



# NORTH DAKOTA AGING SERVICES

## BREAKFAST/LUNCH MENUS

### SPRING/SUMMER

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 Brk/Lunch 5 day 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>BREAKFAST</b>									
Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz
Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup
Egg Substitute Omelet	1 each	Pancakes	2 each	Egg & Cheese Muffin	1 each	Scrambled Egg & Cheese	1 #16 sc.	French Toast	2 slice
Banana	1 each	Turkey Sausage Links	2 each	Banana	1 each	Cheesy Hashbrowns	1/2 Cup	Bacon Strips	2 slice
Dry Wheat Toast	1 slice	Fresh Strawberries	1/2 Cup	Soft Margarine Cup	1 each	Pears with Blueberries	1/2 Cup	Fresh Whole Orange	1 whole
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Jelly	1 each	Dry Rye Toast	1 slice	Soft Margarine Cup	1 each
Jelly	1 each	LoCal Syrup	1 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	LoCal Syrup	1 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz			Jelly	1 each	1% Milk	8 fl. oz
						1% Milk	8 fl. oz		
<b>LUNCH</b>									
Grilled Chicken on Bun	1 each	House Salad	1 Cup	BBQ Pork Ribs	3 Oz	Grilled Salmon Ckd	4 Oz	Beef Pot Roast	3 Oz
French Fries	4 Oz	Lasagna	1 (3x4)	Baked Sweet Potato	1 whole	Mashed Potatoes	1/2 Cup	Roasted Red Potatoes	1/2 Cup
Lettuce Tomato Onion	1 each	Herbed Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Dilled Baby Carrots	1/2 Cup	Roasted Brussels Sprouts	1/2 Cup
Seasoned Broccoli Florets	1/2 Cup	Peaches	1 each	Chilled Diced Pears	1/2 Cup	Fresh Orange Wedges	1 Cup	Choice of Fruit	1/2 Cup
Fresh Fruit Salad	1/2 Cup	Whole Wheat Bread	1 slices	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
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
Ketchup Packet	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	Parmesan Cheese	1 each						
		1% Milk	8 fl. oz						



## Cycle Menu S/S Brk/Lunch 5 day 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>BREAKFAST</b>									
Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz
Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup
Tomato Basil Eggs & Sweet Potato	1 each	Fried Egg	1 each	Berry Yogurt Parfait	1 each	Whole Grain Waffle	1 each	Huevos Rancheros	1/4 Cup
Dry Wheat Toast	1 slice	WW English Muffin	1 each	Blueberry Muffin	1 each	Turkey Sausage Links	2 each	Fresh Blueberries	1/2 Cup
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Kiwi & Strawberries	1/2 Cup	Dry Rye Toast	1 slice
Jelly	1 each	Jelly	1 each	Jelly	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	LoCal Syrup	1 fl. oz	Jelly	1 each
						1% Milk	8 fl. oz	1% Milk	8 fl. oz
<b>LUNCH</b>									
Pasta e Fagioli Soup	6 fl. oz	Chicken Kiev	1 each	Beef Enchiladas	2 each	Lemon Pepper Fish	3 Oz	Chicken Marsala	3 Oz
Tuna Stuffed Tomato	1 each	O'Brien Potatoes	1/2 Cup	Southwest Corn	1/2 Cup	Whipped Sweet Potato	1/2 Cup	Mashed Potatoes	1/2 Cup
Zucchini & Cucumber Salad	1/2 Cup	Green Beans Oregano	1/2 Cup	Black Bean Salad	1/2 Cup	Roasted Brussels Sprouts	1/2 Cup	Sicilian Blend Vegetables	1/2 Cup
Blushing Pineapple	1/2 Cup	Ginger Baked Pears with Spiced Whip	1/2 Cup	Mandarin Orange	1 each	Applesauce	1 each	Apple Crisp	1/2 Cup
Whole Wheat Bread	1 slices	Whole Wheat Bread	2 slices	Soft Margarine Cup	1 each	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
LS Crackers	2 pkg	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	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								

### Cycle Menu S/S Brk/Lunch 5 day 2023 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>BREAKFAST</b>									
Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz
Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup
Broccoli Cheese Quiche	1 slice	Ham & Cheese Omelet	1 each 3.5z	Flatbread Breakfast Pizza	1 each	Scrambled Egg	1 #16 sc.	Blueberry Pancakes	1 each
Hash Brown Casserole	1/2 Cup	Roasted Sweet Potato Rounds	3 Oz	Pears with Blueberries	1/2 Cup	Pan Fried Potatoes	1/2 Cup	Turkey Sausage Links	2 each
Fresh Berries w/Whip Topping	1 Cup	Banana	1 each	Soft Margarine Cup	1 each	Dry Wheat Toast	1 slice	Mandarin Orange	1 each
Soft Margarine Cup	1 each	Dry Rye Toast	1 slice	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Jelly	1 each	Soft Margarine Cup	1 each			Jelly	1 each	LoCal Syrup	1 fl. oz
1% Milk	8 fl. oz	Jelly	1 each			1% Milk	8 fl. oz	1% Milk	8 fl. oz
		1% Milk	8 fl. oz						
<b>LUNCH</b>									
Tossed Salad Trinity	1 Cup	Rosemary Orange Chicken Breast	3 Oz	Seasoned Pork Roast	3 Oz	Potato Leek Soup	8 fl. oz	Stuffed Bell Pepper	1 each
Stir Fry Pork	1 Cup	Rosemary Potatoes	1/2 Cup	Seasoned Roasted Baby Potatoes	1/2 Cup	BBQ Chicken Salad	1 each	Mashed Potatoes	1/2 Cup
Brown Rice	1/2 Cup	Garden Blend Vegetables	1/2 Cup	Balsamic Brussels Sprouts	1/2 Cup	Minted Pears	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup
Asian Vegetables	1/2 Cup	Rosy Applesauce	1/2 Cup	Choice of Fruit	1/2 Cup	Whole Wheat Bread	2 slices	Fresh Plums	1/2 Cup
Oranges, Pineapples & Bananas	1/2 Cup	Whole Wheat Bread	2 slices	Fresh Whole Tangerine	1 each	Soft Margarine Cup	1 each	Whole Wheat Bread	1 slices
Whole Wheat Bread	1 slices	Soft Margarine Cup	1 each	Whole Wheat Bread	2 slices	1% Milk	8 fl. oz	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
Choice of Dressing	1 each			1% Milk	8 fl. oz				
1% Milk	8 fl. oz								

Cycle Menu S/S Brk/Lunch 5 day 2023 - Week 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>BREAKFAST</b>									
Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz
Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup
Scrambled Egg Sandwich	1 each	Whole Grain Waffle	2 each	Scrambled Egg & Cheese	1 #16 sc.	Blueberry Stuffed French Toast	1 each	Egg of Choice	1/4 Cup
Banana	1 each	Fresh Strawberries	1/2 Cup	Fresh Strawberries	1/2 Cup	Soft Margarine Cup	1 each	Home Fries	4 Oz
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Dry Wheat Toast	1 slice	LoCal Syrup	1 fl. oz	Dry Wheat Toast	1 slice
Jelly	1 each	LoCal Syrup	1 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Banana	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Jelly	1 each			Soft Margarine Cup	1 each
				1% Milk	8 fl. oz			Jelly	1 each
								1% Milk	8 fl. oz
<b>LUNCH</b>									
House Salad	1 Cup	Roast Turkey & Gravy	3 Oz	Tarragon Roast Chicken	3 Oz	Cabbage Roll	4 Oz	Salmon Loaf	3 Oz
Italian Pasta Bake	1 Cup	Mashed Potatoes	1/2 Cup	Baked Sweet Potato	1 whole	Mashed Potatoes	1/2 Cup	Roasted Red Potatoes	1/2 Cup
Seasoned Zucchini	1/2 Cup	Parslied Carrots	1/2 Cup	Parmesan Broccoli	1/2 Cup	Green Beans Almondine	1/2 Cup	Mixed Vegetables	1/2 Cup
Choice of Fruit	1/2 Cup	Baked Apple	1 each	Peaches in Orange Sauce	1/2 Cup	Fresh Fruit Salad	1/2 Cup	Berry Crisp	1/2 Cup
Whole Wheat Bread	1 slices	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices	Whole Wheat Bread	1 slices	Whole Wheat Bread	2 slices
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
Choice of Dressing	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								

# 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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# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Omelet Egg Substitute Pan Method (Egg Substitute Omelet)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	325.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: AllergenSoy, AllergenEggs, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
100 kcal	9 g	9 g	3.5 g	100 mg	200 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Melt margarine. Add flour and seasonings. Stir until smooth.
Flour, All Purpose	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b> Milk, Skim Bulk	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Add milk gradually, stirring constantly. Cook until thick.
<b>4</b> Egg Substitute, Low Chol Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Add beaten egg sub and mix well with a wire whip.
<b>5</b>					Pour into greased 12x20x2" baking pans, 5lbs per pan. Set pans in pans of hot water.
<b>6</b>					Bake at 325F/162C for 45 min, until set.



# Omelet Egg Substitute Pan Method (Egg Substitute Omelet)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
7						Eggs: Cook to internal temp of 145F/62C 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						Discard unused product.

# Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Chicken Grilled on Bun f/RTB (Grilled Chicken on Bun)



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COOK METHOD	SERVING SIZE	ALLERGENS
Grill	1 each	☐ Contains: Chicken, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	31 g	26 g	9 g	125 mg	720 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Chicken Breast Grilled Ckd 3z	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Breast to *internal temp >165F for 15 sec. according to manufacturer's instructions.
2 Bun Hamburger White	25 each	50 each	75 each	100 each	Grill Buns until lightly toasted.
3					To serve: Place Chicken Breast on Bun. Maintain holding temp of >140F/60C.
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.

# Chicken Breast Grilled Ckd 3z (Grilled Chicken Breast)



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COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Heat	3 Oz	<input type="checkbox"/> Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	5 g	21 g	7 g	30 mg	460 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook chicken to internal temp of 165F/74C held for 15 sec.
2					Prepare product as per package instructions.
3					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 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.
8					Discard unused product.

# Potato Fries French f/Prepared (French Fries)



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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.

# 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.

# Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)



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

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

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh	3.13 each	6.25 each	9.38 each	12.5 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	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
Grapes, Green Seedless	5 Oz	10 Oz	0 lb 15 Oz	1 lb 4 Oz	
Melon, Cantaloupe Fresh	0.94 each	1.88 each	2.81 each	3.75 each	
Melon, Honeydew Fresh	0.63 each	1.25 each	1.88 each	2.5 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.

# Ketchup PC (Ketchup Packet)



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

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

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

Ketchup PC (Ketchup Packet)



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# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Pancakes RTB 4 in (Pancakes)



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COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	2 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	27 g	4 g	5 g	75 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.



# Pancakes RTB 4 in (Pancakes)

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

# Sausage Turkey Links 1z Each (Turkey Sausage Links)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	2 each	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	2 g	9 g	6 g	40 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Turkey Link	50 each	100 each	150 each	200 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Line Turkey Links on greased sheet pans. Halfway through cooking, rotate the links to achieve more even browning. Bake until *internal temp of 165F/74C held for 15 sec.
2					CCP -- Maintain >140F/60C for only 4 hrs.
3					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5					Cook Time: 15-20 min

# 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.



# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# House Salad (House Salad )

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

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

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

# Green Beans Herb f/Frz (Herbed Green Beans)



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

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

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

# Green Beans Herb f/Frz (Herbed Green Beans)



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

# Peaches Fresh (Peaches )

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

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

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

# Cheese Parmesan Grated PC (Parmesan Cheese)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	0 g	1 g	1 g	30 mg	65 mg

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



# Dressing Italian LoCal PC (LoCal Italian Dressing)



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SERVING SIZE	ALLERGENS
1 each	None

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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

# Choice of Juice (Choice of Juice )



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COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg & Cheese Muffin Sndw (Egg & Cheese Muffin)



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COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Poach	Spatula	1 each	☐ Contains: AllergenEggs, AllergenSoy, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
350 kcal	28 g	14 g	21 g	175 mg	620 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Muffin English RTS Margarine, Solids	25 each	50 each	75 each	100 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Toast English Muffins, lightly spread each half with Margarine.
	13 Oz	1 lb 10 Oz	2 lb 6 Oz	3 lb 3 Oz	Softened	
2 Egg, Shell Large	25 each	50 each	75 each	100 each		Poach Eggs in ring until firm and internal temp reaches 155F/68C held for 15 sec.
3 Cheese, American Yellow Sliced	25 slice	50 slice	75 slice	100 slice		To assemble each Sandwich, place 1 each Egg and slice Cheese between 2 halves of English Muffin. CCP - Maintain >140F/60C for 4 hrs only. Discard unused product.

# Muffin English RTS (English Muffin)



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SERVING SIZE	ALLERGENS
<b>0.5 each</b>	<input type="checkbox"/> <b>Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	3 g	0.5 g	20 mg	135 mg

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

# Muffin English RTS (English Muffin)



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# Banana Whole Fresh (Banana)



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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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# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# 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 Sweet Bkd f/Fresh (Baked Sweet Potato)



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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.

# Vegetable Mix 4 Way Blend (Mixed Vegetables)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Vegetable Mix, 4 Way Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil Vegetables until just tender. Do Not Overcook. Add Margarine & mix well.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Pears Diced f/Cnd (Chilled Diced Pears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	0 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pears, Diced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	
Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg Scrambled & Cheese f/Frz (Scrambled Egg & Cheese)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 sc.	☐ Contains: AllergenMilk, AllergenEggs

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	2 g		10 g	9 g	150 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.
Egg, Liquid Frz	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Thawed	Combine eggs, milk and pepper. Beat until blended. Refrigerate egg mixture until ready to cook.
<b>2</b> Milk, 2% Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Oven: Pour egg mixture into baking pan(s). Sprinkle cheese over egg mixture stirring to distribute. Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
<b>4</b>						Steamer: Pour egg mixture into each pan. Sprinkle cheese on top and stir to distribute. Steam for 6-8 min at 5 lb pressure, batch cook.
<b>5</b>						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches, sprinkle cheese onto egg (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
<b>6</b>						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

# Egg Scrambled & Cheese f/Frz (Scrambled Egg & Cheese)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.

# Potato Hashbrown Cheesy f/Frz (Cheesy Hashbrowns)



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

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

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



# Pear Slices w/Blueberries (Pears with Blueberries)



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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  Blueberries, Fresh	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.
	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.

# Toast Rye Seedless Dry (Dry Rye Toast)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
1 Min	Heat	1 slice	☐ Contains: AllergenSoy, AllergenWheat, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	16 g	3 g	1 g	30 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
					1 WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Rye Seedless	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					Discard unused product.

# Bread Rye Seedless (Rye Bread)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	3 g	1 g	30 mg	170 mg

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Salmon Grill Ckd (Grilled Salmon Ckd)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	4 Oz	<input type="checkbox"/> <b>Contains: AllergenFish</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	0 g	29 g	9 g	20 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Fish: Cook to internal temp of 145F/63C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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



# Carrot Baby Seasoned w/Dill f/Fresh (Dilled Baby Carrots)



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COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: Carrots, AllergenMilk, 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	Carrot, Baby Whole Fresh	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	
	Dill, Weed Dried	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp Crushed	
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 Fresh Wedges (Fresh Orange Wedges )



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

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

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

# Orange Fresh Whole (Fresh Whole Orange)

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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# French Toast Frz RTB 1.5z (French Toast)

COOK-END TEMP	SERVING SIZE	ALLERGENS
165 °F	2 slice	<input type="checkbox"/> Contains: AllergenEggs, AllergenMilk, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	28 g	7 g	5 g	100 mg	430 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					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.



# Bacon Strips Oven Crisp 2 Each f/Raw (Bacon Strips)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	400.0 °F	145 °F	Bake	2 slice	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	0 g	2 g	4.5 g	0 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bacon, Pork 18-26 ct	50 slice	100 slice	150 slice	200 slice	Lay bacon slices on baking sheets. Bake until crisp and drain off excess grease.
3					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.	
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.	

# Orange Fresh Whole (Fresh Whole Orange)

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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Beef Pot Roast Hmd (Beef Pot Roast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
240 Min	325.0 °F	145 °F	Bake	3 Oz	☐ Contains: Onion, Carrots, Garlic, Celery, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	11 g	21 g	7 g	125 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.
Beef, Roast Raw Rnd-Top Inside	6 lb	12 lb	18 lb	24 lb		Cut beef into 3-lb pieces. Divide vegetables among pan(s). Place beef on top of vegetables. Divide spices and seasonings evenly among pans.
Onion, Yellow	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Quartered	
Carrot, Baby Whole Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Chopped	
<b>2</b> Celery, Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Chopped	
Peppercorns, Black	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Thyme, Fresh	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup		
Bay Leaf, Whole	1.5 each	3 each	4.5 each	6 each		
Cloves, Whole	2.5 each	5 each	7.5 each	10 each		

# Beef Pot Roast Hmd (Beef Pot Roast)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Garlic, Whole Fresh	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Chopped	
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
<b>3</b> LS Soup Broth Beef f/Dry	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Prepared	Prepare broth per separate recipe. Pour broth in pans to cover or almost cover.
<b>4</b>						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
<b>5</b>						Cook Time: 4-6 hrs
<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.

