



NORTH DAKOTA AGING SERVICES

LUNCH MENUS

August 2023

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PLEASE NOTE THAT ALL RECIPES PAGES HAVE THEIR OWN NUMBERING

INTRODUCTION

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

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

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

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

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



MENU OVERVIEW

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

Menus Best Practice Guide

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

PRINTING RECOMMENDATIONS

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

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

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



MENU PACKET

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

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

Month Menu August Lunch 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Cream of Broccoli Soup	6 fl. oz	House Salad	1 Cup	Liver & Onions	3 Oz	Tomato & Onion Salad	1/2 Cup	Garden Vegetable Soup	6 fl. oz
Ham Sandwich on Wheat	1 each	Stuffed Manicotti	2 each	Mashed Potatoes	1/2 Cup	Chicken Scallopini	1 each	Chef Salad Bowl	1 each
Lettuce Tomato Onion	1 each	Marinara Sauce	2 fl. oz	Sliced Dilled Carrots	1/2 Cup	Brown Rice	1/2 Cup	Pear Dessert Bake	1/2 Cup
Cucumber Dill Salad	1/2 Cup	Italian Green Beans	1/2 Cup	Chilled Pineapple	1/2 Cup	Riviera Blend Vegetables	1/2 Cup	Garlic Whole Grain Texas Bread	1 each
Fresh Whole Orange	1 whole	Fresh Cantaloupe	1 Cup	Wheat Bread	2 slice	Fresh Watermelon Cubes	1 Cup	Soft Margarine Cup	1 each
Mustard Pack	1 each	Whole Grain Breadstick	1 each	Soft Margarine Cup	2 each	Whole Wheat Bread	1 slice	Choice of Dressing	1 each
Mayonnaise	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz
1% Milk	8 fl. oz	Choice of Dressing	1 each			1% Milk	8 fl. oz		
		1% Milk	8 fl. oz						

Month Menu August Lunch 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Orange & Avocado Salad	1/2 Cup	Hamburger on Bun	1 each	Scrambled Egg	1/2 Cup	House Salad	1 Cup	Potato Soup	6 fl. oz
Roast Turkey	3 Oz	Baked Beans	1/2 Cup	Cinnamon French Toast	2 slice	Spaghetti & Meat Sauce	1 Cup	Chicken Caesar Salad/LoCal Dressing	1 each
Bread Dressing	1/2 Cup	Fresh Watermelon Cubes	1 Cup	Diced Breakfast Potatoes	1/2 Cup	Seasoned Zucchini	1/2 Cup	Pears with Vanilla Sauce	1/2 Cup
Key West Blend Vegetables	1/2 Cup	Soft Margarine Cup	1 each	Fresh Berries w/Whip Topping	1 Cup	Fresh Plums	1/2 Cup	Whole Grain Apple Cinn Muffin	1 each
Butterflake Dinner Roll	1 each	Lettuce Tomato Onion	1 each	Soft Margarine Cup	2 each	Garlic Toast	1 slice	1% Milk	8 fl. oz
Soft Margarine Cup	1 each	Ketchup Packet	1 each	LoCal Syrup	1 fl. oz	Soft Margarine Cup	1 each		
1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Choice of Dressing	1 each		
						1% Milk	8 fl. oz		

Month Menu August Lunch 2023 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE									
Borscht	6 fl. oz	Chicken & Rice Veg Casserole	1 Cup	Cheese Buttons	2 each	Sausage & Sauerkraut	1 Cup	Meatball Soup	6 fl. oz
Egg Salad Sndw on Wheat	1 each	Seasoned Green Peas	1/2 Cup	BBQ Meatballs	3 each	Roasted Red Potatoes	1/2 Cup	Mediterranean Chicken Salad	1 each
Marinated Vegetable Salad	1/2 Cup	Fresh Honeydew Cubes	1 Cup	Key West Blend Vegetables	1 Cup	Parslied Carrots	1/2 Cup	Fresh Whole Orange	1 whole
1% Milk	8 fl. oz	Whole Grain Biscuit	1 each	Fresh Watermelon Cubes	1 Cup	Apple Whole Fresh	1 each	Wheat Crackers	2 each
Strawberries & Yogurt	1 Cup	Soft Margarine Cup	1 each	Whole Wheat Bread	1 slice	Whole Wheat Bread	2 slice	1% Milk	8 fl. oz
		1% Milk	8 fl. oz	Soft Margarine Cup	1 each	Soft Margarine Cup	2 each		
				1% Milk	8 fl. oz	1% Milk	8 fl. oz		

