20	0.75	175	5	8.99	7.71	22.48	0	0	11.56	0	0	0
1 Each 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 Potato Mashed Chive f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.61	12.43	22.15	0.2	3.67	12.55	0	0.08	0
1/2cup Spinach Seasoned f/Frz	30	5	3	0	0	0	0	4	1	150	2	300	160	45.53	547.06	2	0	490.96	109.79	0	0	0
<b>Lunch TOTAL</b>	<b>685</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>20</b>	<b>0</b>	<b>44</b>	<b>14.0</b>	<b>655</b>	<b>6.0</b>	<b>1775</b>	<b>960</b>	<b>663.45</b>	<b>763.06</b>	<b>52.62</b>	<b>3.2</b>	<b>502.31</b>	<b>191.14</b>	<b>85</b>	<b>0.27</b>	<b>2.5</b>

## Daily Nutrient Analysis: Sunday, Week 3, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>645</b>	<b>80</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>31</b>	<b>26</b>	<b>515</b>	<b>4</b>	<b>1325</b>	<b>965</b>	<b>620</b>	<b>327</b>	<b>152</b>	<b>4</b>	<b>121</b>	<b>200</b>	<b>125</b>	<b>0</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Mix Capri Blend	35	4	0	0	0	3	0	1	2	20	0.3	200	65	17.49	50.23	49.3	0.4	8.03	19.13	0	0.13	0
1/2cup Broccoli f/Fresh Salad	200	19	3	0	0	11	0	5	13	75	1.25	450	280	112.65	28.3	90.27	0	102.91	75.34	5	0	2
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Pasta Angel Hair Buttered	140	24	1	0	0	1	0	5	2.5	20	1.25	75	40	60.15	23.06	0	0.4	2.61	75.28	0	0.16	0
3oz Shrimp Garlic f/Raw	100	7	0	0	0	0	0	11	3	50	0.3	100	430	189.54	40.84	0.88	0	1.89	14.45	100	0.02	0
1 Each Applesauce Peach Unsweetened PC	45	13	1	0	0	11	0	0	0	0	0.3	100	5	5.65	1.13	11.3	0	0.56	3.39	0	0	0
<b>Lunch TOTAL</b>	<b>645</b>	<b>80</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>31</b>	<b>26.0</b>	<b>515</b>	<b>3.5</b>	<b>1325</b>	<b>965</b>	<b>619.92</b>	<b>327.16</b>	<b>151.76</b>	<b>3.8</b>	<b>121.3</b>	<b>199.94</b>	<b>125</b>	<b>0.49</b>	<b>4.0</b>

## Daily Nutrient Analysis: Monday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>710</b>	<b>102</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>37</b>	<b>23</b>	<b>620</b>	<b>6</b>	<b>1350</b>	<b>935</b>	<b>625</b>	<b>303</b>	<b>84</b>	<b>4</b>	<b>54</b>	<b>195</b>	<b>60</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Green Beans Oregano f/Frz	40	6	3	0	0	2	0	2	2	50	0.75	150	20	26.69	37.65	3.73	0.4	37.75	21.31	0	0.13	0
1/2cup Rice Long Grain & Wild	120	26	1	0	0	0	0	3	1	30	1.25	75	55	48.61	4.61	0	0	0.55	81.61	0	0.03	0
1 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 Strawberries f/Fresh	35	9	2	0	0	6	0	1	0	20	0.5	175	5	27.22	1.13	66.68	0	2.49	27.22	0	0	0
3oz Turkey Dijonaise f/Cutlet	190	6	0	0	0	2	0	16	11	75	0.75	225	290	157.82	52.19	0.27	1	6.51	13.34	40	0.27	2.5
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
<b>Lunch TOTAL</b>	<b>710</b>	<b>102</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>37</b>	<b>22.5</b>	<b>620</b>	<b>6.35</b>	<b>1350</b>	<b>935</b>	<b>625.05</b>	<b>302.77</b>	<b>84.44</b>	<b>4.4</b>	<b>54.13</b>	<b>195.32</b>	<b>60</b>	<b>0.61</b>	<b>4.5</b>

## Daily Nutrient Analysis: Tuesday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>745</b>	<b>108</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>42</b>	<b>23</b>	<b>560</b>	<b>4</b>	<b>2075</b>	<b>835</b>	<b>701</b>	<b>343</b>	<b>37</b>	<b>4</b>	<b>50</b>	<b>129</b>	<b>85</b>	<b>0</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Mix Scandinavian f/Frz	90	14	4	0	0	4	0	5	2	30	1.5	125	85	70.25	115.96	8.98	0.4	23.91	53.59	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Wheat f/RTB Dough	130	26	4	0	0	4	0	5	2.5	75	1.25	150	270	112	0	0	0	1	15	0	0	0
1/2cup Potato Red Roasted Quarter w/Peel	180	25	2	0	0	1	0	3	9	20	0.4	450	150	49.63	0.03	9.15	0	9.13	11.14	0	0.03	0.5
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
3oz Fish Pollock Bkd Mediterranean	120	4	1	0	0	2	0	18	4	75	0.75	500	180	209.66	39.96	8.9	1	10.42	13.87	65	0	0
<b>Lunch TOTAL</b>	<b>745</b>	<b>108</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>42</b>	<b>23.0</b>	<b>560</b>	<b>4.3</b>	<b>2075</b>	<b>835</b>	<b>700.84</b>	<b>342.94</b>	<b>36.87</b>	<b>4.4</b>	<b>50.32</b>	<b>128.55</b>	<b>85</b>	<b>0.34</b>	<b>2.5</b>