# LS Soup Broth Beef f/Dry (LS Beef Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	6 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	5 g	2 g	1 g	30 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>	Water, Tap 1 Gal 6 Cup	3 Gal 6 Cup	5 Gal 5 Cup	7 Gal 5 Cup	Heat water and add base, stirring until dissolved. Heat until product reaches >165F/74C for at least 15 sec.
	Base, Beef Dry LS 6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Potato 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)



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

# Brussels Sprouts Roasted f/Fresh (Roasted Brussels Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	400.0 °F	Roast	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	4 g	6 g	75 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Brussels Sprouts, Fresh Oil, Olive Salt, Iodized Pepper, Black Ground	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Trim Brussels sprouts by carefully cutting off brown end and peeling away any yellow outer leaves. Place Brussels sprouts on sheet pans in single layer. Add oil & seasonings and mix well. Roast in oven until browned and tender (approximately 20-30 minutes).
	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup		
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
2						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 135F/57C 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.

# Choice of Fruit (Choice of Fruit )

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Honeydew Fresh	9 lb 6 Oz	18 lb 12 Oz	28 lb 2 Oz	37 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.



# Egg Scrambled w/Tomato Basil & Potato Sweet (Tomato Basil Eggs & Sweet Potato)



COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1 each	☐ Contains: Potatoes, Sweet, Onion, Tomato, Citrus, Garlic, Lemon, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	33 g	13 g	10 g	100 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.
Egg, Shell Large	37.5 each	75 each	112.5 each	150 each		Whisk Eggs with Garlic, White Pepper and Lemon Juice. Cook Eggs until set and set aside. Maintain >140F/60C until needed.
<b>2</b> Garlic, Whole Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	
Pepper, White	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
Juice, Lemon RTS	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>3</b> Onion, Yellow	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	Diced	Saute Yellow Onions until golden.
<b>4</b> Tomato, Fresh	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	Diced	Toss Tomatoes, Basil, and Onions into Eggs. Maintain >140F/60C.
Basil, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped	
<b>5</b> Apple, Granny Smith	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Shredded	Sauté Sweet Potato, Apple, and Red Onion in Oil separately. Until golden brown. Toss all together with Black Pepper.

# Egg Scrambled w/Tomato Basil & Potato Sweet (Tomato Basil Eggs & Sweet Potato)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Red/Burmuda	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Shredded	
	Oil, Olive	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
	Potato, Sweet Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Shredded	
<b>6</b>							Serve: 1/2 cup Egg Mixture with 1/2 cup Potato Hash.
<b>7</b>							CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Soup Pasta Fagioli Bean Hmd (Pasta e Fagioli Soup)



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COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Boil	6 fl. oz	☐ Contains: Beans/Legumes, AllergenSoy, Carrots, Celery, Garlic, AllergenMilk, AllergenWheat, AllergenEggs, Tomato, Corn, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	57 g	19 g	4.5 g	200 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>	Oil, Vegetable	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
	Onion, Yellow	2 3/4 Cup	1 1/2 Qt	2.0 Qt	2 3/4 Qt		Chopped
	Garlic, Whole Fresh	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Minced
<b>2</b>						Heat oil and margarine in heavy saucepan over medium heat. Add onions and garlic; saute until onion is tender, about 3 min.	
<b>3</b>	Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Add broth, beans, tomatoes, and water. Cover and bring to a boil over high heat. Decrease heat to medium and simmer until vegetables are tender, about 10 min.	
	Tomato, Diced Cnd	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		



# Soup Pasta Fagioli Bean Hmd (Pasta e Fagioli Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Soup Broth Vegetable f/Base	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
	Beans, Great Northern Dry	3 lb 13 Oz	7 lb 10 Oz	11 lb 6 Oz	15 lb 3 Oz		
<b>4</b>	Pasta, Shells Small Dry	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Add pasta and boil with lid on until al dente, about 8 min. Add more water if necessary.
<b>5</b>	Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Season soup with black pepper.
<b>6</b>	Cheese, Parmesan Grated	3/4 Cup	1 2/3 Cup	2 1/3 Cup	3 1/4 Cup		Garnish with parmesan cheese at time of service.
<b>7</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Broth Vegetable f/Base (Vegetable Broth)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	6 fl. oz	<input type="checkbox"/> Contains: Celery, Garlic, Onion, Tomato, Carrots, Corn

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Vegetable Paste LS G-F	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Heat Water and add Base, stirring until well dissolved to *internal temp of 145F for 15 sec.
	Water, Tap	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 3 Cup	4 Gal 3 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

# Tuna Salad Stuffed Tomato (Tuna Stuffed Tomato)



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COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 each	☐ Contains: Beans/Legumes, Lemon, Onion, Allergen Sulphites, Allergen Eggs, Allergen Fish, Citrus, Allergen Soy, Tomato, Garlic, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
440 kcal	24 g	19 g	31 g	100 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Egg Boiled Hard Whole RTS	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Chopped	*Maintain Eggs <40F.
Tuna, Chunk Light WtrPk Bulk	2 lb 13 Oz	5 lb 10 Oz	8 lb 7 Oz	11 lb 4 Oz	Drained	Add Eggs, Relish, Onion Powder & Lemon Juice to Tuna; mix lightly.
Pickle Relish, Sweet	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		
<b>3</b> Onion, Powder	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Juice, Lemon RTS	2 1/2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
<b>4</b> Mayonnaise, Bulk	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt		Add Mayonnaise. Mix lightly to blend. Chill.
<b>5</b> Tomato, Fresh	8 lb 5 Oz	16 lb 11 Oz	25 lb	33 lb 5 Oz		Remove Tomato core and cut Tomato in quarters to within 20% of bottom. Stuff 3z of Tuna Salad inside Tomato.

# Tuna Salad Stuffed Tomato (Tuna Stuffed Tomato)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6	Beans Navy f/Dry	2.0 Qt	4.0 Qt	1 Gal 3 Cup	1 Gal 6 Cup	Prepared	Place Stuffed Tomato on a bed of shredded Lettuce in bottom of a large salad bowl. Top with Navy Beans, and 1 Fl Oz Red Wine Vinaigrette. Serve immediately.
	Dressing Vinaigrette Red Wine Hmd	25 fl. oz	50 fl. oz	75 fl. oz	100 fl. oz	Prepared	
	Lettuce, Iceberg	1 Gal 1 Cup	2 Gal 2 Cup	3 Gal 3 Cup	4 Gal 4 Cup	Shredded	
7							CCP -- Maintain <40F/4C; discard unused product.

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)



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

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

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

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)



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# Dressing Vinaigrette Red Wine Hmd (Red Wine Vinaigrette)

COOK METHOD	SERVING SIZE	ALLERGENS
Blenderize	1 fl. oz	<input type="checkbox"/> Contains: Garlic, Mustard, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	0 g	0 g	17 g	0 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, Wine Red	8 fl. oz	16 fl. oz	24 fl. oz	32 fl. oz		Blend Ingredient together.
Garlic, Whole Fresh	0.5 Oz	1 Oz	1.5 Oz	2 Oz	Minced	
<b>2</b> Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
Mustard, Dijon	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Oil, Olive	16 fl. oz	32 fl. oz	48 fl. oz	64 fl. oz		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.

# Beans Navy f/Dry (Navy Beans)



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

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

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



# Beans Navy f/Dry (Navy Beans)

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

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



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	☐ Contains: Peppers Bell, Allergen Sulphites, Garlic, Onion, Allergen Eggs, Allergen Milk, Cucumber

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	5 g	2 g	9 g	30 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Zucchini, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Vegetables. Dice the Green Peppers. Combine the three Vegetables.
Cucumber, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Peeled & Cubed	
Pepper, Green Fresh	1.94 each	3.88 each	5.81 each	7.75 each	Diced	
<b>2</b> Dressing, Ranch Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Mix the Dressing, Parsley & Dill Weed.
Parsley, Dried	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
Dill, Weed Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
<b>3</b>						Pour Dressing over Vegetables & gently mix. *Refrigerate at <40F for at least 2 hrs before service.
<b>4</b>						CCP - Maintain <40F.

# Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	<input type="checkbox"/> 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.

# Crackers Saltine LS 2-ct Pkg (LS Crackers)



Health & Human Services



SERVING SIZE	ALLERGENS
2 pkg	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	9 g	2 g	1 g	20 mg	25 mg

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

# Margarine Spread Cup PC (Soft Margarine Cup)



Health & Human Services



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.



# Egg Fried f/Pasteurized (Fried Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
6 Min	145 °F	Pan Fry	1 each	☐ Contains: AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	0 g		7 g	6 g	30 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>	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Heat margarine and oil in pan. Break egg into pan. Let whites begin to set up. Flip and cook to desired doneness. Flip back over and slide onto plate.
	Oil, Vegetable	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Egg, Shell Pasteurized	25 each	50 each	75 each	100 each	
<b>3</b>					Eggs: 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.	
<b>5</b>					Discard unused product.	

# Muffin English WW RTS (WW English Muffin)



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COOK METHOD	SERVING SIZE	ALLERGENS
Thaw	1 each	<input type="checkbox"/> Contains: AllergenSoy, AllergenWheat, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	5 g	1 g	175 mg	210 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.

# Jelly Assorted 0.5z PC (Jelly)



Health & Human Services



SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



Health & Human Services



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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

# Chicken Kiev 4z Frz (Chicken Kiev)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	14 g	15 g	24 g	10 mg	380 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					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

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



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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
<b>1</b> 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	
<b>2</b> 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		
<b>3</b>						CCP -- Hold at 140F for only 4 hrs. Discard left over.

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



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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.	



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



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

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

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

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



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Ginger, Ground	1 Tbsp 1 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	1.0 Cup	2 1/8 Cup	3 1/4 Cup	1 1/8 Qt		
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
<b>6</b>							Let pears cool slightly. Place 1/2 cup pears in a serving dish. Just before serving, top each pear with 1 Tbsp spiced whipped topping and serve immediately.
<b>7</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>11</b>							Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	
Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Yogurt Parfait Berry (Berry Yogurt Parfait)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	<input type="checkbox"/> Contains: AllergenMilk, AllergenWheat, Strawberry, Blueberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	32 g	8 g	4 g	225 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.
<b>2</b> Strawberries, Sliced Unsweetened Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Thawed	Mix together thawed berries.
Blueberries, Unsweetened Frz	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Thawed	
<b>3</b> Yogurt, Vanilla Low Fat Bulk	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Layer 1/4 cup yogurt into the bottom of dessert/parfait dishes and top with 1/8 cup berries. Repeat another layer with 1/4 cup yogurt and 1/8 cup berries. Top with 1/8 cup granola.
Granola, Toasted Oat	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Muffin Blueberry f/Mix (Blueberry Muffin)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐ Contains: Blueberry, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	26 g	3 g	1.5 g	40 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Muffin Mix, Basic	2 lb 1 Oz	4 lb 3 Oz	6 lb 4 Oz	8 lb 5 Oz	Prepare according to package directions. Mix low speed just until blended, about 15 sec, batter will still be lumpy.
	Milk, 2% Bulk	2 1/3 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	
<b>3</b>	Blueberries, Unsweetened Frz	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Carefully fold in blueberries.
<b>4</b>						Measure with #16 scoop into well-greased muffin pans. Batter requires as little handling as possible, but may be refrigerated for 24 hrs and baked as needed.
<b>5</b>						Bake at 400F/204C for 20-25 min, or until golden brown.
<b>6</b>						Remove muffins from pan(s) as soon as baked.



# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Enchiladas Beef Hmd (Beef Enchiladas)

COOK TIME	COOK TEMP	COOK-END TEMP	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	160 °F	2 each	☐ Contains: Beef, Corn, Tomato, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	29 g	16 g	16 g	175 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Base, Beef Paste LS G-F	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Combine base and water in saucepan. Soak tortillas in base mixture.
	Water, Tap	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt	
	Tortilla, Corn 6 in	50 each	100 each	150 each	200 each	
2	Beef, Ground 80-85/20-15 Raw	4 lb	8 lb	12 lb	16 lb	Crumble and brown meat and onion. Drain well. Add 1 oz meat in each tortilla, roll up and place in baking pan.
	Onion, Yellow	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	
3						For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
4	Tomato Sauce, Cnd	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	Mix remaining ingredients except cheese and spread over enchiladas.
	Pepper, Chile Green Cnd	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	

# Enchiladas Beef Hmd (Beef Enchiladas)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Chili Powder, Mild	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
Cumin, Ground	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
<b>5</b> Cheese, Cheddar Shredded	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Top with grated cheese. Cover and bake for 30 min. Uncover and bake for another 15 min.
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Bean Black Salad (Black Bean Salad)



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COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	☐ Contains: Onion, Tomato, Mustard, Beans/Legumes, Allergen Sulphites, Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	10 g	3 g	5 g	30 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Beans Black f/Dry	1 Qt	2 Qt	3 Qt	1 Gal	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Cook beans the day before service and chill. DO NOT OVERCOOK.
Pepper, Green Fresh	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
<b>2</b> Onion, Red/Burmuda	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		Fine chop the pepper & onion. Place in a bowl & add cherry tomato halves.
Tomato, Cherry Fresh	3 1/3 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		
Molasses, Blackstrap	0 g	1 g	1 g	2 g		
Mustard, Yellow Prepared	1 Tbsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp	1/4 Cup		
<b>3</b> Salt, Iodized	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
Sauce, Hot	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Vinegar, White	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Oil, Vegetable	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		

# Bean Black Salad (Black Bean Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Whisk together wine vinegar, oil, molasses, mustard, salt & pepper sauce.
5							Combine chilled beans, vegetables, & oil mixture. Gently mix. Chill prior to service.
6							CCP -- Maintain <40F/4C; discard unused product.

# Beans Black f/Dry (Black Beans)



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

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

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



# Beans Black f/Dry (Black Beans)

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

# Corn Southwest f/Frz (Southwest Corn)



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COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
8 Min	Steam	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Peppers Bell, Corn, AllergenSoy, AllergenMilk

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

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

# Corn Southwest f/Frz (Southwest Corn)

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

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



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

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

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

# Orange Mandarin Fresh (Mandarin Orange)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Citrus, Orange

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	
Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.



# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Waffle Whole Grain (Whole Grain Waffle)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	16 g	3 g	3.5 g	75 mg	230 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					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

# Sausage Turkey Links 1z Each (Turkey Sausage Links)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	2 each	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	2 g	9 g	6 g	40 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Turkey Link	50 each	100 each	150 each	200 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Line Turkey Links on greased sheet pans. Halfway through cooking, rotate the links to achieve more even browning. Bake until *internal temp of 165F/74C held for 15 sec.
2					CCP -- Maintain >140F/60C for only 4 hrs.
3					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5					Cook Time: 15-20 min

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

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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Fish Lemon Pepper f/RTB (Lemon Pepper Fish)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	3 Oz	<input type="checkbox"/> Contains: Lemon, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	22 g	1 g	20 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish, Lemon Pepper 4z RTB	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Bake according to package directions to *internal temp >155F for 15 sec.
3					CCP -- Maintain >140F for only 4 hrs.
4					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
5					CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
6					Cook Time: 15-20 min



# Potato Sweet Whipped (Whipped Sweet Potato)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	Boil	1/2 Cup	☐ Contains: Potatoes, Sweet, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	37 g	3 g	11 g	75 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> Potato, Sweet Fresh	10 lb	20 lb	30 lb	40 lb	Peeled & Cubed	Place potatoes in a large pot with enough water to cover them, and bring to a boil. Reduce heat to medium-low, cover, and simmer 15-20 minutes until potatoes are fork tender, or to desired consistency. Drain water; place potatoes in a mixing bowl.
<b>3</b> Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		Add margarine, salt and pepper. Whip potatoes until thoroughly combined and smooth.
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Margarine, Solids	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		
<b>4</b>						CCP -- Maintain >135F/57C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

# Brussels Sprouts Roasted f/Fresh (Roasted Brussels Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	400.0 °F	Roast	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	4 g	6 g	75 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Brussels Sprouts, Fresh Oil, Olive Salt, Iodized Pepper, Black Ground	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Trim Brussels sprouts by carefully cutting off brown end and peeling away any yellow outer leaves. Place Brussels sprouts on sheet pans in single layer. Add oil & seasonings and mix well. Roast in oven until browned and tender (approximately 20-30 minutes).
	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup		
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
2						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 135F/57C 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.

# Applesauce 4z PC (Applesauce)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 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.



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Applesauce 4z PC (Applesauce)

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# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.