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

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

Month Menu August Lunch 2023 - Week 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Sloppy Joe Filling	1/3 Cup	Herbed Pork Loin	3 Oz	Seafood Salad Supreme	1 each	House Salad	1 Cup	Baked Fish & Dill Sauce	3 Oz
Baked Beans	1/2 Cup	Ginger Whipped Sweet Potatoes	1/2 Cup	Fruited Mallow Gelatin	1 (2x3)	Swedish Meatballs	3 each	Italian Pasta Salad	1/2 Cup
Oven Baked Fries	1/2 Cup	Seasoned Zucchini	1/2 Cup	1% Milk	8 fl. oz	Tri-Color Rotini	1/2 Cup	Squash Medley	1/2 Cup
Fresh Whole Orange	1 whole	Fresh Berries w/Whip Topping	1 Cup			California Blend Vegetables	1/2 Cup	Peaches	1 each
WW Hamburger Bun	1 each	Wheat Bread	2 slice			Cranberry Velvet	1/2 Cup	Whole Grain Breadstick	1 each
1% Milk	8 fl. oz	Soft Margarine Cup	2 each			Wheat Roll	1 each	Soft Margarine Cup	1 each
		1% Milk	8 fl. oz			Soft Margarine Cup	1 each	1% Milk	8 fl. oz
				*Additional items included in salad supreme		Choice of Dressing	1 each		
						1% Milk	8 fl. oz		

Month Menu August Lunch 2023 - Week 5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Caprese Chicken	3 Oz	Gyros/Tzatziki Sauce	1 each	Southwest Veggie Pasta	1 Cup	Southwest Chicken		Tuscan Potato Salad	1/2 Cup
Lemon Dill Orzo	1/2 Cup	Red Potatoes w/Garlic	1/2 Cup	Italian Vegetable Blend	1/2 Cup	Caesar Salad	1 each	Mushroom Swiss Burger	1 each
Green and Gold Beans	1/2 Cup	Tomato Cucumber Salad	1/2 Cup	Cinnamon Pears	1/2 Cup	Peach Crisp	1/2 Cup	Pepper Medley	1/2 Cup
Fresh Orange Wedges	1 Cup	Strawberries & Yogurt	1 Cup	Wheat Roll	1 each	Whole Grain Breadstick	1 each	Fresh Whole Tangerine	1 each
Wheat Bread	1 slice	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz
Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz		
1% Milk	8 fl. oz								

RECIPES



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

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Apple Whole Fresh (Apple Whole Fresh)

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

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

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

Avocado & Orange Salad w/Dressing (Orange & Avocado Salad)

SERVING SIZE	ALLERGENS
1/2 Cup	Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	2 g	6 g	40 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Lettuce, Iceberg	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash and chill Lettuce, separate leaves into liners. Peel and slice Avocado into 10 slices each. Arrange Lettuce Leaves on salad plate. Place 4 Orange sections and 2 Avocado slices on each Lettuce Leaf in attractive manner.
2 Orange Sections Refrigerated	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb	
Avocado, Fresh	5 whole	10 whole	15 whole	20 whole	
3 Dressing, French LoCal Bulk	1 Cup	2 Cup	3 Cup	1 Qt	Drizzle 2 Tsp French Dressing on Oranges and Avocados (or serve Dressing in souffle cup on the side). *Maintain <40F.