### Daily Nutrient Analysis: Wednesday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>655</b>	<b>92</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>41</b>	<b>18</b>	<b>460</b>	<b>5</b>	<b>1495</b>	<b>1140</b>	<b>717</b>	<b>364</b>	<b>48</b>	<b>4</b>	<b>45</b>	<b>124</b>	<b>140</b>	<b>0</b>	<b>4</b>
Lunch																						
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup 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
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
2fl. oz Gravy Poultry f/Mix	20	4	0	0	0	0	0	1	0	20	0.2	30	270	15.48	0.49	0.01	0	0	5	5	0	0
3oz Chicken Fried Oven f/Thigh	130	4	0	0	0	0	0	18	4.5	20	1	225	240	172.86	16.28	0.05	0.2	3.01	10.3	95	0.05	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 Potato Mashed Chive f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.61	12.43	22.15	0.2	3.67	12.55	0	0.08	0
<b>Lunch TOTAL</b>	<b>655</b>	<b>92</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>41</b>	<b>17.5</b>	<b>460</b>	<b>4.6</b>	<b>1495</b>	<b>1140</b>	<b>717.04</b>	<b>363.63</b>	<b>48.48</b>	<b>4.0</b>	<b>44.76</b>	<b>124.43</b>	<b>140</b>	<b>0.44</b>	<b>4.0</b>

## Daily Nutrient Analysis: Thursday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>625</b>	<b>87</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>42</b>	<b>19</b>	<b>600</b>	<b>7</b>	<b>1615</b>	<b>845</b>	<b>634</b>	<b>788</b>	<b>27</b>	<b>4</b>	<b>516</b>	<b>248</b>	<b>95</b>	<b>1</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Noodles Parslied	120	20	1	0	0	1	0	4	3	20	1.25	100	125	66.82	23.32	0.32	0.4	5.68	63.08	25	0.15	0.5
1/2cup Corn Salad f/Frz	100	17	2	0	0	4	0	3	4.5	10	0.5	225	120	65.33	9.69	12.33	0	4	29.06	0	0.02	0
3/4cup Beef Burgundy f/Cubes	120	5	1	0	0	1	0	17	3.5	20	2	350	160	167.57	5.45	1.15	0.2	1.76	4.31	50	0.17	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 Plums f/Fresh	50	13	2	0	0	11	0	1	0	10	0.2	200	0	18.14	19.28	10.77	0	7.26	5.67	0	0	0
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
1/2cup Spinach Seasoned f/Frz	30	5	3	0	0	0	0	4	1	150	2	300	160	45.53	547.06	2	0	490.96	109.79	0	0	0
<b>Lunch TOTAL</b>	<b>625</b>	<b>87</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>42</b>	<b>19.0</b>	<b>600</b>	<b>7.3</b>	<b>1615</b>	<b>845</b>	<b>634.4</b>	<b>788.4</b>	<b>26.64</b>	<b>3.6</b>	<b>516.35</b>	<b>248.36</b>	<b>95</b>	<b>0.53</b>	<b>4.0</b>



### Daily Nutrient Analysis: Friday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>780</b>	<b>93</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>36</b>	<b>36</b>	<b>570</b>	<b>6</b>	<b>1500</b>	<b>765</b>	<b>692</b>	<b>329</b>	<b>82</b>	<b>4</b>	<b>31</b>	<b>166</b>	<b>85</b>	<b>1</b>	<b>13</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Corn Calico f/Frz	90	19	2	0	0	3	0	3	2.5	0	0.5	250	20	74.66	39.9	16.2	0.4	3.12	35.62	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/4cup Garnish Lettuce Shredded	5	2	0	0	0	1	0	0	0	10	0.2	75	5	8.16	10.21	1.14	0	9.84	11.84	0	0	0
1cup Beef Picadillo f/Grd	290	10	2	0	0	4	0	17	21	50	3	500	230	164.97	40.43	39.33	0.4	9.93	21.08	65	1.17	7
1/2cup Oranges Mandarin JcPk w/Whip Topping	90	22	1	0	0	21	0	1	1	10	0.5	125	15	13.77	54.56	25.64	0	0.25	6.47	0	0	1
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
<b>Lunch TOTAL</b>	<b>780</b>	<b>93</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>36</b>	<b>36.0</b>	<b>570</b>	<b>5.8</b>	<b>1500</b>	<b>765</b>	<b>692.18</b>	<b>328.7</b>	<b>82.32</b>	<b>3.8</b>	<b>30.99</b>	<b>165.61</b>	<b>85</b>	<b>1.48</b>	<b>13.0</b>