# Egg Scrambled Ranchero (Huevos Rancheros)



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COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/4 Cup	☐ Contains: Peppers Bell, Onion, Tomato, AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	3 g	7 g	6 g	50 mg	80 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.
Pepper, Green Fresh	2.5 each	5 each	7.5 each	10 each	Diced	Sauté onions and green pepper in margarine.
<b>2</b> Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Diced	
Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz		Combine eggs, milk and black pepper. Beat until blended.
Egg, Liquid Frz	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
<b>3</b> Milk, 2% Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Egg Scrambled Ranchero (Huevos Rancheros)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Tomato, Fresh	1 lb	2 lb	3 lb	4 lb	Diced	Pour egg mixture into pan with sauteed vegetables. Stir in tomatoes. Cook over low heat stirring often until eggs are set & internal temp of 145F/63C held for 15 secs.
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.

# Blueberries f/Fresh (Fresh Blueberries)

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

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.

# Toast Rye Seedless Dry (Dry Rye Toast)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
1 Min	Heat	1 slice	☐ Contains: AllergenSoy, AllergenWheat, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	16 g	3 g	1 g	30 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
					1 WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Rye Seedless	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					Discard unused product.

# Bread Rye Seedless (Rye Bread)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	3 g	1 g	30 mg	170 mg

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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



# Chicken Marsala Breast (Chicken Marsala)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	165 °F	Saute	Spatula	3 Oz	☐ Contains: Chicken, AllergenMilk, Carrots, AllergenSoy, Garlic, AllergenSulphites, Celery, Mushroom, AllergenWheat, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	8 g	21 g	10 g	20 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> Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		Lightly pound chicken with mallet and set aside.
<b>3</b> Thyme, Fresh	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	Chopped	Combine flour, salt and pepper. Dredge chicken in seasoned flour mixture.
Garlic, Whole Fresh	2 Oz	4 Oz	6 Oz	8 Oz	Minced	
Shallots, Peeled Fresh	2 Oz	4 Oz	6 Oz	8 Oz	Minced	
<b>4</b> Flour, All Purpose	5 Oz	10 Oz	15 Oz	1 lb 4 Oz		Heat butter in pan until completely melted and brown chicken each side 4-5 min until golden brown.
Salt, Iodized	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		

# Chicken Marsala Breast (Chicken Marsala)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp		
<b>5</b>	Mushrooms, Fresh	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Sliced	Once chicken has browned add thyme, garlic, & shallots. Saute until garlic & shallots turn lightly brown around the edges.
	Stock Chicken Hmd	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Prepared	
	Margarine, Solids	1 Cup	2 Cup	3 Cup	1 Qt		
	Wine, Marsala	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
<b>6</b>							Add wine, broth and mushrooms. Bring to gentle boil until liquid is reduced by half & sauce has thickened.
<b>7</b>							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Stock Chicken Hmd (Chicken Stock)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
360 Min	200.0 °F	Simmer	4 fl. oz	☐ Contains: Carrots, Onion, Garlic, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	3 g	2 g	0.5 g	30 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Chicken, Bones	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Rinse bones well with clean running water.
Water, Tap	1 Gal	2 Gal	3 Gal	4 Gal	
Onion, Yellow	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	
Celery, Fresh	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	
<b>2</b> Carrot, Fresh	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Sachet d' Espices	1 each	2 each	3 each	4 each	
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	

# Stock Chicken Hmd (Chicken Stock)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3	Cheese Cloth	1 g	1 g	2 g	2 g	Combine Bones, Water and remaining ingredients in a large stock pot. Tie Sachet d'Espices to the handle of the pot if possible (cut away any remaining string to prevent fire). Bring water to a boil and then reduce to a simmer and cook for a minimum of six hours replacing water to original amount each hour. Also skim fat as needed each hour.
4						When done cooking strain stock twice, once with a large hole china cap and once with a fine hole china cap lined with cheese cloth. Cook to an internal temperature of 165F/74C for a minimum of 15 seconds.
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.

# Sachet d' Espices (Sachet d' Espices)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	2 g	0.5 g	175 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>					Wash Thyme & Parsley well, leave stems whole, peel garlic, trim ends & lightly crush.	
Thyme, Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz		
Parsley, Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz		
Garlic, Whole Fresh	2.5 Oz	5 Oz	7.5 Oz	10 Oz		
Peppercorns, Black	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Bay Leaf, Whole	25 each	50 each	75 each	100 each		
<b>3</b>	Cheese Cloth	1 g	2 g	3 g	4 g	Cut Cheese Cloth into 6 inch squares, place one quarter ounce each of Parsley & Thyme, 1 each of Garlic Clove, 5 each Peppercorns and 1 Bay Leaf in the center of Cheese cloth.
<b>4</b>	Twine, Butcher's	1 g	2 g	3 g	4 g	Cut and 18 inch piece of Butchers Twine. Gather the ends of the cheese cloth together and twist to enclose the Herbs & Spices. Using the Twine, tie Cheese cloth around the twist to seal. Leave as much of the Twine on one end as possible to tie to the pot handle for easy retrieval.

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

# Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)



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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.

# Crisp Apple Hmd (Apple Crisp)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Bake	1/2 Cup	<input type="checkbox"/> Contains: AllergenWheat, AllergenMilk, Citrus, Cinnamon, Apples, AllergenSoy, Lemon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	33 g	2 g	6 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Apple Slices, Unsweetened Cnd	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Mix sugar, lemon juice and fruit.
<b>2</b> 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	
Cereal, Oatmeal Quick	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Combine remaining ingredients and mix until crumbly. Spread evenly over fruit. Bake 350F/177C for 40-50 min checking periodically to avoid excessive browning. Serve 1/2 cup.
<b>3</b> Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
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 1/4 Cup	3 Cup	



# Crisp Apple Hmd (Apple Crisp)

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Quiche Broccoli Cheese (Broccoli Cheese Quiche)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	Bake	1 slice	☐ Contains: AllergenEggs, AllergenMilk, Broccoli, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
390 kcal	24 g	14 g	27 g	300 mg	460 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> Pie Shell, 10 in RTB	4.17 each	8.33 each	12.5 each	16.66 each	Prick Bottom and sides of each pie shell with a fork.
<b>3</b> Broccoli, Florets Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	If steaming broccoli, place in steamtable pan in compartment steamer about 6 minutes or until tendercrisp. If boiling, place Broccoli in pot of boiling water to cover, reduce heat to a simmer, cook 8-10 minutes, and set aside to cool.
Cream, Whipping Heavy	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	In a bowl, combine Milk, Cream, Egg, Salt, and Pepper.
Milk, 2% Bulk	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal	
<b>4</b> Egg, Shell Large	9.5 each	19 each	28.5 each	38 each	
Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp	
Pepper, Black Ground	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp	

# Quiche Broccoli Cheese (Broccoli Cheese Quiche)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5	Cheese, Cheddar Shredded	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Divide Cheese and cooked Broccoli evenly into each crust, reserving some Cheese to sprinkle on top later. Pour Egg mixture over Broccoli in each crust.
6						Bake Quiche at 375F 30-35 minutes, then remove, top each with about 1/4c shredded Cheese, cover with foil, and bake again at 375F for 15 minutes. CCP--Final internal cooking temperature must reach at least 145F held for at least 15 seconds.
7						Cut each quiche in to 6 equal pieces, and serve. CCP -- Maintain >135F/57C.
8						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
10						Cook Time: 35-45 minutes

# Potato Hashbrown Casserole f/Frz (Hash Brown Casserole)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	165 °F	Bake	#8 scoop	1/2 Cup	☐ Contains: Potatoes, Onion, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	19 g		10 g	11 g	225 mg	350 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Hash Brown Shredded Frz  Onion, Yellow  Egg, Liquid Frz  Cheese, Cheddar Shredded  Seasoning, Rotisserie	5 lb	10 lb	15 lb	20 lb	thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 lb	2 lb	3 lb	4 lb	Diced	
	1 Cup	2 Cup	3 Cup	1 Qt		
	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		
	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
2						Combine all ingredients in a large bowl. Pour into 2 inch 1/2 pans. Batch prep 25 portions per pan.
3						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



# Potato Hashbrown Casserole f/Frz (Hash Brown Casserole)



	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.

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

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Salad Trinity Tossed (Tossed Salad Trinity)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	Tongs	1 Cup	☐ Contains: Cucumber, Tomato, Mushroom

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	5 g	2 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Lettuce, Romaine Fresh	3 lb 8 Oz	7 lb	10 lb 8 Oz	14 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Wash and drain Lettuce thoroughly. Cut or tear into bite-sized pieces. Place in mixing bowl.
<b>2</b> Tomato, Fresh	1 lb	2 lb	3 lb	4 lb	Core and dice Tomatoes.
<b>3</b> Cucumber, Fresh	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb	Peel and slice Cucumbers 1/4" thick.
<b>4</b> Mushrooms, Fresh	11 Oz	1 lb 6 Oz	2 lb 1 Oz	2 lb 12 Oz	Slice Mushrooms. Combine all ingredients and toss. Portion into individual salad bowls.
<b>5</b>					CCP - Maintain <40F/4C.

# Pork Stir Fry f/Cubes (Stir Fry Pork)

COOK METHOD	SERVING SIZE	ALLERGENS
Stir Fry	1 Cup	☐ Contains: AllergenSoy, AllergenWheat, Peppers Bell, Corn, Orange, Chicken, Garlic, Pork & Products, Citrus, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	12 g	23 g	4.5 g	30 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Base, Chicken Paste LS G-F	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	<p>WASH HANDS before beginning preparation. SANITIZE surfaces &amp; equipment. SAUCE.</p> <p>In a bowl, stir together chicken base and water, orange juice, soy sauce, cornstarch, brown sugar and garlic powder. Add meat cubes &amp; marinate overnight refrigerated at &lt;40F/4C. The next day, drain marinade off meat, reserving for later use. Chill both at &lt;40F/4C.</p>	
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
	Juice Orange f/BIB 6 flz	2 2/3 Cup	1 1/4 Qt	2 Qt	2 3/4 Qt		Prepared
	Sauce, Soy Bulk LS	1 Cup	2 Cup	3 Cup	1 Qt		
	Cornstarch	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
	Sugar, Brown Light	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Garlic, Powder	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

# Pork Stir Fry f/Cubes (Stir Fry Pork)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pork, Cubes Raw	6 lb 11 Oz	13 lb 5 Oz	20 lb	26 lb 11 Oz		
	Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Chopped	Pour oil into large skillet. Preheat over medium-high heat. Stir fry vegetable until crisp tender. Remove from skillet.
<b>2</b>	Oil, Vegetable	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
	Pepper, Green Fresh	1 lb	2 lb	3 lb	4 lb	Diced	
<b>3</b>							Add meat to the hot skillet. Stir fry for 4-6 min or until pork is no longer pink and *internal temp 155F/68C has been reached. Remove pork from heat and set aside. CCP - Maintain >135F/57C.
<b>4</b>							Stir reserved marinade and pour into middle of skillet. Cook and stir until thickened and bubbling at a gentle boil, at least 2 minutes. Return meat and vegetables to skillet. Cook and stir for 1-2 minutes until hot throughout.  Serving suggestion: Serve over rice.
<b>5</b>							CCP - Maintain >135F/57C for only 4 hrs.
<b>6</b>							CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>							CCP - Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Rice Brown (Brown Rice)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Rice, Brown Raw  Salt, Iodized  Margarine, Solids  Water, Tap	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	
2					Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed. CCP -- Cook to minimum internal temp 145F/63C held for 15 seconds. Fluff with fork.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Vegetable Mix Asian Blend (Asian Vegetables)

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

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

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

# 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.
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)



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

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

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

Banana Whole Fresh (Banana)

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# Dressing Italian LoCal PC (LoCal Italian Dressing)



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SERVING SIZE	ALLERGENS
1 each	None

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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



Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg Omelet Ham & Cheese RTS Frz (Ham & Cheese Omelet)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Heat	1 each 3.5z	<input type="checkbox"/> Contains: AllergenMilk, AllergenEggs, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	4 g	11 g	12 g	100 mg	560 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					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

# Potato Sweet Roasted Rounds (Roasted Sweet Potato Rounds)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
450.0 °F	Bake	Spatula	3 Oz	☐ Contains: AllergenMilk, AllergenSoy, Potatoes, Sweet

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	12 g		1 g	6 g	20 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Sweet Fresh	12.5 medium	25 medium	37.5 medium	50 medium		*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Scrub the Sweet Potatoes, leave unpeeled, and slice into rounds.
2 Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Combine Olive Oil and melted Butter
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
3						Arrange the Potato slices, not touching in rows on a baking sheet. Lightly brush the Potatoes with the oil mixture. Do not use too much or Potatoes will get mushy. Roast at 450 degrees F for 18-22 minutes or until they are golden and crisp turning them once with a spatula. Sprinkle with salt to taste (optional). Serve warm.
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding.
5						Cook Time: 18-22 minutes

# Banana Whole Fresh (Banana)



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

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

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



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Banana Whole Fresh (Banana)

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# Toast Rye Seedless Dry (Dry Rye Toast)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
1 Min	Heat	1 slice	☐ Contains: AllergenSoy, AllergenWheat, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	16 g	3 g	1 g	30 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
					1 WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Rye Seedless	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					Discard unused product.



# Bread Rye Seedless (Rye Bread)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	3 g	1 g	30 mg	170 mg

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Chicken Rosemary Orange Breast (Rosemary Orange Chicken Breast)



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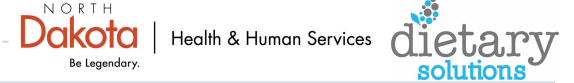


COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	3 Oz	☐ Contains: Citrus, Orange, Garlic, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	3 g	19 g	7 g	20 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	<p>WASH HANDS before beginning preparation &amp; SANITIZE surfaces &amp; equipment.</p> <p>In a food processor, combine oil, rosemary, juice, salt, and garlic powder. Process until smooth. Stir in orange zest.</p>
Rosemary, Dried Whole	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Juice Orange f/Frz Conc 6 flz	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
1 Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Garlic, Powder	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp	
Orange, Zest	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
Chicken, Breast Bnls Sknls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
2					Place chicken in pans. Pour orange sauce over the chicken, gently flipping the breasts to coat evenly in the sauce. Bake chicken at 400F/204C until tender and cooked to CCP - *minimum internal temp of 165F/74C held for 15 sec.

# Chicken Rosemary Orange Breast (Rosemary Orange Chicken Breast)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.
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 temp of 165F/74C held 15 sec within 2 hrs - one time only.
6						Cook Time: 22-25 minutes

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



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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Potatoes

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

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



# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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	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.

# Vegetable Mix Garden Blend (Garden Blend Vegetables)



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COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐ Contains: Broccoli, Cauliflower, AllergenMilk, AllergenSoy, 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	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Vegetable Mix, Garden Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
<b>3</b> Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Add seasoning and mix well.
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.
<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.

# Applesauce Rosy f/Cnd (Rosy Applesauce)

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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick	1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>						Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>						Discard unused product.
<b>7</b>						Cold cereal should be a 1 cup serving for 1oz grain.

# Pizza Flatbread Egg Sausage (Flatbread Breakfast Pizza)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	☐ Contains: AllergenEggs, AllergenMilk, AllergenSesame, AllergenWheat, Bran, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	30 g	20 g	19 g	225 mg	540 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Egg, Liquid Frz Milk, 2% Bulk Seasoning, Italian Sausage, Italian Crumbled Ckd	50 fl. oz	100 fl. oz	150 fl. oz	200 fl. oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Defrost Eggs under refrigeration <40F/4C. Combine Eggs, Seasoning, & Milk. Beat until blended. Stir in Sausage Crumbles. Refrigerate Egg mixture at <40F/4C until ready to cook.  OVEN: Pour Egg mixture into each pan(s). Bake in preheated 350F/176C conventional oven (325F/162C convection oven) for 20-30 min, stirring once during baking process. Cook until *internal temp reaches >145F/62C or above held for 15 sec.  GRIDDLE: Spray Griddle with non-stick Vegetable spray. Preheat to 350F/176C. Pour Egg mixture onto griddle in batches (keep uncooked mixture refrigerated at <40F/4C), and cook, turning spatula, for 3-5 min until *internal temp is >145F/62C or above held for 15 sec.
	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup	
	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	
2 Flatbread MultiGrain 6 in Cheese, Cheddar Shredded	25 each	50 each	75 each	100 each	Scatter Eggs over warmed Flatbread. Top with Cheese.
	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	
3					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.



# Pear Slices w/Blueberries (Pears with Blueberries)



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SERVING SIZE	ALLERGENS
1/2 Cup	<input type="checkbox"/> 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  Blueberries, Fresh	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.
	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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

# Pork Roast Seasoned Ckd (Seasoned Pork Roast)



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COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Heat	3 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	0 g	23 g	8 g	10 mg	40 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					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °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 145F/62C held for 15 sec.
6					Portion according to serving size.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>8</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>						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	<input type="checkbox"/> Contains: Allergen Sulphites

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Remove sprouts from oven. Carefully toss with oil, salt, and pepper. Return to oven and bake until sprouts are tender, 10-15 minutes.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
<b>4</b> Vinegar, Balsamic	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a small bowl whisk together vinegar, brown sugar, and second portion of oil.
Sugar, Brown Light	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

## Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
<b>5</b>							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
<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>							Discard unused product.