BBQ Meatballs Hmd (BBQ Meatballs)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	Bake	3 each	ⓘ Contains: AllergenMilk, Onion, Tomato, Beef, AllergenSulphites, AllergenEggs, Mustard, Garlic, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	22 g	18 g	18 g	75 mg	520 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Ground 80-85/20-15 Raw	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		Place all ingredients in mixer except BBQ Sauce. Mix at low speed. Do not overmix. Measure Meat into 1 1/2 oz balls using level #24 scoop. Place on baking sheet. Bake 15-20 min at 325F to golden brown color. Drain fat.
Bread Crumbs, Plain	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
2 Milk, 2% Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Egg, Liquid Frz	1 Cup	2 Cup	3 Cup	1 Qt		
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
3 Sauce, BBQ	3 3/4 Cup	1 3/4 Qt	2 3/4 Qt	3 3/4 Qt		Transfer to serving pan. Cover Meatballs with BBQ Sauce. Cover pan. Continue to bake 1 hr at 325F to minimum internal temp >155F/68C held for 15 sec.

BBQ Meatballs Hmd (BBQ Meatballs)



	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.

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, Apples, Garlic, AllergenSulphites, Pork & Products, Beans/Legumes, AllergenMilk, Tomato, Mustard

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

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

Beans Baked f/Cnd (Baked Beans)

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

Beef Burger Mushroom Swiss (Mushroom Swiss Burger)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Bake	1 each	ⓘ Contains: AllergenSoy, Beef, Mushroom, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
350 kcal	28 g	20 g	18 g	225 mg	560 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Cheese, Swiss Sliced 12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz	Sliced	Place beef patties on sheet pans & bake for 20 min. Transfer to pans & cover.
	Beef, Patty 2.7z Raw 25 each	50 each	75 each	100 each		
3						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4	Mushrooms, Pieces Cnd 3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz		Saute mushrooms in margarine. Simmer for 10 min.
	Margarine, Solids 1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Melted	
5	Bun Hamburger White 25 each	50 each	75 each	100 each		To serve: Place one patty on bottom bun; top with 1 slice of cheese & 2 oz mushrooms. Cover with top of bun.

Beef Burger Mushroom Swiss (Mushroom Swiss Burger)



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

Beef Sloppy Joe Filling f/Tomato Sauce (Sloppy Joe Filling)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	0.0 °F	Simmer	#12 scoop	1/3 Cup	ⓘ Contains: Onion, Beef, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	3 g	9 g	10 g	20 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Ground 80-85/20-15 Raw	3 lb 14 Oz	7 lb 12 Oz	11 lb 10 Oz	15 lb 8 Oz		Brown ground beef; drain fat.
3 Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Minced	Add onion, tomato sauce and spices to beef. Simmer to *internal temp 165F/74C held for 15 sec.
Tomato Sauce, Cnd	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
Chili Powder, Mild	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Sugar, Granulated Bulk	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		

Beef Sloppy Joe Filling f/ Tomato Sauce (Sloppy Joe Filling)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							<p>CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. 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.</p>

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



Health & Human Services



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

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

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

Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 each	ⓘ Contains: AllergenWheat, Garlic

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

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

Bread Wheat (Wheat Bread)

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

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

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

Bread Wheat (Wheat Bread)

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

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

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

Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	8 g	2 g	100 mg	260 mg

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

Carrot Dilled f/Frz (Sliced Dilled Carrots)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Carrot, Sliced Frz 3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		Steam or boil vegetables until tender. Add seasoning and mix well.
	Margarine, Solids 1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Dill, Weed Dried 1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Crushed	
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.