## Daily Nutrient Analysis: Saturday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>89</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>33</b>	<b>28</b>	<b>515</b>	<b>4</b>	<b>1425</b>	<b>845</b>	<b>568</b>	<b>1077</b>	<b>12</b>	<b>5</b>	<b>44</b>	<b>58</b>	<b>90</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Savory f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	70	29.04	786.2	2.73	0.4	16.23	10.5	5	0.13	0
1/2cup Pear Slices Blushing JcPk Cnd	70	18	2	0	0	14	0	1	0	20	0.4	125	20	17.48	0	1.9	0	0.36	1.26	0	0	0
3oz Chicken Fricassee Thighs Bnls	190	4	0	0	0	0	0	15	13	10	0.75	200	210	132.91	106.39	0.02	1.5	13.75	9.85	65	0.74	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 Potato Red Roasted Dijon f/Fresh	120	20	2	0	0	1	0	2	4.5	20	0.75	350	130	41.67	0.35	7.14	0	6.99	8.98	0	0	0.5
<b>Lunch TOTAL</b>	<b>685</b>	<b>89</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>33</b>	<b>28.0</b>	<b>515</b>	<b>4.0</b>	<b>1425</b>	<b>845</b>	<b>567.54</b>	<b>1076.54</b>	<b>11.8</b>	<b>4.9</b>	<b>43.63</b>	<b>57.94</b>	<b>90</b>	<b>1.05</b>	<b>5.0</b>

## Daily Nutrient Analysis: Sunday, Week 4, Cycle Menu S/S Lunch 7 day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>915</b>	<b>141</b>	<b>18</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>40</b>	<b>26</b>	<b>625</b>	<b>9</b>	<b>1775</b>	<b>1190</b>	<b>960</b>	<b>297</b>	<b>12</b>	<b>4</b>	<b>43</b>	<b>390</b>	<b>75</b>	<b>0</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
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
1cup Ham & Beans Navy f/Dry	280	43	11	0	0	4	0	21	3.5	125	4	950	410	341.02	4.79	2.09	0.2	8.29	247.58	20	0	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Muffin Corn Medium RTS	350	58	4	0	0	20	0	7	10	100	3.5	100	440	322.05	58.97	0	0	2.61	70.31	30	0	1.5
<b>Lunch TOTAL</b>	<b>915</b>	<b>141</b>	<b>18</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>40</b>	<b>25.5</b>	<b>625</b>	<b>8.8</b>	<b>1775</b>	<b>1190</b>	<b>959.83</b>	<b>296.86</b>	<b>12.35</b>	<b>3.8</b>	<b>43.03</b>	<b>389.83</b>	<b>75</b>	<b>0.44</b>	<b>6.0</b>



## ALTERNATE MEALS

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

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

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

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

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

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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	<p>WASH HANDS before beginning preparation &amp; SANITIZE surfaces &amp; 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 &lt;40F/4C. until ready to complete.</p> <p>Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.</p>
2 Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Orange Fresh Whole	1 whole	2 whole	3 whole	4 whole	
Juice Orange f/BIB 6 flz	1 Cup	2 Cup	3 Cup	1 Qt	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5						Cook Time: 20-30Minutes

# Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	<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: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	5 g	6 g	40 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
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)

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

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

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

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



# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

# Beans Baked f/Cnd (Baked Beans)

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

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

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

# Beans Baked f/Cnd (Baked Beans)

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

# Potato Au Gratin RTC (Au Gratin Potatoes)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	4 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	15 g	3 g	4.5 g	100 mg	500 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CPP- Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

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

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

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

# Ham Ckd Bnls RS (RS Ham)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	145 °F	Bake	3 Oz	☐Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	4 g	13 g	3 g	0 mg	607 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CPP-Cook to internal temp of 145F/63C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	☐Contains: Cinnamon, AllergenSoy, Potatoes, Potatoes, Sweet, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	44 g	2 g	2 g	40 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Sweet Syrup Cnd	1.5 no. 10 can	3 no. 10 can	4.5 no. 10 can	6 no. 10 can	Drained	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain 1/2 of liquid from Potatoes and place Potatoes in mixer bowl. Add Margarine, Brown Sugar and Cinnamon to potatoes.  Mash using whip attachment at low speed until there are no lumps.
Sugar, Brown Light	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
Cinnamon, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
3						Arrange mashed Potatoes in 12x20x2 pan(s). Steam to internal temperature of >140F.
4						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
5						CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.



# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							NOTES: 8 lbs fresh = 1 #10 can Sweet Potatoes = 3 qts canned.
7							Cook Time: 50-60 min

# Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	0.0 °F	Saute	1/2 Cup	☐Contains: Tomato, Peppers Bell, Onion, Corn, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	11 g	2 g	0 g	50 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow Celery, Fresh Pepper, Green Fresh	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	Diced	
2 Cornstarch Tomato, Diced Cnd Sugar, Granulated Bulk Pepper, Black Ground	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		Saute Vegetables until tender.
	1 no. 10 can	2 no. 10 can	3 no. 10 can	4 no. 10 can		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		

# Tomato Stewed f/Cnd (Stewed Tomatoes)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Add cornstarch to small amount of juice from tomatoes; make paste. Combine tomatoes with seasonings and heat to boiling. Add cornstarch paste; stirring constantly cook until thick and clear.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)

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

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

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

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

# 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

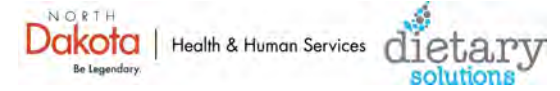
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
490 kcal	70 g	23 g	14 g	400 mg	1000 mg

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	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)

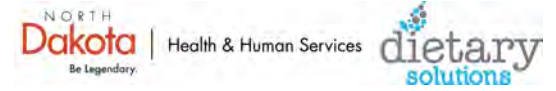
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining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

# Beef Kabobs Marinated (Marinated Beef Kabob)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 each	☐Contains: Beef, AllergenWheat, AllergenSoy, Peppers Bell, Tomato, Onion, Citrus, Garlic, Lemon, Mustard, Mushroom, AllergenFish, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	7 g	21 g	16 g	40 mg	470 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Marinade Beef	1 Qt	2 Qt	3 Qt	1 Gal		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Meat Marinade per separate recipe. Pour 3/4 of the Marinade over Beef Cubes. Refrigerate at <40F/4C overnight. Drain. Soak skewers in Water overnight if wooden skewers are used.	
	Beef, Steak Sirloin 6z	5 lb 12 Oz	11 lb 8 Oz	17 lb 4 Oz	23 lb		Cubed
2 Pepper, Green Fresh	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	Cut 3/4" Pieces	Wash & trim Vegetables, as appropriate. Place ingredients on each skewer in the following order: Green Pepper, Beef Cube, Onion Wedge, Green Pepper, Beef Cube, Onion Wedge, Mushroom, Beef Cube, and end with a Cherry Tomato.	
	Onion, Yellow	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Cut into Wedges
	Mushrooms, Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		
	Tomato, Cherry Fresh	1 lb	2 lb	3 lb	4 lb		



# Beef Kabobs Marinated (Marinated Beef Kabob)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Brush Kabobs with reserved Marinade. Bake to *internal temperature of >145F/63C held for at least 15 seconds.
4							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5							Cook Time: 15-20 min

# Marinade Beef (Beef Marinade)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 fl. oz	☐Contains: AllergenWheat, AllergenSoy, Citrus, Garlic, Lemon, Mustard, AllergenSulphites, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	2 g	1 g	9 g	10 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1	Sauce, Soy Bulk LS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt	
	Wine, Burgundy	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Sauce, Worcestershire	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Mustard, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Salt, Iodized	1 1/8 tsp	2 1/4 tsp	1 Tbsp	1 Tbsp 2 tsp	
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	
	Parsley, Dried	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	
	Vinegar, Wine White	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Water, Tap	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	Garlic, Powder	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Juice, Lemon RTS	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		

# Marinade Beef (Beef Marinade)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
2						Combine all Ingredients until well blended. CCP- Refrigerate at <40F/4C. Use within 3 days.
3						CCP -- Maintain <40F/4C; discard unused product.

# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	Simmer	1/2 Cup	☐Contains: Peppers Bell, Carrots, Onion, AllergenSoy, AllergenMilk, Rice, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	4 g	2.5 g	40 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
	Rice, Wild & Long Grain Blend 2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz		
3	Onion, Yellow 4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
	Celery, Fresh 4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
	Carrot, Fresh 4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	
4	Water, Tap 1 1/2 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
5	Pepper, Red Fresh 4 Oz	7.5 Oz	11.5 Oz	15 Oz	Diced	Stir in peppers and parsley.

# Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Chopped	
6							CCP - Maintain >135F/57C for only 4 hrs.
7							CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐Contains: Carrots, AllergenSoy, Broccoli, Cauliflower, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	2 g	40 mg	55 mg

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

# Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	19 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Orange, Mandarin JcPk	0.42 no. 10 can	0.83 no. 10 can	1.25 no. 10 can	1.67 no. 10 can		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour undrained Mandarin Oranges into undrained Pineapple. Mix gently. Fold in sliced Bananas. Portion with slotted spoon. Chill <40F.
1 Pineapple, Chunks JcPk	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
Banana Whole Fresh	2 lb 1 Oz	4 lb 3 Oz	6 lb 4 Oz	8 lb 5 Oz	Sliced	
2						CCP -- Keep chilled at 40F.