# Choice of Fruit (Choice of Fruit )

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Honeydew Fresh	9 lb 6 Oz	18 lb 12 Oz	28 lb 2 Oz	37 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

# Tangerine Whole Fresh (Fresh Whole Tangerine)



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COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1 each	<input type="checkbox"/> 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg Scrambled f/Frz (Scrambled Egg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 sc.	☐ Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 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.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>3</b>						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
<b>4</b>						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
<b>5</b>						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
<b>6</b>						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

# Egg Scrambled f/Frz (Scrambled Egg)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.



# Potato Pan Fried Slices f/Fresh (Pan Fried Potatoes)

COOK METHOD	SERVING SIZE	ALLERGENS
Pan Fry	1/2 Cup	☐ Contains: Potatoes, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	19 g	2 g	4.5 g	10 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>	Potato, Red Fresh	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Slice Potatoes thinly across width of Potato. Heat Oil. Add sliced Potatoes to hot Fat. Season Potatoes and turn as needed until Potatoes are brown and tender. Additional Fat maybe needed.
	Oil, Vegetable	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
	Salt, Iodized	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	
<b>2</b>					CCP -- Maintain > 140F for no more than 4 hrs. Discard unused product.	

# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



Health & Human Services



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Soup Potato Leek Hmd (Potato Leek Soup)



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COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Simmer	8 fl. oz	☐ Contains: AllergenSoy, Carrots, Corn, Garlic, Tomato, Celery, AllergenWheat, Potatoes, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	2 g	6 g	30 mg	150 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>	Margarine, Solids	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Chopped Fine	
	Celery, Fresh	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Chopped Fine	
	Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp	Minced	
<b>2</b>	Flour, All Purpose	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		Saute onions, celery, and garlic in margarine.
	Pepper, White	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		Add flour to above to make roux. Cook for 5 min.
<b>3</b>	Water, Tap	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal	5 Gal 3 Cup		
	Potato, Red Fresh	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb 0 Oz	Peeled & Cubed	

# Soup Potato Leek Hmd (Potato Leek Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	3.0 tsp		
4	Base, Vegetable Paste LS G-F	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		Combine broth, (base and water), potatoes, and spices. Bring to a boil and simmer for 20 min until done. Add to above.
	Leeks, Fresh	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz	Diced	
5							Add leeks. Continue to simmer for 30 additional 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.



# Salad Chicken BBQ (BBQ Chicken Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	<input type="checkbox"/> Contains: Chicken, Allergen Sulphites, Allergen Milk, Beans/Legumes, Onion, Tomato, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	19 g	19 g	4.5 g	100 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> BBQ Chicken Breast Bnls	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Prepared	Prepare and cool chicken per separate recipe. Chop cooled chicken.
<b>3</b> Beans Black f/Dry	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Prepared	Prepare and cool beans per separate recipe.
<b>4</b> Lettuce, Romaine Fresh	1 Gal	2 Gal	3 Gal 1 Cup	4 Gal 1 Cup	Chopped	Combine iceberg and romaine lettuce in a large bowl.
Lettuce, Iceberg	2 1/8 Qt	1 Gal	1 Gal 3 Cup	2 Gal	Chopped	
<b>5</b> Corn, Whole Kernel Frz	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Thawed	Assemble salad: Place 1 cup of lettuce mixture on a plate. Top with 2 Tbsp each of corn, tomatoes, and beans, and 1 Tbsp each of onions and cheese. Add 2oz chicken on top of each salad.
Tomato, Fresh	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Chopped	
Onion, Red/Burmuda	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Chopped	

## Salad Chicken BBQ (BBQ Chicken Salad)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Cheese, Cheddar Shredded	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
<b>6</b>						CCP -- Maintain <40F/4C; discard unused product.

# BBQ Chicken Breast Bnls (BBQ Chicken Breast)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	☐ Contains: Chicken, Tomato, AllergenWheat, AllergenSoy, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	7 g	20 g	2.5 g	10 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Place Chicken on baking sheets.
3	Sauce, BBQ	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Pour Barbecue Sauce over Chicken.
4					Bake 45-60 min in 350F.	
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.	
9					Cook Time: 45-60 min	

# Beans Black f/Dry (Black Beans)



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

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

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

# Beans Black f/Dry (Black Beans)

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

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



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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Pancake Blueberry f/Mix (Incomplete) (Blueberry Pancakes)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	Grill	1 each	☐ Contains: AllergenEggs, AllergenMilk, Blueberry, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	18 g	3 g	3 g	100 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Milk, 2% Bulk	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		Combine Milk, Water and Eggs in deep mixing bowl.
<b>2</b> Water, Tap	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup		
Egg, Liquid Frz	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>3</b> Pancake Mix, Buttermilk Dry Incomplete	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Add Pancake mix. Beat until batter is thoroughly blended and smooth.
Blueberries, Unsweetened Frz	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	Thawed	Add Fruit and stir gently. Lightly grease grill with Oil. Ladle batter using a 1 oz. ladle onto grill into rounded cakes. Cook about 1 1/2 min to *internal temp >145F/62C held for 15 sec until top surface bubbles and bottom is lightly browned. Flip Cake with spatula, cook about 1 min longer or until bottom is lightly browned. Serve immediately, or keep warm on a paper or towel lined cookie sheet in a 200F/93C oven. (Stack Pancakes with liners between each layer and over top to prevent sticking and retain moisture.)
<b>4</b>						

# Pancake Blueberry f/Mix (Incomplete) (Blueberry Pancakes)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<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>							Discard unused product.
<b>7</b>							NOTE: Various types of fresh/frozen fruit may be used in place of the Blueberries. They should be chopped fine if large chunks.
<b>8</b>							Cook Time: 2 1/2 - 3 min.

# Sausage Turkey Links 1z Each (Turkey Sausage Links)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	2 each	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	2 g	9 g	6 g	40 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Turkey Link	50 each	100 each	150 each	200 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Line Turkey Links on greased sheet pans. Halfway through cooking, rotate the links to achieve more even browning. Bake until *internal temp of 165F/74C held for 15 sec.
2					CCP -- Maintain >140F/60C for only 4 hrs.
3					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5					Cook Time: 15-20 min

# Orange Mandarin Fresh (Mandarin Orange)

SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Citrus, Orange

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.



Milk 1% 8 flz PC (1% Milk)

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

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

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Bake	1 each	☐ Contains: Beef, Tomato

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Stuffed Pepper 4z	10 lb 7 Oz	20 lb 14 Oz	31 lb 5 Oz	41 lb 12 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Bake Peppers per package directions to *internal temp >165F/74C held for 15 sec. Heat Sauce and top Peppers.
Tomato Sauce, Cnd	1 Qt	2 Qt	3 Qt	1 Gal	
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

# 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.

# 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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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.

# Choice of Juice (Choice of Juice )



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COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.



# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg Scrambled Toast Sndw Wheat (Scrambled Egg Sandwich)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Heat	1 each	☐ Contains: AllergenSoy, AllergenEggs, AllergenWheat, Bran, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	26 g	20 g	15 g	150 mg	410 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Egg Scrambled f/Frz	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Prepared	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare eggs per separate recipe. Prepare as close to time of service as possible.
Toast Wheat Dry	50 slice	100 slice	150 slice	200 slice	Prepared	
2						Place #8 scoop of scrambled eggs between two slices of toast. Cut in half. To Serve: Portion 1/2 sandwich per serving unless instructed otherwise.
3						CCP -- Maintain >135F/57C.
4						Discard unused portions.

# Egg Scrambled f/Frz (Scrambled Egg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 sc.	☐ Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 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.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>3</b>						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
<b>4</b>						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
<b>5</b>						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
<b>6</b>						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

# Egg Scrambled f/Frz (Scrambled Egg)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.

# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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



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Banana Whole Fresh (Banana)

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# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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

# House Salad (House Salad )

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

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

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

# Pasta Ziti Italian Bake (Italian Pasta Bake)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 Cup	☐ Contains: AllergenEggs, Onion, Tomato, Garlic, AllergenMilk, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	49 g	19 g	7 g	350 mg	660 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> Pasta, Ziti Dry	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Cook ziti or pasta of choice to al dente stage per package instructions. Drain and set aside.
<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> Tomato, Diced Cnd	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal		Combine tomatoes, onions, garlic, thyme, oregano, salt, & pepper in large pot. Cover & simmer about 15 min.
Tomato Puree, Cnd	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	
Garlic, Whole Fresh	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp	Minced	
Thyme, Ground	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp		

# Pasta Ziti Italian Bake (Italian Pasta Bake)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	3/4 tsp	1 1/2 tsp	2 tsp	1 Tbsp		
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
<b>5</b>	Cottage Cheese, 2% Fat	2 lb	4 lb	6 lb	8 lb		Add cottage cheese & mozzarella cheese to tomato mixture. Mix well. Fold cooked pasta into tomato mixture. Grease pans. Transfer mixture to pans. If not baking immediately chill at <40F/4C.
	Cheese, Mozzarella Shredded	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Shredded	
<b>6</b>	Cheese, Parmesan Grated	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Grated Fine	Make topping by combining parmesan cheese, bread crumbs & margarine. Sprinkle topping over pasta casserole. Bake.
	Bread Crumbs, Plain	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Melted	
<b>7</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Pasta Ziti Italian Bake (Italian Pasta Bake)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
11							Cook Time: 35-45 min

# Zucchini Seasoned f/Fresh (Seasoned Zucchini)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	2 g	2 g	20 mg	120 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	Zucchini, Fresh	5 lb	10 lb	15 lb	20 lb	Chopped	Steam or boil vegetables until tender.
4	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Gently stir in margarine and seasoning.
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
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.



# Choice of Fruit (Choice of Fruit )

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Melon, Honeydew Fresh	9 lb 6 Oz	18 lb 12 Oz	28 lb 2 Oz	37 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

# Dressing Italian LoCal PC (LoCal Italian Dressing)



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SERVING SIZE	ALLERGENS
1 each	None

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Waffle Whole Grain (Whole Grain Waffle)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	2 each	☐ Contains: AllergenEggs, AllergenWheat, AllergenSoy, AllergenMilk, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	31 g	6 g	7 g	125 mg	460 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					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					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.



# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Turkey Roast & Gravy (Roast Turkey & Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	7 g	19 g	5 g	30 mg	490 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Turkey, Roast Whole Bnls Raw	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Roast turkey for 45-60 min; let rest for at least 10 minutes before slicing. Or prepare turkey per manufacturer's instructions. Thinly slice turkey.
Gravy Mix, Poultry	8 Oz	1 lb	1 lb 8 Oz	2 lb	
Water, Tap	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	
<b>3</b>					Gravy: Prepare gravy per manufacturer's instructions.
<b>4</b>					Serve 3 oz turkey with 2 Tbsp gravy. Gravy can be served on the side if desired.
<b>5</b>					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<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.

# Turkey Roast & Gravy (Roast Turkey & Gravy)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

# 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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Carrot, Sliced Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender.
<b>3</b> 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	
<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.

# Apple Baked f/Fresh (Baked Apple)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1 each	☐ Contains: Cinnamon, AllergenSoy, Apples, AllergenMilk, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	53 g	1 g	2 g	40 mg	75 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> Apple, Red Delicious	25 each	50 each	75 each	100 each		Wash and core apples. Arrange in 2" greased baking pan.
<b>3</b> Raisins, Bulk	4 Oz	8 Oz	12 Oz	1 lb		Fill apple cores with raisins.
Sugar, Brown Light	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Mix together remaining ingredients and pour over top. Cover lightly, allowing steam vent. Bake for 1 hr at 350F/177C.
Water, Tap	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
<b>4</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		



# Apple Baked f/Fresh (Baked Apple)

	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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg Scrambled & Cheese f/Frz (Scrambled Egg & Cheese)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 sc.	☐ Contains: AllergenMilk, AllergenEggs

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	2 g		10 g	9 g	150 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.
Egg, Liquid Frz	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Thawed	Combine eggs, milk and pepper. Beat until blended. Refrigerate egg mixture until ready to cook.
<b>2</b> Milk, 2% Bulk	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>3</b> Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Oven: Pour egg mixture into baking pan(s). Sprinkle cheese over egg mixture stirring to distribute. Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
<b>4</b>						Steamer: Pour egg mixture into each pan. Sprinkle cheese on top and stir to distribute. Steam for 6-8 min at 5 lb pressure, batch cook.
<b>5</b>						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches, sprinkle cheese onto egg (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
<b>6</b>						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

# Egg Scrambled & Cheese f/Frz (Scrambled Egg & Cheese)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							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.



# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	320.0 °F	165 °F	Roast	3 Oz	☐ Contains: Chicken, AllergenMilk, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	1 g	20 g	4.5 g	20 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Breast Bnls Sknls Salt, Iodized Pepper, Black Ground	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
2 Margarine, Solids Parsley, Fresh Tarragon, Fresh Garlic, Whole Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup		Thaw chicken, trim off skin and fat. Arrange on baking sheet and sprinkle salt and pepper over chicken.
	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Chopped	
	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Chopped	
	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Minced	

# Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							In a bowl, mix butter, parsley, tarragon and garlic. Spread the mixture over the chicken. Roast at 320F, approximately 30 minutes.
4							Bake uncovered for 30 min at 350F. Turn chicken and continue baking until chicken is brown about 30 min longer.
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.

# 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.



# Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)



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

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

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

# Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4 Cheese, Parmesan Grated	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		Toss hot broccoli with cheese until cheese is melted. Top with bread crumbs.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	17 g	1 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Juice Orange f/BIB 6 flz	1.0 Cup	2.0 Cup	3.0 Cup	1.0 Qt	Prepared	In a saucepan, whisk cornstarch in to orange juice. Stir until smooth. Bring to a boil, stirring constantly, cook until thickened. Add peach slices, stir, and remove from heat. Chill for at least 2 hours before serving.
<b>2</b> Cornstarch	2 Oz	4 Oz	6 Oz	8 Oz		
Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.



# Toast French Stuffed Blueberry f/Fresh (Blueberry Stuffed French Toast)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
15 Min	375.0 °F	Grill	Spatula	1 each	☐ Contains: AllergenWheat, Blueberry, Cinnamon, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
430 kcal	47 g	19 g	19 g	250 mg	490 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> Blueberries, Fresh	2 lb	4 lb	6 lb	8 lb		May use frozen Blueberries
<b>3</b> Bread White	50 slice	100 slice	150 slice	200 slice		Combine Cinnamon, Milk, and Eggs in a medium bowl or Bain Marie. Blend well with whip. CCP - Maintain <40F/4C.
<b>4</b>						Combine Cream Cheese, Blueberries, & Sugar in a mixer. Blend on medium speed for 2 minutes, then beat 1 minute on high.
<b>5</b>						Spread 2z of Cream Cheese Mixture on one slice of bread. Cover Cream Cheese with another slice of Bread.
<b>6</b> Egg, Liquid Frz	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	thawed	Dip stuffed Bread into Egg mixture to soak for 10 sec. Grill on a well greased griddle Cook for about 4 minutes checking to make sure Bread browns evenly.
Milk, 2% Bulk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
Cinnamon, Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		

# Toast French Stuffed Blueberry f/Fresh (Blueberry Stuffed French Toast)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							Flip Bread & allow other side to cook for 4 minutes checking to make sure Bread browns evenly. Then flip back to the other side for 2 minutes then back to the other side for 2 minutes. Check internal temperature of bread not filling. CCP-*Cook to an internal temperature of 165F/74C held for at least 15 seconds.
8							Serve on well heated plate with the appropriate Garnish. (Blueberries & Whip Cream)
9	Cream Cheese, Bulk	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
	Sugar, Granulated Bulk	1 Cup	2 Cup	3 Cup	1 Qt		
10							Discard unused product.

# Bread White (White Bread)



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

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

# Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 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> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Cabbage Roll Beef Stuffed 4z (Cabbage Roll)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Bake	4 Oz	☐ Contains: Beef, AllergenWheat, AllergenSoy, Rice, AllergenMilk, Tomato

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
80 kcal	11 g	5 g	2.5 g	40 mg	300 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					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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



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



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

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

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

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



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

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



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

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

# Orange Fresh Whole (Fresh Whole Orange)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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



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Banana Whole Fresh (Banana)

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# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Choice of Juice (Choice of Juice )

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	10 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	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Prepare product as per package instructions.
	Juice, Cranberry Conc BIB 4:1	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C.	
<b>4</b>					May use any flavor of juice in 4 oz serving that is 100% juice.	

# Choice of Cereal (Choice of Cereal)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	3 g	1.5 g	20 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
<b>3</b>	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
<b>4</b>					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
<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>					Discard unused product.
<b>7</b>					Cold cereal should be a 1 cup serving for 1oz grain.