Carrot Parsley f/Frz (Parslied Carrots)

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

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

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

Cheese Buttons (Cheese Buttons)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	2 each	ⓘ Contains: AllergenEggs, Onion, AllergenSoy, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	5 g	6 g	50 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2					Preheat oven 350F
3					Mix all the ingredients for the cheese buttons together in a large bowl.
Baking Powder	1/8 tsp	1/4 tsp	1/4 tsp	1/2 tsp	
Baking Powder	3/4 tsp	1 1/2 tsp	2 tsp	3 tsp	
Flour, All Purpose	1 Oz	2.5 Oz	3.5 Oz	4.5 Oz	
Flour, All Purpose	5.5 Oz	11 Oz	1 lb 1 Oz	1 lb 6 Oz	
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp	
Cottage Cheese, 1% Fat	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 10 Oz	
Egg, Shell Large	3.01 each	6.02 each	9.03 each	12.04 each	

Cheese Buttons (Cheese Buttons)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
4					Place #40 scoop (purple) of the cheese button mixture on a greased baking sheet, 24 per sheet pan
5					Bake at 350 degrees for 10 minutes.
6 Margarine, Solids	2 Oz	3.5 Oz	5.5 Oz	7.5 Oz	While buttons are cooking, prepare sautéed onions. Place 1 pound of butter in braising pan over medium/high heat.
7 Onion, Yellow Diced	2 lb 14 Oz	5 lb 13 Oz	8 lb 11 Oz	11 lb 9 Oz	Add onions once butter is melted and let sauté until translucent. About 10-15 minutes. Remove from stove and set aside.
8					Once cheese buttons are baked, remove from baking sheet and place 90 cheese buttons in a lined 2" hotel pan.
9 Cream, Whipping Heavy	1.0 Cup	1 3/4 Cup	2 3/4 Cup	3 3/4 Cup	Top each pan with 3 cups of sautéed onions and 2 quarts of cream. Do not be stingy with the cream.
10					Place in 350 degree oven and bake for 30 minutes

Chef Salad/Turkey & Ham & Egg (Chef Salad Bowl)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 each	ⓘ Contains: AllergenEggs, Peppers Bell, Carrots, AllergenMilk, Turkey, Pork & Products, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	11 g	19 g	10 g	175 mg	450 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Shredded	Toss carrots and peppers with lettuce. *Maintain at 40F/4C.
2 Pepper, Green Fresh	1.88 each	3.75 each	5.63 each	7.5 each	Diced	
Lettuce, Iceberg	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Bite Size	
3 Egg Boiled Hard Whole RTS	12.5 each	25 each	37.5 each	50 each		Cut eggs in half lengthwise. *Maintain <40F/4C.
4 Turkey, Roast Whole Bnls Raw	1 lb 11 Oz	3 lb 5 Oz	5 lb	6 lb 11 Oz		Slice turkey and ham into julienne strips. *Maintain <40F/C.
Ham Baked f/Pit	1 lb 11 Oz	3 lb 5 Oz	5 lb	6 lb 11 Oz		
5 Tomato, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz		Core tomatoes and cut each into 8 wedges.

Chef Salad/Turkey & Ham & Egg (Chef Salad Bowl)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6	Cheese, Cheddar Sliced	13.5 Oz	1 lb 11 Oz	2 lb 8 Oz	3 lb 5 Oz	Julienne	Place 1 cup lettuce mixture into individual serving bowl. Place 1 oz. each of turkey and ham on top of lettuce. Place 1/2 Egg and 1/2 oz. of cheese next to ham and turkey. Add 2 tomato wedges to garnish. Serve Chef Salad with Salad Dressing.
7							CCP - Maintain <40F/4C.
8							Discard unused product.

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)



Ham Baked f/Pit (Baked Ham)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	Bake	3 Oz	ⓘ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	7 g	16 g	2 g	10 mg	770 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Ham, Pit-Style Smoked	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	Place ham fat-side up on a rack in roasting pan(s). Do not cover. Add water.
	Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt	
3					Bake to* internal temp >155F/68C held for 15 sec.	
4					Remove ham from oven about 30 min before it is done. Drain off drippings.	
5					Score ham 1/4 inch deep in diamond pattern. Return to oven and heat to *internal temp >160F/71C for 15 sec.	
6					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.	

Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)



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

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

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

Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
5							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Chicken Caesar Salad/LoCal Dressing (Chicken Caesar Salad/LoCal Dres

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Chill	1 each	ⓘ Contains: Chicken, AllergenEggs, AllergenMilk, AllergenWheat, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	16 g	25 g	11 g	125 mg	810 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Lettuce, Romaine Fresh	3 lb 7 Oz	6 lb 14 Oz	10 lb 5 Oz	13 lb 12 Oz	Tear greens into bite size pieces. Place greens into a large bowl. Chill. Prepare chicken per manufacturer's instructions. Slice chicken in strips. Chill. Chicken will be served chilled.
Lettuce, Green Leaf	1 lb 7 Oz	2 lb 14 Oz	4 lb 5 Oz	5 lb 12 Oz	
Chicken Breast Grilled Ckd 3z	25 each	50 each	75 each	100 each	
3 Cheese, Parmesan Grated	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt	As close to serving time as possible, gently mix lettuce with dressing and parmesan cheese. For each serving place 1 cup salad on plate. Sprinkle with croutons. Place 3 oz chicken breast strips over top of salad.
Dressing, Caesar LoCal Bulk	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt	
Croutons, Seasoned	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5					CCP -- Maintain <40F/4C; discard unused product.

Chicken Breast Grilled Ckd 3z (Grilled Chicken Breast)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Heat	3 Oz	ⓘ 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 Chicken Breast (raw)	4lb, 11oz	9lb, 6oz	14lb, 1oz	18lb, 12oz	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.

Chicken Rice Veg Cass f/Pulled (Chicken & Rice Veg Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	165 °F	Bake	1 Cup	Contains: Broccoli, Garlic, AllergenMilk, Mushroom, AllergenSoy, AllergenWheat, Rice, Chicken, Celery, Onion, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	33 g	24 g	8 g	150 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Rice, White Parboiled	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Cook Rice according to package directions
2 Broccoli, Florets Frz	3 lb 8 Oz	7 lb	10 lb 8 Oz	14 lb		
Onion, Yellow	0.5 each	1 each	1.5 each	2 each	Chopped	
Celery, Fresh	4 Oz	8 Oz	12 Oz	1 lb	Chopped	
Mushrooms, Pieces Cnd	8 Oz	1 lb	1 lb 8 Oz	2 lb		

Chicken Rice Veg Cass f/Pulled (Chicken & Rice Veg Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Heat margarine in a large skillet. Sautee vegetables until tender.
	Flour, All Purpose	1 Cup	2 Cup	3 Cup	1 Qt		
	Chicken, Meat Pulled Ckd	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb		
	Pimento, Pieces Cnd	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
	Base, Chicken Paste LS G-F	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
4	Bread Crumbs, Plain	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Add flour to vegetables and stir to combine. Cook for approx 3-5 minutes, stirring constantly to not let flour burn. Add milk and base, stir to combine and cook until thickened. Add pimento and chicken and carefully combine. Scale into lightly greased baking pan(s).
	Cheese, Cheddar Shredded	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
5	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Melted	Combine bread crumbs, second portion margarine and cheese. Sprinkle over mixture in pan(s). Bake at 350F/177C for 1 hr or until heated through.
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

Chicken Rice Veg Cass f/Pulled (Chicken & Rice Veg Casserole)



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

Chicken Scallopini Breast (Chicken Scallopini)



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

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

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

Chicken Scallopini Breast (Chicken Scallopini)

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

Cranberry Velvet (Cranberry Velvet)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	27 g	1 g	2 g	0 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cranberry Sauce, Jellied Cnd	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	Preprep: Drain Crushed Pineapple. Prepare Whip Topping for use. *Maintain <40F. Combine Cranberry Sauce and well-drained Pineapple.
Pineapple, Crushed JcPk	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
3 Marshmallows, Mini	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Fold Marshmallows into Fruit Mixture.
4 Topping, Whip Non-Dairy Bag Frz	3 1/4 Cup	1 1/2 Qt	2 1/2 Qt	3 1/4 Qt	Fold Whipped Topping into Fruit Mixture. Place 1/2 cup in each serving dish. Chill at <40F for at least 1 hr.
5					CCP -- Maintain <40F/4C; discard unused product.