# Banana Whole Fresh (Banana)

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

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

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





# Banana Whole Fresh (Banana)

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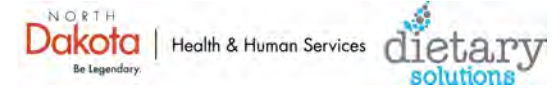
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# Milk 1% 8 flz PC (1% Milk)

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

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

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



# Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)

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.	
2	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.
	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

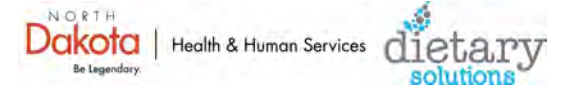
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp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

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# Gravy Brown f/Mix (Brown Gravy)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
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	
<b>PROVIDER CHOICE</b>				<b>PROVIDER CHOICE</b>		<b>LUNCH</b>			
Spinach/Chicken Salad	1 each	BBQ Beef	2 Oz	Grilled Bratwurst	1 each	BBQ Pork Ribs	3 Oz	Grilled Salmon Ckd	4 Oz
Seasonal Fresh Fruit	1 Cup	Glazed Sweet Potatoes	1/2 Cup	French Fries	4 Oz	Rosemary Potatoes	1/2 Cup	Seasoned Roasted Baby Potatoes	1/2 Cup
Whole Wheat Bread	2 slices	Seasoned Green Peas	1/2 Cup	Balsamic Brussels		Broccoli Slaw	1/2 Cup	Artichoke Salad	1/2 Cup
1.5 oz FF Italian Dressing	1 each	Hot Spiced Apples	1/2 Cup	Sprouts	1/2 Cup	Fresh Cantaloupe	1 Cup	Banana	1 each
Margarine Cup	1 each	WW Hamburger Bun	1 each	Seasonal Fresh Fruit	1 Cup	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
1% Milk	8 fl. oz	Margarine Cup	1 each	WW Hot Dog Bun	1 each	Margarine Cup	1 each	Margarine Cup	1 each
		1% Milk	8 fl. oz	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
				Mustard Pack	1 each				
				1% Milk	8 fl. oz				

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Broccoli Cheese Soup	6 fl. oz	Artichoke Salad	1/2 Cup	Liver & Onions	3 Oz	Chicken Salad Stuffed		Meatloaf	3 Oz
Coleslaw	1/2 Cup	Swedish Meatballs	3 each	Mashed Potatoes	1/2 Cup	Tomato	12 Oz	Mashed Potatoes	1/2 Cup
Cottage Cheese & Fruit	1 each	Brown Rice Pilaf	1 #8 sc.	Steamed Buttered Greens	1/2 Cup	Fresh Berries w/Whip		Sauteed Greens & Garlic	1/2 Cup
Banana Bran Muffin	1 each	Riviera Blend Vegetables	1/2 Cup	Banana	1 each	Topping	1 Cup	Kiwi & Strawberries	1/2 Cup
LS Crackers	2 pkg	Scalloped Apples	1/2 Cup	Whole Wheat Bread	2 slices	Whole Grain Banana Bread	1 each	Whole Wheat Bread	2 slices
Margarine Cup	1 each	Whole Wheat Bread	1 slices	Margarine Cup	1 each	Margarine Cup	1 each	Margarine Cup	1 each
Choice of Dressing	1 each	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Brown Gravy	2 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz					1% Milk	8 fl. oz

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# 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 &amp; equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, &amp; 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 &amp; prepare as appropriate for the Fruit.</p> <p>Place prepared Fruit in serving dish. Chill &lt;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)

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# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	<input type="checkbox"/> Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
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	<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 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 &amp; equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, &amp; 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 &amp; prepare as appropriate for the Fruit.</p> <p>Place prepared Fruit in serving dish. Chill &lt;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)

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# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	<input type="checkbox"/> Contains: Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
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.
Broccoli, Slaw Mix	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz		Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Mayonnaise, Bulk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
Vinegar, White	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Parsley, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped	
2 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)

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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.
3 Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Diced	
Artichoke, Hearts Cnd	2 lb	4 lb	6 lb	8 lb		
4						CCP -- Maintain <40F/4C.

# Sauce Vinaigrette (Vinaigrette)

SERVING SIZE	ALLERGENS
1 fl. oz	☐Contains: 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)



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

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

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

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

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

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)



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# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

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

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

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

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

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

SERVING SIZE	ALLERGENS
1/2 Cup	☐ Contains: Onion, Tomato, Garlic, Allergen Sulphites, Mushroom

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	9 g	3 g	15 g	20 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Mushrooms, Fresh	2 lb	4 lb	6 lb	8 lb	Quartered	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brush mushrooms free from any dirt. Steam mushrooms. Chill at <40F.
2 Sauce Vinaigrette	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Combine vegetables.
Tomato, Fresh	2 lb	4 lb	6 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
3 Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Diced	
Artichoke, Hearts Cnd	2 lb	4 lb	6 lb	8 lb		
4						CCP -- Maintain <40F/4C.



# Sauce Vinaigrette (Vinaigrette)

SERVING SIZE	ALLERGENS
1 fl. oz	☐Contains: AllergenSulphites, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	0 g	0 g	23 g	0 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1 Cup	2 Cup	3 Cup	1 Qt		Combine Vinegar and Seasoning in mixer bowl.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
2 Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 Oil, Vegetable	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		Combine Oils. Slowly add to Vinegar mixture. Mix on low speed until Oil is blended in.
Oil, Vegetable	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
4 Parsley, Dried	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		Add Herbs to Vinaigrette. *Chill <40F. Stir before using.
Garlic, Whole Fresh	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	Minced	

# Sauce Vinaigrette (Vinaigrette)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chives, Dry	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
5							CCP -- Maintain <40F/4C; discard unused product.
6							NOTES: Fresh Herbs may be substituted for dry. 1 Tbsp fresh = 1 tsp dry.