# Egg of Choice (Egg of Choice)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/4 Cup	☐ Contains: AllergenMilk, AllergenSoy, AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	8 g	7 g	40 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Egg Boiled Hard	2.5 each	5 each	7.5 each	10 each	Prepared	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Eggs as listed in listed recipes.
	Egg Fried	7.5 each	15 each	22.5 each	30 each	Prepared	
	Egg Poached	2.5 each	5 each	7.5 each	10 each	Prepared	
	Egg Scrambled f/Frz	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Prepared	
	Egg 4 Minute	2.5 each	5 each	7.5 each	10 each	Prepared	
2						CCP--Maintain >140F through service 4 hr only. Discard unused product.	

# Egg Boiled Hard (Hard Boiled Egg)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. Kettle: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 10-15 min. Carefully remove from water & immediately immerse in cold water or serve immediately. Steamer: Place eggs in perforated counter pan(s), 3 dozen per 12x20x2 inch pan. Place in steamer and time as follows: at 5 lbs pressure cook 8-10 min; at 15 lbs pressure cook 7-9 min. Immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.	
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 - Serve Chilled <40F/4C.	
6					Discard unused product.	

# Egg Boiled Hard (Hard Boiled Egg)

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# Egg Fried (Fried Egg)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	7 g	8 g	30 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Egg, Shell Large	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. GRILL: Spray grill with non-stick spray or add Melted Margarine. Break Eggs onto grill and fry until starts to set. Gently flip over each Egg and cook until *Internal temp is >155F for 15 sec. Batch Cook.
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
2					OVEN: Melt Margarine into 12x20x2" pan(s). Break Eggs on top. Lightly spray with non-stick spary oil. Cover with foil and place in preheated 350F conventional oven for 10-15 min or *until internal temp of >155F for 15 sec.
3					CCP -- Maintain >140F for only 2 hrs. Discard unused product.

# Egg Poached (Poached Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
7 Min	145 °F	Poach	1 each	☐ Contains: AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
70 kcal	0 g	7 g	5 g	30 mg	100 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> Egg, Shell Large	25 each	50 each	75 each	100 each	Break eggs in to individual containers. Carefully slide egg in shallow pan with simmering water in which vinegar has been added.
Water, Tap	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	
Vinegar, White	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
<b>3</b> Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Cook 5-7 min until yolk is set. Remove egg with slotted spoon. Sprinkle salt evenly over egg(s). Serve immediately.
<b>4</b>					Eggs: Cook to internal temp of 145F/62C 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>					Discard unused product.
<b>7</b>					Note: Vinegar helps coagulation and allows egg to maintain its shape.



# Egg Scrambled f/Frz (Scrambled Egg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	145 °F	Bake	#16 scoop	1 #16 sc.	☐ Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 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.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>3</b>						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
<b>4</b>						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
<b>5</b>						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
<b>6</b>						Eggs: Cook to internal temp of 145F/62C held for 15 sec.



# Egg Scrambled f/Frz (Scrambled Egg)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.

# Egg 4 Minute (4 Minute Egg)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. KETTLE: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 4 min. Carefully remove from water & immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.	
4					If serving hot: Maintain temperature >135F.	
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 Home Fries (Home Fries)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	375.0 °F	165 °F	Bake	4z Spoodle	4 Oz	☐ Contains: Potatoes, Onion, Garlic, AllergenMilk, Lemon, Citrus, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	3 g	4 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Potato, Russet/Baking Fresh	5 lb 12 Oz	11 lb 8 Oz	17 lb 4 Oz	23 lb	Peeled & Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Pan Coating, Spray	1 g	1 g	2 g	2 g		
	Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Sliced Thin	
	Seasoning Mix Chef	1.5 Oz	3 Oz	4.5 Oz	6 Oz		
	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
2						Spray 1 sheet tray for every 25 portions with non stick cooking spray. Divide potatoes onto sheet trays. Top evenly with onions, seasoning and margarine. Toss on sheet tray using two spatulas to combine onion, seasoning and margarine with potatoes. Make sure the layer is even. Place in oven and bake for 20-25 minutes until nicely browned. Remove from oven and pan up as needed for service.	

# Potato Home Fries (Home Fries)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Serve: Using a 4 oz. spoodle, portion onto a pre-heated plate. Serve immediately with appropriate accompaniments.
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.

# Seasoning Mix Chef (Chef Seasoning)

COOK TIME	SERVING SIZE	ALLERGENS
2 Min	0.5 Oz	☐ Contains: Citrus, Garlic, Onion, Lemon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	50 mg	450 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Salt, Kosher	1 Oz	2 Oz	3 Oz	4 Oz	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine all ingredients well. Store in tightly sealed container. Discard after 6 months.
Pepper, Black Ground	0.5 Oz	1 Oz	1.5 Oz	2 Oz	
Seasoning, Mrs. Dash	1 Oz	2 Oz	3 Oz	4 Oz	
<b>1</b> Seasoning, Pepper Lemon	1 Oz	1.5 Oz	2.5 Oz	3 Oz	
Basil, Dried Leaves	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Thyme, Dried Leaves	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Paprika, Spanish	0.5 Oz	1 Oz	1 Oz	1.5 Oz	

# Banana Whole Fresh (Banana)



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

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

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



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Banana Whole Fresh (Banana)

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# Toast Wheat Dry (Dry Wheat Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	25 slice	50 slice	75 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.



# Bread Wheat (Wheat Bread)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)



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SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 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.

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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

# Salmon Loaf (Salmon Loaf)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	325.0 °F	Bake	3 Oz	<input type="checkbox"/> Contains: AllergenWheat, Onion, AllergenEggs, AllergenMilk, AllergenFish, Citrus, Lemon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	10 g	21 g	7 g	250 mg	590 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b> Milk, 2% Bulk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Bread White	13.24 slice	26.47 slice	39.71 slice	52.94 slice		
<b>2</b> Egg, Liquid Frz	1 3/4 Cup	3 2/3 Cup	1 1/2 Qt	1 3/4 Qt		Preprep: Cut Bread into cubes. Older Bread is ideal. Mix Milk and Bread cubes. Maintain <40F.	
<b>3</b>	Salmon, Cnd	4 lb 11 Oz	9 lb 5 Oz	13 lb 16 Oz	18 lb 10 Oz	Drained/Flaked	Add Eggs to Milk and Bread cubes. Maintain <40F.
	Paprika	3/4 tsp	1 1/2 tsp	2 1/4 tsp	3.0 tsp		
	Salt, Iodized	1 1/2 tsp	3.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		
	Onion, Yellow	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
	Juice, Lemon RTS	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		

# Salmon Loaf (Salmon Loaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, White	1/4 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
4							Add Salmon and other ingredients. Mix lightly.
5							Place in greased 5x9 inch loaf pans, 2 lbs 8 oz per pan.
6							Bake at 325F for 1 - 1 1/4 hr to *internal temp >165F 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.

# Bread White (White Bread)

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

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

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

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



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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)



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

# Vegetable Mix 4 Way Blend (Mixed Vegetables)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Vegetable Mix, 4 Way Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil Vegetables until just tender. Do Not Overcook. Add Margarine & mix well.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Crisp Blueberry & Strawberry (Berry Crisp)



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

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

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

# Crisp Blueberry & Strawberry (Berry Crisp)

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

# Margarine Spread Cup PC (Soft Margarine Cup)



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

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

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

Milk 1% 8 flz PC (1% Milk)



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

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

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



## NUTRIENT ANALYSIS

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

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

**Nutrient Analysis  
North Dakota  
Department on Aging  
Breakfast/Lunch Spring  
Summer Cycle Menu  
2023**

	Goal is 2/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	1320 kcal	1420 kcal
Protein (g)	60g	69g
Carbohydrate	NA	201g
Fat	30-35% of calories, less is acceptable	29%
Fiber (g)	18g	18g
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	600 mcg	1039.0 mcg
Vitamin B-6	1.2 mg	1.96 mg
Vitamin B12	1.6 mcg	5.22 mcg
Vitamin C	60 mcg	108 mcg
Vitamin D	6 mcg	10 mcg
Calcium	660 mg	1250 mg
Potassium	3134 mg	2850 mg
Sodium	<2200mg avg over one month	1690 mg

Goals are based on meeting 2/3 of the DRI for two meals 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 Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1365</b>	<b>204</b>	<b>17</b>	<b>67</b>	<b>0</b>	<b>70</b>	<b>37</b>	<b>1115</b>	<b>10</b>	<b>3125</b>	<b>1560</b>	<b>1199</b>	<b>8</b>	<b>100</b>	<b>1</b>	<b>12</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Omelet Egg Substitute Pan Method	100	9	0	4	0	9	3.5	100	0.4	225	200	83.39	1.5	5	0.23	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Wheat Dry	70	12	1	1	0	3	1	40	1	40	120	32.25	0	0	0.01	0
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>585</b>	<b>101</b>	<b>6</b>	<b>39</b>	<b>0</b>	<b>26</b>	<b>11.5</b>	<b>530</b>	<b>3.1</b>	<b>1255</b>	<b>515</b>	<b>462.59</b>	<b>4.5</b>	<b>25</b>	<b>0.42</b>	<b>2.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	1	0	3	2	50	0.75	175	40	50.15	0.4	0	0.13	0
1 Each Chicken Grilled on Bun f/RTB	310	31	2	4	0	26	9	125	3.5	350	720	341.69	0.2	55	0.01	2.5
1 Each Ketchup PC	5	2	0	1	0	0	0	0	0	20	65	1.82	0	0	0	0
1/2cup Fruit Fresh Summer Salad 5 Kinds Fresh	35	9	1	7	0	1	0	20	0.3	225	10	15.34	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Garnish Lettuce Tomato Onion	15	4	1	2	0	1	0	20	0.3	150	10	19.28	0	0	0	0
4oz Potato Fries French f/Prepared	250	39	4	0	0	4	9	20	1.75	550	55	73.71	0	0	0	4.5
<b>Lunch TOTAL</b>	<b>780</b>	<b>103</b>	<b>11</b>	<b>28</b>	<b>0</b>	<b>44</b>	<b>25.5</b>	<b>585</b>	<b>6.7</b>	<b>1870</b>	<b>1045</b>	<b>736.43</b>	<b>3.6</b>	<b>75</b>	<b>0.32</b>	<b>9.0</b>



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## Daily Nutrient Analysis: Tuesday, Week 1, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1250</b>	<b>183</b>	<b>16</b>	<b>75</b>	<b>0</b>	<b>61</b>	<b>39</b>	<b>1200</b>	<b>12</b>	<b>2640</b>	<b>2265</b>	<b>1225</b>	<b>7</b>	<b>140</b>	<b>1</b>	<b>12</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Each Pancakes RTB 4 in	160	27	1	6	0	4	5	75	4	75	330	150.5	0	15	0.02	1
1/2cup Strawberries f/Fresh	35	9	2	6	0	1	0	20	0.5	175	5	27.22	0	0	0	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	9	6	40	0.75	150	400	97.44	0.4	45	0.07	1.5
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>615</b>	<b>95</b>	<b>5</b>	<b>34</b>	<b>0</b>	<b>26</b>	<b>18.0</b>	<b>515</b>	<b>6.55</b>	<b>920</b>	<b>975</b>	<b>606.86</b>	<b>3.4</b>	<b>80</b>	<b>0.27</b>	<b>4.5</b>
Lunch																
1 Each Peaches Fresh	60	15	2	13	0	2	0	10	0.4	300	0	30	0	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Green Beans Herb f/Frz	35	6	3	2	0	2	1.5	40	0.75	150	15	26.74	0.2	0	0.09	0
1 Each Dressing Italian LoCal PC	15	2	0	1	0	0	1	0	0	20	135	1.77	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 3x4 Lasagna Meat Frz RTC	280	32	3	7	0	15	10	175	1.5	450	780	226.44	0	35	0.4	4.5
1 Each Cheese Parmesan Grated PC	15	0	0	0	0	1	1	30	0	10	65	21.94	0	5	0.03	0.5
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
1 cup House Salad	25	6	2	3	0	2	0	40	1	350	15	40.21	0	0	0	0
<b>Lunch TOTAL</b>	<b>635</b>	<b>88</b>	<b>11</b>	<b>41</b>	<b>0</b>	<b>35</b>	<b>20.5</b>	<b>685</b>	<b>5.0</b>	<b>1720</b>	<b>1290</b>	<b>618.11</b>	<b>3.2</b>	<b>60</b>	<b>0.71</b>	<b>7.0</b>

## Daily Nutrient Analysis: Wednesday, Week 1, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1650</b>	<b>228</b>	<b>20</b>	<b>89</b>	<b>0</b>	<b>71</b>	<b>56</b>	<b>1140</b>	<b>10</b>	<b>2940</b>	<b>1980</b>	<b>1198</b>	<b>11</b>	<b>315</b>	<b>2</b>	<b>16</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1 Each Egg & Cheese Muffin Sndw	350	28	2	1	0	14	21	175	2.5	200	620	237.24	3	200	0.99	6
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>765</b>	<b>108</b>	<b>7</b>	<b>35</b>	<b>0</b>	<b>28</b>	<b>28.0</b>	<b>565</b>	<b>4.2</b>	<b>1190</b>	<b>815</b>	<b>584.19</b>	<b>6</b>	<b>220</b>	<b>1.17</b>	<b>8.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	6	0	3	0	50	1	550	85	71.06	0	0	0	0
3oz BBQ Pork Ribs	330	21	0	17	0	21	18	50	1.25	400	610	174.68	1.5	75	0.15	6
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Pears Diced f/Cnd	60	16	2	12	0	0	0	20	0.4	125	5	14.28	0	0	0	0
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1/2cup Vegetable Mix 4 Way Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.38	0.4	0	0.13	0
<b>Lunch TOTAL</b>	<b>885</b>	<b>120</b>	<b>13</b>	<b>54</b>	<b>0</b>	<b>43</b>	<b>28.0</b>	<b>575</b>	<b>5.75</b>	<b>1750</b>	<b>1165</b>	<b>613.98</b>	<b>4.9</b>	<b>95</b>	<b>0.48</b>	<b>8.0</b>



Health & Human Services



## Daily Nutrient Analysis: Thursday, Week 1, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1470</b>	<b>181</b>	<b>16</b>	<b>60</b>	<b>0</b>	<b>81</b>	<b>52</b>	<b>1275</b>	<b>9</b>	<b>2865</b>	<b>1370</b>	<b>1355</b>	<b>8</b>	<b>340</b>	<b>1</b>	<b>14</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 #16 sc. Egg Scrambled & Cheese f/Frz	130	2	0	0	0	10	9	150	1	100	160	158.36	1.5	195	0.15	4.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Rye Seedless Dry	80	16	2	1	0	3	1	30	1	75	200	40	0	0	0	0
1/2cup Potato Hashbrown Cheesy f/Frz	200	13	1	0	0	6	14	150	0.75	225	140	117.63	0.2	20	0.2	4
1/2cup Pear Slices w/Blueberries	40	11	2	8	0	0	0	10	0.3	75	5	9.5	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>765</b>	<b>96</b>	<b>7</b>	<b>29</b>	<b>0</b>	<b>31</b>	<b>31.0</b>	<b>720</b>	<b>4.45</b>	<b>1015</b>	<b>695</b>	<b>647.58</b>	<b>4.7</b>	<b>235</b>	<b>0.53</b>	<b>10.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Carrot Baby Seasoned w/Dill f/Fresh	50	8	3	4	0	1	2.5	40	0.5	200	70	28.46	0.4	0	0.13	0
1/2cup Potato Mashed f/Inst Granules	110	24	2	1	0	3	1.5	20	0.3	200	125	66.75	0.2	0	0.08	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
4oz Salmon Grill Ckd	210	0	0	0	0	29	9	20	1.25	750	65	290.3	0	85	0	1.5
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1 cup Orange Fresh Wedges	50	13	2	10	0	1	0	50	0.1	200	0	14.31	0	0	0	0
<b>Lunch TOTAL</b>	<b>705</b>	<b>85</b>	<b>9</b>	<b>31</b>	<b>0</b>	<b>50</b>	<b>21.0</b>	<b>555</b>	<b>4.5</b>	<b>1850</b>	<b>675</b>	<b>707.4</b>	<b>3.6</b>	<b>105</b>	<b>0.41</b>	<b>3.5</b>