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g		18 g	17 g	125 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bread White 1 lb	2 lb	3 lb	4 lb		Soak bread in milk for 1 hr.
	Milk, 2% Bulk 2 Cup	1 Qt	1 1/2 Qt	2 Qt		
3	Beef, Ground 80-85/20-15 Raw 6 lb	12 lb	18 lb	24 lb		Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.
	Potato, Russet/Baking Fresh 8 Oz	1 lb	1 lb 8 Oz	2 lb	Grated Fine	
	Onion, Yellow 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Chopped Fine	
	Garlic, Powder 3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
4						Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.

## Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Salt, Iodized	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		Gravy: Whisk flour into meat drippings and blend. Add salt and pepper. Add milk gradually, stirring constantly. Cook until smooth and thickened.
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
	Milk, 2% Bulk	1 Qt	2 Qt	3 Qt	1 Gal		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

## Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	☐Contains: Rice, Onion, Garlic, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	25 g	3 g	1 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Rice, Brown Raw	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Rice, White Parboiled	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		Place rice in steamtable pans.
2 Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
Onion, Yellow	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Chopped	Bring chicken base, water, pepper and onions to a boil.
3						

## Rice Brown Pilaf (Brown Rice Pilaf)

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

# Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	0 g	4 g	10 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine undrained fruit and seasonings. Cook off 3/4 Liquid and apples until tender or minimum internal temp of >135F/57C held for 15sec.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Apple Slices, Frz	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	
Sugar, Granulated Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



# Apple Scalloped Hmd f/Frz (Scalloped Apples)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4						Optional: To serve cool, maintain <40F/4C.
5						NOTES: Can add thin slices of lemon. Peaches/pears may be substituted for apples.

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

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

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

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

# Liver & Onions (Liver & Onions)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Grill	3 Oz	☐Contains: Onion, Beef, AllergenWheat, Garlic

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	18 g		27 g	13 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Mix seasonings with flour.
	Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
	Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
	Garlic, Powder	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	
3	Liver, Beef Raw	25 slice	50 slice	75 slice	100 slice	Dredge liver in seasoned flour. Chill until ready to grill.
4	Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt	Oil grill; grill liver slices.
5	Onion, Yellow	3 lb	6 lb	9 lb	12 lb	Sliced Thin Grill sliced onions until tender. Serve grilled onions over liver.

# Liver & Onions (Liver & Onions)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

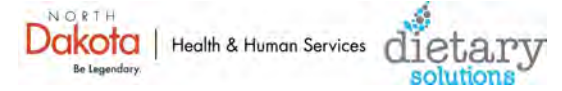
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4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

# Greens Mixed/Veg Base f/Frz (Steamed Buttered Greens)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐Contains: AllergenSoy, Celery, Garlic, Onion, Tomato, AllergenMilk, Carrots, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	4 g	3 g	2 g	125 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Greens, Mustard Frz 2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Steam Vegetables until tender.
	Greens, Turnip Frz 2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add Margarine and Seasonings.
	Base, Vegetable Paste LS G-F 1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)

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

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

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

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

# 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 &amp; SANITIZE surfaces &amp; equipment.</p> <p>Prepare Chicken Salad per separate recipe.</p>
2 Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3 Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
4						CCP -- Maintain <40F/4C.

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐Contains: AllergenSulphites, Lemon, AllergenEggs, Celery, AllergenSoy, Chicken, Citrus, Tomato

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

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

# Bread Banana Whole Grain PC (Whole Grain Banana Bread)

SERVING SIZE		ALLERGENS
1 each		☐Contains: AllergenWheat, Bananas, AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	3 g	6 g	20 mg	180 mg

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

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

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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



# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

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

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Saute	1/2 Cup	☐Contains: Garlic, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	175 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Saute Garlic, in Oil over medium heat. DO NOT brown.	
	Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Minced
3	Spinach, Fresh	4 lb	8 lb	12 lb	16 lb	Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.	
	Kale, Fresh	2 lb	4 lb	6 lb	8 lb		Chopped
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

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

# Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	1 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh	15.63 each	31.25 each	46.88 each	62.5 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Strawberries and drain. Remove stem. Slice Strawberries. Peel and slice Kiwi. Combine fruit to serve.
Strawberries, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
2					CCP - Maintain <40F.