Health & Human Services



## Daily Nutrient Analysis: Friday, Week 1, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1380</b>	<b>208</b>	<b>19</b>	<b>71</b>	<b>0</b>	<b>68</b>	<b>39</b>	<b>1230</b>	<b>13</b>	<b>3275</b>	<b>1620</b>	<b>1166</b>	<b>6</b>	<b>185</b>	<b>0</b>	<b>11</b>
Breakfast																
2 Slice French Toast Frz RTB 1.5z	180	28	1	0	0	7	5	100	2	125	430	118.23	0	70	0	1.5
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Whole Orange Fresh Whole	70	17	3	13	0	2	0	75	0.2	300	0	19.6	0	0	0	0
2 Slice Bacon Strips Oven Crisp 2 Each f/Raw	45	0	0	0	0	2	4.5	0	0.2	30	125	16.66	0	10	0	1.5
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>615</b>	<b>102</b>	<b>6</b>	<b>35</b>	<b>0</b>	<b>23</b>	<b>16.5</b>	<b>555</b>	<b>3.7</b>	<b>975</b>	<b>795</b>	<b>486.19</b>	<b>3</b>	<b>100</b>	<b>0.18</b>	<b>5.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	1	0	3	1	30	0.5	450	65	60.86	0	5	0.01	0
3oz Beef Pot Roast Hmd	190	11	3	2	0	21	7	125	4.5	450	130	211	0	60	0	2.5
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1/2cup Brussels Sprouts Roasted f/Fresh	100	11	5	3	0	4	6	75	1.75	500	180	81.58	0	0	0	1
1/2cup Choice of Fruit	60	16	1	14	0	1	0	20	0.3	400	35	18.71	0	0	0	0
<b>Lunch TOTAL</b>	<b>765</b>	<b>106</b>	<b>13</b>	<b>36</b>	<b>0</b>	<b>45</b>	<b>22.0</b>	<b>675</b>	<b>9.4</b>	<b>2300</b>	<b>825</b>	<b>679.73</b>	<b>3</b>	<b>85</b>	<b>0.21</b>	<b>5.5</b>



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## Daily Nutrient Analysis: Monday, Week 2, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1850</b>	<b>243</b>	<b>32</b>	<b>79</b>	<b>0</b>	<b>84</b>	<b>71</b>	<b>1280</b>	<b>16</b>	<b>4145</b>	<b>1570</b>	<b>1546</b>	<b>9</b>	<b>395</b>	<b>1</b>	<b>14</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Wheat Dry	70	12	1	1	0	3	1	40	1	40	120	32.25	0	0	0.01	0
1 Each Egg Scrambled w/Tomato Basil & Potato Sweet	260	33	5	10	0	13	10	100	2.5	650	180	224.46	2	280	0.03	2.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>645</b>	<b>99</b>	<b>8</b>	<b>31</b>	<b>0</b>	<b>28</b>	<b>18.0</b>	<b>520</b>	<b>4.9</b>	<b>1230</b>	<b>490</b>	<b>578.8</b>	<b>5</b>	<b>300</b>	<b>0.22</b>	<b>4.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
2 Pkg Crackers Saltine LS 2-ct Pkg	50	9	0	0	0	2	1	20	0.75	100	25	13.32	0	0	0.05	0
1/2cup Pineapple Blushing Chunks f/Cnd	80	22	1	19	0	1	0	20	0.4	150	15	10.46	0	0	0	0
1 Each Tuna Salad Stuffed Tomato	440	24	6	7	0	19	31	100	3.5	850	390	240.51	1	65	0	4.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Cucumber & Zucchini Salad f/Fresh	100	5	1	3	0	2	9	30	0.5	225	180	66.69	0	5	0.03	1.5
6fl. oz Soup Pasta Fagioli Bean Hmd	330	57	15	4	0	19	4.5	200	5	1150	190	365.3	0.2	5	0.12	1
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
<b>Lunch TOTAL</b>	<b>1205</b>	<b>144</b>	<b>24</b>	<b>48</b>	<b>0</b>	<b>56</b>	<b>52.5</b>	<b>760</b>	<b>11.5</b>	<b>2915</b>	<b>1080</b>	<b>967.29</b>	<b>4.2</b>	<b>95</b>	<b>0.39</b>	<b>9.0</b>



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## Daily Nutrient Analysis: Tuesday, Week 2, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1420</b>	<b>187</b>	<b>15</b>	<b>67</b>	<b>0</b>	<b>60</b>	<b>54</b>	<b>1110</b>	<b>9</b>	<b>2065</b>	<b>1350</b>	<b>994</b>	<b>9</b>	<b>315</b>	<b>1</b>	<b>17</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Egg Fried f/Pasteurized	80	0	0	0	0	7	6	30	1	75	85	99.07	1.5	190	0.11	2
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1 Each Muffin English WW RTS	120	23	4	5	0	5	1	175	1.5	125	210	159.89	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>515</b>	<b>77</b>	<b>6</b>	<b>25</b>	<b>0</b>	<b>24</b>	<b>14.0</b>	<b>585</b>	<b>3.9</b>	<b>740</b>	<b>485</b>	<b>581.05</b>	<b>4.5</b>	<b>210</b>	<b>0.29</b>	<b>4.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Green Beans Oregano f/Frz	40	6	3	2	0	2	2	50	0.75	150	20	26.69	0.4	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Potato O'Brien Diced f/Fresh	110	21	2	2	0	2	2.5	10	0.5	400	25	48.92	0.4	0	0.17	0
1 Each Chicken Kiev 4z Frz	330	14	0	0	0	15	24	10	0.75	125	380	0	0	85	0	10
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1/2cup Pear Halves Ginger Cinnamon Nutmeg Whip	140	29	2	22	0	1	3	30	0.75	150	25	30.04	0.4	0	0.13	1
<b>Lunch TOTAL</b>	<b>905</b>	<b>110</b>	<b>9</b>	<b>42</b>	<b>0</b>	<b>36</b>	<b>39.5</b>	<b>525</b>	<b>5.1</b>	<b>1325</b>	<b>865</b>	<b>413.23</b>	<b>4.2</b>	<b>105</b>	<b>0.63</b>	<b>13.0</b>



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## Daily Nutrient Analysis: Wednesday, Week 2, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1300</b>	<b>194</b>	<b>16</b>	<b>85</b>	<b>0</b>	<b>55</b>	<b>42</b>	<b>1240</b>	<b>7</b>	<b>2415</b>	<b>1165</b>	<b>1330</b>	<b>7</b>	<b>105</b>	<b>1</b>	<b>14</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Muffin Blueberry f/Mix	130	26	1	14	0	3	1.5	40	0.75	75	200	105.08	0.4	5	0.11	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1 Each Yogurt Parfait Berry	190	32	2	24	0	8	4	225	0.5	350	105	198.72	0	10	0	2.5
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>635</b>	<b>112</b>	<b>5</b>	<b>58</b>	<b>0</b>	<b>23</b>	<b>12.5</b>	<b>645</b>	<b>2.65</b>	<b>965</b>	<b>495</b>	<b>625.89</b>	<b>3.4</b>	<b>35</b>	<b>0.29</b>	<b>5.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
2 Each Enchiladas Beef Hmd	320	29	4	2	0	16	16	175	2.25	350	280	331.07	0.2	50	0.72	7
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Corn Southwest f/Frz	90	19	3	3	0	3	2.5	0	0.75	250	25	76.1	0.4	0	0.13	0
1/2cup Bean Black Salad	90	10	2	1	0	3	5	30	0.75	300	220	52.22	0	0	0.02	0
1 Each Orange Mandarin Fresh	40	11	2	8	0	1	0	40	0.1	150	0	10.56	0	0	0	0
<b>Lunch TOTAL</b>	<b>665</b>	<b>82</b>	<b>11</b>	<b>27</b>	<b>0</b>	<b>32</b>	<b>29.0</b>	<b>595</b>	<b>3.95</b>	<b>1450</b>	<b>670</b>	<b>704.39</b>	<b>3.6</b>	<b>70</b>	<b>1.05</b>	<b>9.0</b>



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## Daily Nutrient Analysis: Thursday, Week 2, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1345</b>	<b>186</b>	<b>19</b>	<b>67</b>	<b>0</b>	<b>70</b>	<b>43</b>	<b>1120</b>	<b>11</b>	<b>3145</b>	<b>1905</b>	<b>1282</b>	<b>8</b>	<b>170</b>	<b>1</b>	<b>10</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Kiwi & Strawberries f/Fresh	40	10	2	6	0	1	0	30	0.3	200	5	24.18	0	0	0	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	9	6	40	0.75	150	400	97.44	0.4	45	0.07	1.5
1 Each Waffle Whole Grain	100	16	2	1	0	3	3.5	75	3	75	230	114.4	0	0	0.08	1
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>560</b>	<b>85</b>	<b>6</b>	<b>29</b>	<b>0</b>	<b>25</b>	<b>16.5</b>	<b>525</b>	<b>5.35</b>	<b>945</b>	<b>875</b>	<b>567.72</b>	<b>3.4</b>	<b>65</b>	<b>0.33</b>	<b>4.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
3oz Fish Lemon Pepper f/RTB	100	0	0	0	0	22	1	20	0.4	450	190	233.6	0	85	0	0
1/2cup Potato Sweet Whipped	250	37	5	8	0	3	11	75	1.25	650	240	86.06	1.5	0	0.79	2
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1 Each Applesauce 4z PC	50	13	1	11	0	0	0	0	0.3	100	5	5.67	0	0	0	0
1/2cup Brussels Sprouts Roasted f/Fresh	100	11	5	3	0	4	6	75	1.75	500	180	81.58	0	0	0	1
<b>Lunch TOTAL</b>	<b>785</b>	<b>101</b>	<b>13</b>	<b>38</b>	<b>0</b>	<b>45</b>	<b>26.0</b>	<b>595</b>	<b>6.05</b>	<b>2200</b>	<b>1030</b>	<b>714.49</b>	<b>4.5</b>	<b>105</b>	<b>0.99</b>	<b>5.0</b>



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## Daily Nutrient Analysis: Friday, Week 2, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1370</b>	<b>198</b>	<b>16</b>	<b>71</b>	<b>0</b>	<b>67</b>	<b>42</b>	<b>975</b>	<b>10</b>	<b>2315</b>	<b>1320</b>	<b>1131</b>	<b>10</b>	<b>290</b>	<b>2</b>	<b>9</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Rye Seedless Dry	80	16	2	1	0	3	1	30	1	75	200	40	0	0	0	0
1/4cup Egg Scrambled Ranchero	90	3	1	2	0	7	6	50	1	175	80	110.99	1.5	185	0.1	2
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1/2cup Blueberries f/Fresh	40	11	2	7	0	1	0	0	0.2	75	5	8.52	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>525</b>	<b>84</b>	<b>7</b>	<b>30</b>	<b>0</b>	<b>23</b>	<b>14.0</b>	<b>460</b>	<b>3.6</b>	<b>865</b>	<b>475</b>	<b>481.6</b>	<b>4.5</b>	<b>205</b>	<b>0.28</b>	<b>4.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	1	0	3	1.5	20	0.3	200	125	66.75	0.2	0	0.08	0
1/2cup Vegetable Mix Sicilian Blend	60	9	2	0	0	2	2	30	1	150	40	21.65	0.4	0	0.13	0
1/2cup Crisp Apple Hmd	180	33	2	23	0	2	6	20	1	150	55	32.04	0.8	0	0.41	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
3oz Chicken Marsala Breast	210	8	1	1	0	21	10	20	1.25	450	210	221.62	1.5	65	0.53	2
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
<b>Lunch TOTAL</b>	<b>845</b>	<b>114</b>	<b>9</b>	<b>41</b>	<b>0</b>	<b>44</b>	<b>27.5</b>	<b>515</b>	<b>5.9</b>	<b>1450</b>	<b>845</b>	<b>649.64</b>	<b>5.9</b>	<b>85</b>	<b>1.35</b>	<b>5.0</b>



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## Daily Nutrient Analysis: Monday, Week 3, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1650</b>	<b>204</b>	<b>18</b>	<b>76</b>	<b>0</b>	<b>83</b>	<b>66</b>	<b>1455</b>	<b>10</b>	<b>3125</b>	<b>2050</b>	<b>1512</b>	<b>10</b>	<b>285</b>	<b>1</b>	<b>27</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Quiche Broccoli Cheese	390	24	1	4	0	14	27	300	1.75	225	460	252.6	1.5	120	0.49	13
1 cup Berries Mixed Fresh w/Whip Topping	80	14	4	9	0	2	3.5	20	0.5	150	10	24.51	0	0	0	2.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1/2cup Potato Hashbrown Casserole f/Frz	210	19	2	1	0	10	11	225	1.25	350	350	190.54	0.6	65	0.26	6
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>995</b>	<b>111</b>	<b>9</b>	<b>34</b>	<b>0</b>	<b>38</b>	<b>48.5</b>	<b>925</b>	<b>4.9</b>	<b>1265</b>	<b>1010</b>	<b>789.74</b>	<b>5.1</b>	<b>205</b>	<b>0.93</b>	<b>23.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Dressing Italian LoCal PC	15	2	0	1	0	0	1	0	0	20	135	1.77	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Rice Brown	110	21	1	0	0	3	2.5	20	0.5	75	115	71.96	0.4	0	0.13	0
1/2cup Vegetable Mix Asian Blend	50	7	3	1	0	3	2	40	0.75	300	55	60.95	0.4	0	0.13	0
1 cup Pork Stir Fry f/Cubes	180	12	1	8	0	23	4.5	30	1	500	440	259.24	0.6	60	0.03	1.5
1/2cup Orange Pineapple & Banana	70	19	1	15	0	1	0	20	0.4	225	5	13.59	0	0	0	0
1 cup Salad Trinity Tossed	25	5	2	2	0	2	0	30	1	300	10	43.93	0	0	0	0
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
<b>Lunch TOTAL</b>	<b>655</b>	<b>93</b>	<b>9</b>	<b>42</b>	<b>0</b>	<b>45</b>	<b>17.0</b>	<b>530</b>	<b>5.0</b>	<b>1860</b>	<b>1040</b>	<b>722.45</b>	<b>4.4</b>	<b>80</b>	<b>0.48</b>	<b>3.5</b>

## Daily Nutrient Analysis: Tuesday, Week 3, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1510</b>	<b>213</b>	<b>18</b>	<b>76</b>	<b>0</b>	<b>70</b>	<b>48</b>	<b>1035</b>	<b>9</b>	<b>2940</b>	<b>1810</b>	<b>1023</b>	<b>7</b>	<b>360</b>	<b>1</b>	<b>11</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Rye Seedless Dry	80	16	2	1	0	3	1	30	1	75	200	40	0	0	0	0
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
3oz Potato Sweet Roasted Rounds	100	12	2	2	0	1	6	20	0.4	200	50	26.9	0.4	0	0.13	1
1 Each 3.5z Egg Omelet Ham & Cheese RTS Frz	170	4	0	3	0	11	12	100	1.25	0	560	0	0	260	0	5
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>765</b>	<b>112</b>	<b>9</b>	<b>40</b>	<b>0</b>	<b>29</b>	<b>26.0</b>	<b>540</b>	<b>4.35</b>	<b>1265</b>	<b>1005</b>	<b>413.85</b>	<b>3.4</b>	<b>280</b>	<b>0.31</b>	<b>8.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Vegetable Mix Garden Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.52	0.4	0	0.13	0
1/2cup Applesauce Rosy f/Cnd	60	16	1	13	0	0	0	0	0.3	100	10	8.24	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Potato Wedges Rosemary f/Fresh	170	30	2	2	0	3	4.5	20	0.75	550	150	68.43	0	0	0.02	0
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
3oz Chicken Rosemary Orange Breast	150	3	0	2	0	19	7	20	0.5	350	180	178.06	0	60	0.01	1
<b>Lunch TOTAL</b>	<b>745</b>	<b>101</b>	<b>9</b>	<b>36</b>	<b>0</b>	<b>41</b>	<b>21.5</b>	<b>495</b>	<b>4.65</b>	<b>1675</b>	<b>805</b>	<b>608.83</b>	<b>3.4</b>	<b>80</b>	<b>0.36</b>	<b>3.0</b>



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## Daily Nutrient Analysis: Wednesday, Week 3, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1440</b>	<b>186</b>	<b>17</b>	<b>72</b>	<b>0</b>	<b>81</b>	<b>48</b>	<b>1195</b>	<b>11</b>	<b>2945</b>	<b>1545</b>	<b>1286</b>	<b>9</b>	<b>400</b>	<b>1</b>	<b>15</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Pear Slices w/Blueberries	40	11	2	8	0	0	0	10	0.3	75	5	9.5	0	0	0	0
1 Each Pizza Flatbread Egg Sausage	380	30	1	2	0	20	19	225	3.5	250	540	284.07	2.5	290	0.19	7
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>695</b>	<b>85</b>	<b>5</b>	<b>23</b>	<b>0</b>	<b>32</b>	<b>26.0</b>	<b>615</b>	<b>5.1</b>	<b>845</b>	<b>730</b>	<b>612.97</b>	<b>5.5</b>	<b>310</b>	<b>0.37</b>	<b>9.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Tangerine Whole Fresh	80	19	3	15	0	2	0	75	0.3	250	5	28.35	0	0	0	0
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
3oz Pork Roast Seasoned Ckd	160	0	0	0	0	23	8	10	0.75	300	40	189.66	0.6	70	0.07	2.5
1/2cup Brussels Sprouts Balsamic f/Frz	100	11	5	4	0	5	6	40	0.75	350	160	64.3	0	0	0	1
1/2cup Potato Baby Roasted Seasoned RTC	60	15	1	0	0	2	0	10	1	300	160	64.59	0	0	0	0
1/2cup Choice of Fruit	60	16	1	14	0	1	0	20	0.3	400	35	18.71	0	0	0	0
<b>Lunch TOTAL</b>	<b>745</b>	<b>101</b>	<b>12</b>	<b>49</b>	<b>0</b>	<b>49</b>	<b>22.0</b>	<b>580</b>	<b>5.45</b>	<b>2100</b>	<b>815</b>	<b>673.19</b>	<b>3.6</b>	<b>90</b>	<b>0.27</b>	<b>5.5</b>