# Gravy Brown f/Mix (Brown Gravy)

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

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

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

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

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

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

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



## MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

## Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> <b>Lean meat, poultry, or fish</b>	<b>1 oz</b>	<b>1 serving</b>
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
<b>Fruit (Fresh or packed in juice)</b>	<b>½ c or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022



## Standard Lunch and Supper Meal Pattern

Food Components	Serving Size	Minimum servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	<b>3 oz</b>	<b>1 serving</b>
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
<b>Vegetables</b>	<b>1/2 cup</b>	<b>2 servings</b>
<b>Fruits</b>	<b>1/2 cup or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	1/2 cup pasta 1/2 cup rice	



## CARBOHYDRATE CONTENT

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

## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
<b>Milk: Low-fat (1%) or fat-free milk, unflavored or flavor</b>	<b>8 fl oz</b>	<b>15 g</b>
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	<b>1 oz</b>	<b>None</b>
Cheese	<b>1 oz</b>	
Cottage cheese	<b>1 oz</b>	
Egg, large	<b>1 each</b>	
Cooked dry beans or peas	<b>N/A</b>	
Peanut butter, soy nut butter, or other nut or seed butters	<b>4 TBSP</b>	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	<b>1 c</b>	
<b>Fruit (Fresh or juice packed)</b>	<b>½ c or 1 small piece</b>	<b>15 g</b>
<b>Grains</b>	<b>2 oz served each meal</b>	<b>30 g</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	1/2c cooked cereal = 1oz	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 c= 1 oz	
<b>Total Per Meal (average)</b>		<b>60 g= 4 Exchanges</b>

## Carbohydrate Content Lunch and Dinner

### 15g= 1 Carbohydrate Exchange

Food Components	Serving Size	Carbohydrate s per serving
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	15g
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	3 oz	None
Cheese	3 oz	
Cottage cheese	$\frac{3}{4}$ c	
Egg, large	2 each	
Cooked dry beans or peas	$\frac{1}{2}$ c	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
<b>Vegetables</b>	$\frac{1}{2}$ c	5g
<b>Fruits (Fresh or juice packed)</b>	$\frac{1}{2}$ c or 1 small piece	15g
<b>Grains</b>	2 oz served each meal	30g
WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1 oz 1 small roll= 1 oz	
WGR, pasta or rice	$\frac{1}{2}$ c pasta= 1 oz $\frac{1}{2}$ c rice= 1 oz	
<b>Total Per Meal (average)</b>		<b>65g= 4 Exchanges</b>



## MILK ALTERNATIVES

Milk or milk alternatives are required to meet nutritional needs of older adults as outlined in the Dietary Guidelines for Americans 2020-2025 and to meet Dietary Reference Intakes (DRIs). This reference is provided to clarify food items and serving sizes that meet the dairy requirement.

## MILK ALTERNATIVES

The daily dairy recommendation for Older Americans is 3 cups of Dairy (or equivalent). Below is a list of 1 cup dairy equivalents. Reduced fat or low-fat choices are recommended.

Fortified soy milk and yogurt with added calcium, vitamin A, and vitamin D are a part of the Dairy Group. This is because their nutritional content is like dairy milk and yogurt.

Other products sold as “milks” but made from plants like almond, rice, coconut, oat, and hemp “milks” may have calcium. But they are not a part of the Dairy Group because their nutrition content is not like dairy milk and fortified soy milk

Amount that Counts as 1 Serving in the Dairy Group		
<b>MILK</b>	Milk, (1%-2%), white and flavored	8oz
	Milk, (skim), white and flavored	8oz
	Milk, (whole), white and flavored	8oz
	Buttermilk, low-fat	8oz
	Evaporated Milk	4oz
	Soy Milk, Calcium Fortified	8oz
	Dry Milk, Reconstituted	8oz
	Lactose Free Milk	8oz
<b>YOGURT</b>	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
<b>CHEESE</b>	Hard cheese (cheddar, mozzarella, swiss, parmesan)	1 ½ oz
	Shredded Cheese	1/3 cup
	Processed Cheese (American)	1 oz
	Ricotta Cheese	½ cup
	Cottage Cheese	2 cups
<b>OTHER</b>	Kefir, plain, low-fat	1 cup



## SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

## SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

To ensure substitutions are appropriate and meet the nutritional needs of participants served please follow these general guidelines:

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.
- Substitutions should be similar cooking methods. For example, substituting chicken for beef in a BBQ recipe is an acceptable substitution. Substituting scalloped potatoes for rosemary potatoes is not an acceptable substitution because the scalloped potatoes are much higher in fat, calories, and sodium.



## SUBSTITUTION LISTS

### BREADS AND STARCHES:

1oz serving.

Please note meal pattern requires 2oz per meal to meet requirements.

WG= Whole Grain Rich

Food Item	1oz Serving
Whole Wheat Bread	1 slice
Rye Bread	1 slice
Oatmeal Bread	1 slice
Raisin Bread	1 slice
Pumpernickel Bread	1 slice
WG Bagel	½ each
WG English Muffin	½ each
WG Hot Dog Bun	½ each
WG Hamburger Bun	½ each
WG Pita 6 inch	1 each
WG Tortilla 6 inch	1 each
WG Roll, small	1 each
WG Breadsticks	1 each
Graham Crackers 2-1/2" square	3 each
Animal Crackers	8 each
WG soda crackers	6 each
WG cooked cereal	½ cup
WG cold cereal	1 cup
WG granola	¼ cup
WG Biscuit 2 ½ inch	1 each
WG Muffin, small 1oz	1 each
WG Pancake 4 inch	2 each
WG Waffle, 4 ½ inch	1 each
Cornbread 2 inch	1 each
Granola Bar	1 each
WG Cooked Pasta	½ cup
WG Cooked Rice	½ cup