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## Daily Nutrient Analysis: Thursday, Week 3, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1240</b>	<b>173</b>	<b>14</b>	<b>58</b>	<b>0</b>	<b>62</b>	<b>38</b>	<b>1055</b>	<b>9</b>	<b>2405</b>	<b>1375</b>	<b>1086</b>	<b>9</b>	<b>315</b>	<b>1</b>	<b>9</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 #16 sc. Egg Scrambled f/Frz	100	1	0	1	0	8	7	50	1.25	100	90	119.67	2	220	0.1	2
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Potato Pan Fried Slices f/Fresh	120	19	2	1	0	2	4.5	10	0.3	300	170	36.35	0	0	0.02	0
1 Slice Toast Wheat Dry	70	12	1	1	0	3	1	40	1	40	120	32.25	0	0	0.01	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>605</b>	<b>86</b>	<b>5</b>	<b>23</b>	<b>0</b>	<b>25</b>	<b>19.5</b>	<b>480</b>	<b>3.95</b>	<b>980</b>	<b>570</b>	<b>510.36</b>	<b>5</b>	<b>240</b>	<b>0.31</b>	<b>4.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Pear Halves Minted w/Topping f/Cnd	70	17	2	12	0	0	0	20	0.4	125	10	15.07	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Soup Potato Leek Hmd	100	11	1	1	0	2	6	30	0.5	150	150	23.08	0.8	5	0.44	1
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1 Each Salad Chicken BBQ	180	19	4	6	0	19	4.5	100	1.5	650	230	229.41	0	50	0.07	2
<b>Lunch TOTAL</b>	<b>635</b>	<b>87</b>	<b>9</b>	<b>35</b>	<b>0</b>	<b>37</b>	<b>18.5</b>	<b>575</b>	<b>4.75</b>	<b>1425</b>	<b>805</b>	<b>575.14</b>	<b>3.8</b>	<b>75</b>	<b>0.71</b>	<b>5.0</b>



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## Daily Nutrient Analysis: Friday, Week 3, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1125</b>	<b>172</b>	<b>14</b>	<b>60</b>	<b>0</b>	<b>53</b>	<b>33</b>	<b>1080</b>	<b>7</b>	<b>2360</b>	<b>2125</b>	<b>1009</b>	<b>7</b>	<b>95</b>	<b>1</b>	<b>6</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Pancake Blueberry f/Mix (Incomplete)	110	18	1	1	0	3	3	100	0.75	75	270	152.24	0.2	10	0.02	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	9	6	40	0.75	150	400	97.44	0.4	45	0.07	1.5
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
1 Each Orange Mandarin Fresh	40	11	2	8	0	1	0	40	0.1	150	0	10.56	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>570</b>	<b>88</b>	<b>5</b>	<b>31</b>	<b>0</b>	<b>25</b>	<b>16.0</b>	<b>560</b>	<b>2.9</b>	<b>895</b>	<b>910</b>	<b>591.94</b>	<b>3.6</b>	<b>75</b>	<b>0.27</b>	<b>3.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	1	0	3	2	50	0.75	175	40	50.15	0.4	0	0.13	0
1/2cup Potato Mashed f/Inst Granules	110	24	2	1	0	3	1.5	20	0.3	200	125	66.75	0.2	0	0.08	0
1 Each Beef Stuffed Pepper f/RTB Frz	150	15	1	1	0	8	6	50	1.75	450	770	10.58	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Plums f/Fresh	50	13	2	11	0	1	0	10	0.2	200	0	18.14	0	0	0	0
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
<b>Lunch TOTAL</b>	<b>555</b>	<b>84</b>	<b>9</b>	<b>29</b>	<b>0</b>	<b>28</b>	<b>16.5</b>	<b>520</b>	<b>4.35</b>	<b>1465</b>	<b>1215</b>	<b>416.63</b>	<b>3.6</b>	<b>20</b>	<b>0.4</b>	<b>2.0</b>



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## Daily Nutrient Analysis: Monday, Week 4, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1400</b>	<b>209</b>	<b>15</b>	<b>82</b>	<b>0</b>	<b>71</b>	<b>39</b>	<b>1360</b>	<b>13</b>	<b>3300</b>	<b>1850</b>	<b>1322</b>	<b>10</b>	<b>485</b>	<b>1</b>	<b>12</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Egg Scrambled Toast Sndw Wheat	320	26	2	4	0	20	15	150	4	250	410	294.84	3.5	420	0.22	4.5
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>735</b>	<b>106</b>	<b>7</b>	<b>38</b>	<b>0</b>	<b>34</b>	<b>22.0</b>	<b>540</b>	<b>5.7</b>	<b>1240</b>	<b>605</b>	<b>641.79</b>	<b>6.5</b>	<b>440</b>	<b>0.4</b>	<b>6.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Dressing Italian LoCal PC	15	2	0	1	0	0	1	0	0	20	135	1.77	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 cup Pasta Ziti Italian Bake	330	49	3	9	0	19	7	350	4	600	660	313.89	0.4	25	0.1	3.5
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
1/2cup Zucchini Seasoned f/Fresh	30	3	1	2	0	2	2	20	0.4	250	120	34.59	0.4	0	0.13	0
1/2cup Choice of Fruit	60	16	1	14	0	1	0	20	0.3	400	35	18.71	0	0	0	0
1 cup House Salad	25	6	2	3	0	2	0	40	1	350	15	40.21	0	0	0	0
<b>Lunch TOTAL</b>	<b>665</b>	<b>103</b>	<b>8</b>	<b>44</b>	<b>0</b>	<b>37</b>	<b>17.0</b>	<b>820</b>	<b>7.05</b>	<b>2060</b>	<b>1245</b>	<b>680.18</b>	<b>3.8</b>	<b>45</b>	<b>0.42</b>	<b>5.5</b>



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## Daily Nutrient Analysis: Tuesday, Week 4, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1360</b>	<b>229</b>	<b>18</b>	<b>98</b>	<b>0</b>	<b>59</b>	<b>33</b>	<b>1080</b>	<b>12</b>	<b>2220</b>	<b>1885</b>	<b>1186</b>	<b>7</b>	<b>100</b>	<b>1</b>	<b>7</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Strawberries f/Fresh	35	9	2	6	0	1	0	20	0.5	175	5	27.22	0	0	0	0
2 Each Waffle Whole Grain	190	31	3	3	0	6	7	125	5.5	150	460	228.8	0	0	0.16	1.5
1 fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>545</b>	<b>97</b>	<b>7</b>	<b>31</b>	<b>0</b>	<b>19</b>	<b>14.0</b>	<b>525</b>	<b>7.3</b>	<b>845</b>	<b>705</b>	<b>587.72</b>	<b>3</b>	<b>20</b>	<b>0.34</b>	<b>3.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Carrot Parsley f/Frz	50	8	3	4	0	1	2.5	40	0.75	200	75	30.47	0.4	0	0.13	0
1/2cup Potato Mashed f/Inst Granules	110	24	2	1	0	3	1.5	20	0.3	200	125	66.75	0.2	0	0.08	0
1 Each Apple Baked f/Fresh	220	53	4	46	0	1	2	40	0.5	250	75	22.93	0.4	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
3oz Turkey Roast & Gravy	150	7	0	0	0	19	5	30	1	225	490	170.38	0.4	60	0.05	1.5
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
<b>Lunch TOTAL</b>	<b>815</b>	<b>132</b>	<b>11</b>	<b>67</b>	<b>0</b>	<b>40</b>	<b>19.0</b>	<b>555</b>	<b>4.9</b>	<b>1375</b>	<b>1180</b>	<b>598.11</b>	<b>4.4</b>	<b>80</b>	<b>0.59</b>	<b>3.5</b>



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## Daily Nutrient Analysis: Wednesday, Week 4, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1355</b>	<b>186</b>	<b>18</b>	<b>65</b>	<b>0</b>	<b>75</b>	<b>41</b>	<b>1270</b>	<b>10</b>	<b>2930</b>	<b>1530</b>	<b>1296</b>	<b>9</b>	<b>310</b>	<b>1</b>	<b>13</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 #16 sc. Egg Scrambled & Cheese f/Frz	130	2	0	0	0	10	9	150	1	100	160	158.36	1.5	195	0.15	4.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Wheat Dry	70	12	1	1	0	3	1	40	1	40	120	32.25	0	0	0.01	0
1/2cup Strawberries f/Fresh	35	9	2	6	0	1	0	20	0.5	175	5	27.22	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>550</b>	<b>77</b>	<b>5</b>	<b>27</b>	<b>0</b>	<b>26</b>	<b>17.0</b>	<b>590</b>	<b>3.9</b>	<b>855</b>	<b>475</b>	<b>539.92</b>	<b>4.5</b>	<b>215</b>	<b>0.34</b>	<b>6.5</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	6	0	3	0	50	1	550	85	71.06	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Peaches Slices f/Cnd w/Orange Sc	60	17	2	13	0	1	0	10	0.4	175	10	21.99	0	0	0	0
1/2cup Broccoli w/Parmesan Bread Crumbs	200	20	4	3	0	9	11	175	1.75	500	450	169.83	1.5	10	0.61	3
3oz Chicken Breast Roasted Herb Tarragon	130	1	0	0	0	20	4.5	20	0.75	350	95	186.1	0.4	65	0.18	1
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
<b>Lunch TOTAL</b>	<b>805</b>	<b>109</b>	<b>13</b>	<b>38</b>	<b>0</b>	<b>49</b>	<b>23.5</b>	<b>680</b>	<b>6.25</b>	<b>2075</b>	<b>1055</b>	<b>756.56</b>	<b>4.9</b>	<b>95</b>	<b>0.99</b>	<b>6.0</b>



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## Daily Nutrient Analysis: Thursday, Week 4, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1325</b>	<b>186</b>	<b>15</b>	<b>68</b>	<b>0</b>	<b>57</b>	<b>48</b>	<b>1165</b>	<b>8</b>	<b>1885</b>	<b>1570</b>	<b>1060</b>	<b>10</b>	<b>370</b>	<b>1</b>	<b>14</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Each Toast French Stuffed Blueberry f/Fresh	430	47	3	19	0	19	19	250	4	350	490	289.88	3	320	0.37	8
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>750</b>	<b>104</b>	<b>5</b>	<b>41</b>	<b>0</b>	<b>31</b>	<b>26.0</b>	<b>630</b>	<b>5.3</b>	<b>870</b>	<b>730</b>	<b>621.58</b>	<b>6</b>	<b>340</b>	<b>0.55</b>	<b>10.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	1	0	3	1.5	20	0.3	200	125	66.75	0.2	0	0.08	0
1/2cup Fruit Fresh Winter Salad f/Fresh & Cnd	40	11	1	7	0	0	0	10	0.2	125	5	8.72	0	0	0	0
1/2cup Green Beans Almondine f/Frz	140	9	4	2	0	5	11	75	1.25	250	130	91.99	0.6	0	0.27	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 slices Bread Whole Wheat	80	14	1	2	0	4	1.5	40	1.25	40	135	36.57	0	0	0.01	0
4oz Cabbage Roll Beef Stuffed 4z	80	11	2	2	0	5	2.5	40	0	0	300	0	0	10	0	0.5
<b>Lunch TOTAL</b>	<b>575</b>	<b>82</b>	<b>10</b>	<b>27</b>	<b>0</b>	<b>26</b>	<b>22.0</b>	<b>535</b>	<b>3.1</b>	<b>1015</b>	<b>840</b>	<b>438.47</b>	<b>3.8</b>	<b>30</b>	<b>0.54</b>	<b>3.5</b>



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## Daily Nutrient Analysis: Friday, Week 4, Cycle Menu S/S Brk/Lunch 5 day 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1590</b>	<b>239</b>	<b>20</b>	<b>78</b>	<b>0</b>	<b>73</b>	<b>43</b>	<b>1255</b>	<b>11</b>	<b>3180</b>	<b>1775</b>	<b>1358</b>	<b>23</b>	<b>385</b>	<b>1</b>	<b>10</b>
Breakfast																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
1/4cup Egg of Choice	100	1	0	0	0	8	7	40	1.25	100	100	119.34	2	225	0.14	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Slice Toast Wheat Dry	70	12	1	1	0	3	1	40	1	40	120	32.25	0	0	0.01	0
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4oz Potato Home Fries	140	25	2	2	0	3	4	30	1	450	190	57.75	0.6	0	0.26	0.5
4fl. oz Choice of Juice	70	17	0	0	0	0	0	10	0.2	20	10	1.27	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
<b>Breakfast TOTAL</b>	<b>725</b>	<b>118</b>	<b>8</b>	<b>37</b>	<b>0</b>	<b>28</b>	<b>19.0</b>	<b>500</b>	<b>4.95</b>	<b>1580</b>	<b>605</b>	<b>556.29</b>	<b>5.6</b>	<b>245</b>	<b>0.59</b>	<b>5.0</b>
Lunch																
8fl. oz Milk 1% 8 flz PC	100	13	0	13	0	9	2.5	350	0.1	400	110	233.64	3	15	0	1.5
3oz Salmon Loaf	190	10	1	2	0	21	7	250	1.5	400	590	355.36	13	115	0.05	1.5
1/2cup Crisp Blueberry & Strawberry	180	31	3	19	0	2	6	20	1	75	50	31.57	0.8	0	0.41	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	1	0	3	1	30	0.5	450	65	60.86	0	5	0.01	0
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1/2cup Vegetable Mix 4 Way Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.38	0.4	0	0.13	0
<b>Lunch TOTAL</b>	<b>865</b>	<b>121</b>	<b>12</b>	<b>41</b>	<b>0</b>	<b>45</b>	<b>24.0</b>	<b>755</b>	<b>6.1</b>	<b>1600</b>	<b>1170</b>	<b>801.75</b>	<b>17.2</b>	<b>140</b>	<b>0.8</b>	<b>4.5</b>



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## ALTERNATE MEALS

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

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

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

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

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

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

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

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

**\*Meals  $\geq$ 1400mg Sodium are considered "Provider Choice"**

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# Lettuce Tossed Salad (Garden Salad)

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

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

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

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



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

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

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

# Rice Fried w/Soy Sauce (Fried Rice)

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

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

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



# Rice Fried w/Soy Sauce (Fried Rice)

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

# Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐ Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP		
<b>1</b> Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.		
<b>2</b>	Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt		Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.	
	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			
<b>3</b>					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.		

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



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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

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

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



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



Milk 1% 8 flz PC (1% Milk)

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Potato Baked (Baked Potato)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	1 whole	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	40 g	4 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes on baking sheet, puncture with fork several times to allow steam to escape. Bake until fork tender. Cut a lengthwise slit in Potatoes prior to serving.
<b>2</b>					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
<b>3</b>					Cook Time: 60-90 min

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Remove sprouts from oven. Carefully toss with oil, salt, and pepper. Return to oven and bake until sprouts are tender, 10-15 minutes.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Vinegar, Balsamic	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a small bowl whisk together vinegar, brown sugar, and second portion of oil.
<b>4</b> Sugar, Brown Light	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

# Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Citrus, Allergen Sulphites, Bananas, Orange, Apples

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

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

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> 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
<b>1</b> Onion, Yellow Margarine, Solids	1 lb 5 Oz	2 lb 10 Oz	3 lb 15 Oz	5 lb 3 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Saute onion in margarine.
	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz		
<b>2</b> Beans, Baked w/Bacon Cnd Ketchup, Bulk Vinegar, Cider Apple Sugar, Brown Light Mustard, Powder	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Add beans, ketchup, vinegar, brown sugar and mustard to onions. Stir to mix well.
	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup		
	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		

# Beans Baked f/Cnd (Baked Beans)

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

# Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Ham Ckd Bnls RS (RS Ham)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	145 °F	Bake	3 Oz	<input type="checkbox"/> Contains: Pork & Products

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

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



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



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

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

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

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



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

# Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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"/> <b>Contains: AllergenMilk</b>

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

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

# Lettuce Tomato Tossed Salad f/Mix (Lettuce & Tomato Salad)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Tomato, Fresh	3.13 each	6.25 each	9.38 each	12.5 each	Diced	Remove stem end of tomato and dice. Chill until ready to serve.
4 Lettuce Mix, Salad	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		Portion 1 cup lettuce into each individual serving bowl. Sprinkle 1 Tablespoon tomatoes over each salad. Serve desired dressing separately.
5						CCP -- Maintain <40F/4C; discard unused product.



# Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>	Onion, Yellow	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Minced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Carrot, Fresh	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
	Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Garlic, Powder	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
	Tomato, Diced Cnd	1 Qt	2 Qt	3 Qt	1 Gal		
	Sauce, Marinara	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
<b>2</b>	Water, Tap	1 Gal 2 Cup	2 Gal 5 Cup	4 Gal 1 Cup	5 Gal 3 Cup		Prepare Sauce: Saute onions and carrots in oil until the onions are soft. Add pepper, garlic, tomatoes and marinara sauce; cook uncovered, for 20 min stirring often.
	Ravioli, Cheese No Sauce Frz	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz		

# Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)



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INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3 Cheese, Mozzarella Shredded	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz		Bring water to a boil. Drop in frozen pasta and cook until done, about 8 min. DO NOT OVERCOOK.
4						Drain water from cooked ravioli. Put ravioli in shallow baking dish. Pour sauce over pasta. Grate cheese over cauce in baking dish.
5						Bake until cheese melts; about 15-20 min.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	4 g	3 g	3.5 g	100 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spread Garlic Butter	3 Oz	6 Oz	9 Oz	12 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Spinach, Fresh	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb	
2 Salt, Iodized	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		Prepare Garlic Butter per separate recipe. Blanch Spinach in hot Water for 2 minutes. Drain and place in ice water bath immediately to cool. Drain thoroughly; squeeze out any remaining liquid.
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	
3						Place Spinach in pan(s). Sprinkle with Salt and Pepper. Dot with Garlic Butter. Cover and Bake at 350F for 10-15 minutes.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)



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

# Spread Garlic Butter (Garlic Butter Spread)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Oz	☐ Contains: AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	0 g	0 g	25 g	20 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Butter, Unsalted Bulk	1 lb 11 Oz	3 lb 5 Oz	5 lb	6 lb 11 Oz		Blend Butter with a mixer 10 minutes until light and fluffy.
<b>3</b> Garlic, Whole Fresh	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Minced	Add Garlic and blend for 1 minute. Add Thyme and blend for 1 minute. Add Parsley and blend for 5 minutes until mixed thoroughly.
Thyme, Ground	1 1/4 tsp	3 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Parsley, Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	Minced	
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

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



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COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	☐ Contains: Corn, Cinnamon, AllergenSoy, AllergenMilk, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	31 g	1 g	1 g	10 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drain fruit and reserve liquid. Measure drained liquid and water to make 2 quarts of liquid per 50 servings. Bring 3/4 of the total liquid to boiling point.
<b>3</b> Cornstarch	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Mix remaining 1/4 of liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.
Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	While still hot, add sugar, margarine and spices. Mix thoroughly and bring to boiling point.
Cloves, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>4</b> Sugar, Granulated Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	
Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz	
Nutmeg, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	

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



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						Discard unused product.
9						Note: If serving cold: Quick-chill after Step 5 and chill until served.

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

# Meatballs Swedish w/Sauce (Swedish Meatballs)

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

# Noodles Parslied (Parslied Noodles)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Noodles, Egg Dry Water, Tap Salt, Iodized	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal		
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Margarine, Solids Parsley, Dried	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Bring water to a boil.
	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3						Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4						Stir in margarine and seasonings.

# Noodles Parslied (Parslied Noodles)

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

# Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
<b>Cook</b>	<b>1/2 Cup</b>	<input type="checkbox"/> <b>Contains: Cinnamon, AllergenMilk, Apples, AllergenSoy</b>

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Beef Kabobs Marinated (Marinated Beef Kabob)



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

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

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

# Beef Kabobs Marinated (Marinated Beef Kabob)



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

# Marinade Beef (Beef Marinade)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 fl. oz	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Citrus, Garlic, Lemon, Mustard, AllergenSulphites, AllergenFish

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

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

# Marinade Beef (Beef Marinade)

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

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

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

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

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

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



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

# Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy



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

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

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

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



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Orange, Mandarin JcPk	0.42 no. 10 can	0.83 no. 10 can	1.25 no. 10 can	1.67 no. 10 can		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour undrained Mandarin Oranges into undrained Pineapple. Mix gently. Fold in sliced Bananas. Portion with slotted spoon. Chill <40F.
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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Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	☐ Contains: Celery, Pork & Products, Beans/Legumes, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	17 g	15 g	4 g	50 mg	850 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beans, Navy Cnd	0.63 no. 10 can	1.25 no. 10 can	1.88 no. 10 can	2.5 no. 10 can		Preprep: Dice Onions and Celery. Cube Ham in small pieces. Combine all ingredients and simmer 50-80 min to *internal temp >165F for 15 sec.
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		
<b>3</b> Ham, Buffet Flat Bnls	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Cubed	Cube cooked Ham. Add to above.
<b>4</b> Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Diced	Add remaining ingredients to above and simmer for 1-1 1/2 hrs or until Beans are tender.
Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped	
Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

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



Health & Human Services



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

# Greens Collard f/Frz (Collard Greens)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	3 g	225 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Water, Tap	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Bring Water to a boil in a large pot.
Greens, Collard Chopped Frz	5 lb 7 Oz	10 lb 13 Oz	16 lb 4 Oz	21 lb 11 Oz	
Sugar, Granulated Bulk	1 1/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
<b>2</b> Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp	
Base, Vegetable Paste LS G-F	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Margarine, Solids	2.5 Oz	5.5 Oz	8 Oz	10.5 Oz	

## Greens Collard f/Frz (Collard Greens)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Add Collard Greens, Sugar, Pepper, Base and Margarine. Simmer uncovered for 50-60 min or until Greens are very tender. Drain remaining liquid. CCP -- Maintain >140F for only 4 hrs.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Crisp Pineapple Hmd (Pineapple Crisp)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	☐ Contains: AllergenWheat, AllergenSoy, Lemon, AllergenMilk, Pineapple, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	44 g	2 g	8 g	40 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pineapple, Crushed JcPk	2 1/2 Qt	1 Gal 2 Cup	1 Gal 6 Cup	2 Gal 3 Cup	Mix Cinnamon, Sugar and Lemon Juice with Fruit. Arrange in greased baking pan(s). 8 lb per pan.
<b>2</b> Cinnamon, Ground	1.0 tsp	2.0 tsp	3.0 tsp	1 Tbsp 1 tsp	
Sugar, Granulated Bulk	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	
Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
<b>3</b> Margarine, Solids	8 Oz	0 lb 16 Oz	1 lb 7 Oz	1 lb 15 Oz	Cut cold Margarine into Flour until small crumbs develop. Combine remaining ingredients and stir mixture until crumbly.
Flour, All Purpose	1 1/8 Cup	2 1/3 Cup	3 1/2 Cup	1 1/8 Qt	



# Crisp Pineapple Hmd (Pineapple Crisp)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Cereal, Oatmeal Quick	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
Sugar, Brown Light	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
<b>4</b>					Spread evenly over Fruit. 2 lb 4 oz per pan.
<b>5</b>					Cook Time: 45-50 min.
<b>6</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>8</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>					NOTES: Fruit Crisp may be served warm or cold. If served cold maintain <40F. If served hot, maintain >140F.

# Cornbread f/Mix (Cornbread)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

# Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	1.5 g	30 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
2 Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Bacon, Pork 18-26 ct	8 Oz	1 lb	1 lb 8 Oz	2 lb	
<b>3</b>					Steam or boil Brussels sprouts until tender; drain. Combine bacon and bacon fat, seasoning and vegetables, toss lightly to distribute.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	<input type="checkbox"/> Contains: Apples, Orange, Allergen Sulphites, Bananas, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	9 g	0 g	0 g	20 mg	0 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
<b>2</b>						Fruit may vary from foods listed. Ask Manager which Fruit to use. The fresh Fruit includes Banana, Apple & Orange. Place prepared Fruit in serving dish.
Banana Whole Fresh	5 each	10 each	15 each	20 each		
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole		
Apple Whole Fresh	5 whole	10 whole	15 whole	20 whole	Sliced	
<b>3</b>						Chill <40F/4C.



# Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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# Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Lunch Alternate Meals- S/ S 2023 - Week 1

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

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

**\*Meals  $\geq 1400$ mg Sodium are considered "Provider Choice"**

# Lunch Alternate Meals- S/ S 2023 - Week 2

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

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# Spinach Salad w/Chicken (Spinach/Chicken Salad)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	375.0 °F	Bake	1 each	☐ Contains: Chicken, AllergenWheat, Pineapple, AllergenSoy, Peppers Bell, Onion, Orange, Mushroom, AllergenSesame, Spinach, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
500 kcal	28 g	25 g	34 g	100 mg	910 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Juice Pineapple f/Frz Conc 6 flz Chicken, Breast Bnls Sknls	1 1/3 Cup	2 2/3 Cup	1.0 Qt	1 1/4 Qt		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Soy Sauce and Pineapple Juice. Pour over Chicken Breasts. Refrigerate <40F overnight. Drain and discard excess Marinade. CCP-Maintain <40F.
	3 2/3 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		
2 Dressing Asian Style	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Bake Chicken at 375F for 15 min until *internal temp >165F held for 15 sec. Cool to <40F and cut into 1 inch pieces. CCP-Maintain <40F. Prepare Asian Style Dressing per separate recipe.
3 Spinach, Fresh Pepper, Red Fresh Mushrooms, Fresh Onion, Red/Burmuda	2 lb 11 Oz	5 lb 6 Oz	8 lb 1 Oz	10 lb 12 Oz	Chopped	Wash and trim Vegetables. Chop Spinach. Slice Peppers, Mushrooms and Onions. Peel and slice Oranges.
	1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 7 Oz	Sliced	
	6.5 Oz	13 Oz	1 lb 3 Oz	1 lb 10 Oz	Sliced	
	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz	Sliced	

# Spinach Salad w/Chicken (Spinach/Chicken Salad)



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Orange Fresh Whole	4 lb 15 Oz	9 lb 13 Oz	14 lb 12 Oz	19 lb 10 Oz		
Lettuce, Green Leaf	10.5 Oz	1 lb 5 Oz	2 lb 0 Oz	2 lb 11 Oz		
<b>4</b>						To Assemble: Top 1 Lettuce Leaf with 2z Spinach, 3z Chicken, 2 Orange slices, 3/4z Red Peppers, 1/3z Mushrooms and 3 Onion slices.
<b>5</b>						CCP - Maintain <40F.

# Dressing Asian Style (Asian Style Dressing)

SERVING SIZE	ALLERGENS
2 Tbsp	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, AllergenSesame

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	7 g	1 g	18 g	0 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Olive	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt	Combine all Ingredients. Mix thoroughly.
Sauce, Soy Bulk LS	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
<b>2</b> Honey, Bulk	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
Ginger, Ground	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	
Oil, Sesame	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

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



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Juice, Pineapple Conc Frz	30.63 fl. oz	61.25 fl. oz	91.88 fl. oz	122.5 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 Gal 5 Cup	
<b>3</b>					CCP -- Keep chilled at 40F/4C.	

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Orange, Allergen Sulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Banana Whole Fresh  Orange Fresh Whole  Grapes Fresh  Strawberries f/Fresh  Apple Slices f/Fresh	5 each	10 each	15 each	20 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
	5 whole	10 whole	15 whole	20 whole	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
2					Wash & prepare as appropriate for the Fruit.  Place prepared Fruit in serving dish. Chill <40F.

# Banana Whole Fresh (Banana)

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

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

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



Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Strawberries f/Fresh (Fresh Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.

# Apple Slices f/Fresh (Chilled Apple Slices)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

# Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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



COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐ Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
<b>2</b> Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
Orange Fresh Whole	1 whole	2 whole	3 whole	4 whole	
Juice Orange f/BIB 6 flz	1 Cup	2 Cup	3 Cup	1 Qt	
<b>3</b>					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

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



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



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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Prepare product as per package instructions.
Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	
Juice, Orange Conc BIB 4:1	3 3/4 Cup	2.0 Qt	2 3/4 Qt	3 3/4 Qt	
<b>3</b>					+CCP - Serve Chilled <40F/4C.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

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

# Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apple)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Potato Fries French f/Prepared (French Fries)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	4 Oz	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	39 g	4 g	9 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Fries Krinkle Cut RTC	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Spread fries in single layer on sheet pan(s). Bake until golden brown.
2					CCP -- Maintain >135F/57C for 4 hrs only.
3					Discard unused product.

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Brussels Sprouts, Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Halved	Spread frozen brussels sprouts on a large baking sheet in an even layer. Bake for 10 minutes.
Oil, Olive	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Remove sprouts from oven. Carefully toss with oil, salt, and pepper. Return to oven and bake until sprouts are tender, 10-15 minutes.
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
Vinegar, Balsamic	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		In a small bowl whisk together vinegar, brown sugar, and second portion of oil.
<b>4</b> Sugar, Brown Light	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.



# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Orange, Allergen Sulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Banana Whole Fresh	5 each	10 each	15 each	20 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
<b>1</b> Grapes Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Strawberries f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Apple Slices f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
<b>2</b>					Wash & prepare as appropriate for the Fruit. Place prepared Fruit in serving dish. Chill <40F.

# Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

# Strawberries f/Fresh (Fresh Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.

# Apple Slices f/Fresh (Chilled Apple Slices)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

# Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Bake	Gloved	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	21 g	6 g	1.5 g	100 mg	200 mg

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potat



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Potatoes

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	☐ Contains: Broccoli, Allergen Sulphites, Allergen Eggs, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	9 g	4 g	18 g	75 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Broccoli, Slaw Mix	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz		Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Mayonnaise, Bulk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
Vinegar, White	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Parsley, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped	
<b>2</b> Sugar, Granulated Bulk	2.5 Oz	5 Oz	7.5 Oz	10 Oz		
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1.0 tsp	2.0 tsp	2 3/4 tsp	1 Tbsp 1 tsp		
Dill, Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Powder	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
<b>3</b>							CCP -- Maintain <40F/4C; discard unused product.

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	<input type="checkbox"/> 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)



COOK-END TEMP	SERVING SIZE	ALLERGENS
165 °F	1/2 Cup	☐ Contains: Potatoes, Garlic, Allergen Sulphites, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	0 g	10 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Oven: Bake at 375F for 15 minutes in a single layer on a greased sheet pan.
3					Deep Fry: Fry at 345F for 9.5 minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes.
4					Microwave: Microwave 1/2 bag on high for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.
5					CCP -- Cook to internal temp of 165F/74C held for 15 sec.
6					Portion according to serving size.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



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

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

# Sauce Vinaigrette (Vinaigrette)

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

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

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

## Sauce Vinaigrette (Vinaigrette)

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

# Banana Whole Fresh (Banana)



SB6		<b>SERVING SIZE ALLERGENS</b>	
<b>1 each</b>		<input type="checkbox"/> <b>Contains: Bananas</b>	

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

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

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

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

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

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

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	<input type="checkbox"/> Contains: Broccoli, Onion, AllergenSoy, Corn, Garlic, AllergenMilk, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	8 g	9 g	225 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						In a stock pot or kettle melt margarine. Add onions and saute until tender.
Margarine, Solids	3.5 Oz	6.5 Oz	10 Oz	13 Oz		
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
<b>3</b>						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.
Flour, All Purpose	1 Cup	2 Cup	3 Cup	1 Qt		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
Milk, 2% Bulk	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		



# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



Health & Human Services



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>4</b> Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
<b>5</b> Broccoli, Florets Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Coleslaw f/Shredded Mix & Dressing (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: AllergenEggs, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	1 g	7 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
<b>2</b>					Combine Dressing Mix and mix lightly.
<b>3</b>					CCP -- Keep chilled at 40F.

# Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐ Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP		
<b>1</b>	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			
<b>2</b>						CCP - Maintain <40F.		

# Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)



Health & Human Services



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐ Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g	2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
<b>2</b> Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
<b>3</b>						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
<b>4</b>						Remove muffins from pan(s) as soon as baked.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Banana Whole Fresh (Banana)



SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> 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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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



# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

# Sauce Vinaigrette (Vinaigrette)

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

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

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

## Sauce Vinaigrette (Vinaigrette)

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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	<input type="checkbox"/> Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

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

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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

## Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	<input type="checkbox"/> Contains: Rice, Onion, Garlic, Chicken, Corn

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

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

## Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Liver & Onions (Liver & Onions)

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

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

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

# Liver & Onions (Liver & Onions)

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



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

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

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

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



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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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> 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	
<b>3</b> 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	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)



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

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

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



Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

# Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐ Contains: Tomato, Cucumber, Allergen Sulphites, Carrots, Lemon, Chicken, Allergen Eggs, Celery, Allergen Wheat, Allergen Milk, Citrus, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
<b>2</b> Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
<b>3</b> Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
<b>4</b>						CCP -- Maintain <40F/4C.

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

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

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

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

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

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

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

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



# Meatloaf No Sauce (Meatloaf)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)



Health & Human Services



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

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

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

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



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

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

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

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



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

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

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

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

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

# Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



## MEAL PATTERNS

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

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



## Standard Breakfast Meal Pattern

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

Based on USDA Child and Adult Care Food Program 2022

## Standard Lunch and Supper Meal Pattern

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



## CARBOHYDRATE CONTENT

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

## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

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

## Carbohydrate Content Lunch and Dinner

### 15g= 1 Carbohydrate Exchange

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



## MILK ALTERNATIVES

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

## MILK ALTERNATIVES

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

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

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

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



## SUBSTITUTION LISTS

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



## SUBSTITUTION LISTS

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

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

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.

## 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		
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		
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