## SUBSTITUTION LISTS

### MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

Food Item	Serving Size
Round Steak	3oz
Sirloin	3oz
Flank Steak	3oz
Beef Tenderloin	3oz
Ground Beef (90 to 95% recommended)	3oz
Chipped Beef	3oz
Pork (tenderloin, roast, chops, cutlets)	3oz
Ground Turkey	3oz
Ground Chicken	3oz
Fresh or Frozen Fish	3oz
Tuna or Salmon (canned in water)	3oz
Crab, Lobster, Scallops, Shrimp, Clams	3oz
Cottage Cheese (reduced sodium recommended)	½ cup
Reduced sodium turkey or chicken sausage	3oz
Reduced sodium bacon or turkey bacon	3oz
Chicken (baked, broiled, roasted without skin)	3oz
Turkey (baked, broiled, roasted without skin)	3oz
Reduced sodium lunchmeat	3oz
Egg substitute	3oz
Egg	3 each
Mozzarella Cheese	3oz
Liver (serve rarely due to high cholesterol item)	3oz
Tofu	4oz
Peanut Butter	4 TBSP

## SUBSTITUTION LISTS

### VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

Food Item	Good Source Vitamin A	Good Source Vitamin C
Asparagus		
Beans (green, wax, Italian)		
Beets		
Broccoli	X	X
Brussels Sprouts		X
Cooked Cabbage		
Carrots	X	
Cauliflower		X
Egg Plant		
Potatoes		
Yams/Sweet Potatoes	X	
Pumpkin	X	X
Red Peppers	X	X
Collard Greens	X	
Mustard Greens	X	
Turnip Greens	X	X
Cooked Mushrooms		
Okra		
Onions		
Pea Pods		
Green Peppers		X
Rutabaga		
Spinach (1/2c cooked, 1c raw)	X	X
Summer Squash	X	X
Tomato (One Large)		X
Reduced Sodium Tomato Juice		X
Turnip		
Water Chestnuts		
Zucchini (1/2c cooked, 1c raw)		
Raw Cabbage		X
Celery		
Cucumber		
Dark Green Lettuce (Romaine, field greens)	X	X

## SUBSTITUTION LISTS

### FRUITS

Canned fruit is recommended to be purchased in juice, or extra light syrup.

Light syrup and water are also acceptable.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple, Raw, 2-inch diameter	1 each		
Applesauce	½ cup		
Apricots, Raw, Medium	4 each	X	
Apricots, Canned	½ cup or 4 halves	X	
Banana, 9 inches long	½ each		
Blackberries, Raw	¾ cup		X
Blueberries, Raw	¾ cup		
Cantaloupe, Cubes	1 cup	X	X
Cherries, Large Raw	12 each		
Cherries, Canned	½ cup		
Fruit Cocktail, Canned	½ cup		
Grapefruit, Medium	½ each		X
Grapefruit, Canned	¾ cup		X
Grapes, Small	15 each		
Honeydew Melon, Cubes	1 cup		X
Kiwi, Large	1 each		
Mandarin Oranges	½ cup		
Mango, Small	½ each	X	
Nectarine, 1 ½ inch	1 each		X
Orange, 2 ½ inch	1 each		X
Papaya	1 cup		X
Peaches, Raw	1 each or ¾ cup	X	
Peaches, Canned	½ cup or 2 halves	X	
Pear, Raw, small	1 each		
Pear, Canned	½ cup or 2 halves		
Pineapple, Raw	¾ cup		X
Pineapple, Canned	½ cup		X
Plum, Raw 2 inch	2 each		

## SUBSTITUTION LISTS

### FRUITS

Fruit juice must be 100% juice to meet requirements.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Raspberries, Raw	1 cup		X
Strawberries, Raw Whole	1 cup		X
Tangerine, 2 ½ in	2 each		X
Watermelon Cubes	1 cup		
Food Item- Juice	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Juice	½ cup		
Apple Cider	½ cup		
Cranberry Juice Cocktail	1/3 cup		
Grapefruit Juice	½ cup		X
Grape Juice	1/3 cup		
Orange Juice	½ cup		X
Pineapple Juice	½ cup		X
Prune Juice	1/3 cup		
Food Item- Dried Fruit	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Rings	4 each		
Apricot, Halves	7 each		
Dates, Medium	10 each		
Figs	10 each		
Prunes, Medium	3 each		
Raisins	2 TBSP		



## PRODUCTION GUIDES

Production guides are intended as a resource to help staff cooking and serving to produce and serve foods in portion sizes to meet the menu requirements.

## Production Guides

### GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet	18 x 13 x 1	40 - 2 x 2-1/2" pieces	8 x 5	Cakes, bar cookies, oven baking
Baking Pan	13-1/2 x 23 x 2	50 - 2 x 2-1/2" pieces	10 x 5	Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items

## Production Guides

### GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce



## Production Guides

### GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables



## NOTES