Crisp Peach Hmd (Peach Crisp)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	37 g	3 g	6 g	30 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Sliced JcPk	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup	Mix sugar, lemon juice and fruit. Pour into baking pans.
Sugar, Granulated Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	
Juice, Lemon RTS	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	
3 Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Combine remaining ingredients and mix until crumbly. Spread evenly over fruit. Bake, checking periodically to avoid excess browning.
Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
Sugar, Brown Light	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
Cinnamon, Ground	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	

Crisp Peach Hmd (Peach 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	
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.
7						Note: To serve chilled maintain <40F/4C.

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

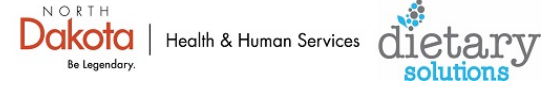


COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: Cucumber, Allergen Sulphites, Tomato

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

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

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



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

Cucumber Dill Salad (Cucumber Dill Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	7 g	1 g	3.5 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Vinegar, Wine White	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Garlic, Powder	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp		
	Dill, Weed Dried	3 Tbsp 1 tsp	1/3 Cup	2/3 Cup	3/4 Cup		
	Cucumber, Fresh	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		Sliced Thin
	Onion, Yellow	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		Sliced Thin
2						Mix oil, vinegar and spices.	
3						Pour dressing over cucumbers and onions; mix lightly.	
4						CCP -- Maintain <40F/4C; discard unused product.	

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Dressing Stuffing Hmd (Bread Dressing)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenSoy, Chicken, Garlic, Corn, AllergenEggs, AllergenWheat, Celery, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	29 g	7 g	7 g	100 mg	540 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Bread White	3 lb	6 lb	9 lb	12 lb	Day-Old Cubes	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Bread cubes with Seasonings and mix to distribute.
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Salt, Iodized	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
	Seasoning, Poultry	0.5 Oz	1 Oz	1.5 Oz	2 Oz		
	Sage, Fresh	0.5 Oz	1 Oz	1.5 Oz	2 Oz	Chopped	
	Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
2	Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	Saute Onion and Celery in Butter until tender. Pour over Bread mixture and mix lightly.
	Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	
	Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		

Dressing Stuffing Hmd (Bread Dressing)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Soup Broth Chicken f/Base	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	Prepared	Prepare Broth per separate recipe. Combine Broth and Eggs, blend well. Add to Bread mixture and toss lightly. Do not overmix.
	Egg, Shell Large	6 each	12 each	18 each	24 each	Beaten	
4							Divide Dressing into greased pan(s). Bake at 350F for 30-45 minutes until *internal temp 155F for 15 sec.
5							CCP -- Maintain >140F for only 4 hrs. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
6							Cook Time: 30-45 min

Bread White (White Bread)

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

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

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

Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

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

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

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

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

Egg Salad Soft Hmd (Egg Salad)

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

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

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

Bread Wheat (Wheat Bread)

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

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

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)



Egg Scrambled f/Frz Lunch/Dinner (Scrambled Egg)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Cook	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	2 g	15 g	14 g	100 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Egg, Liquid Frz	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
1 Milk, 2% Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
2						Combine eggs & milk, beat until blended. Add margarine during cooking process. Stir to distribute.
3						Refrigerate egg mixture until ready to cook.
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
5						Oven: Pour egg mixture into each pan. Bake in preheated 350F/176C conventional (325F/162C convection) oven for 20 min, stirring once during baking process.
6						Grill: Spray grill with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches, cook, turning spatula, for 3-5 min.

Egg Scrambled f/Frz Lunch/Dinner (Scrambled Egg)

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

Fish Pollock Bkd w/Dill Sauce (Baked Fish & Dill Sauce)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	Bake	3 Oz	ⓘ Contains: AllergenSoy, Garlic, AllergenFish, AllergenMilk, AllergenWheat, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	6 g	18 g	13 g	150 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Fish, Pollock 2-4z Frz	5 lb 5 Oz	10 lb 10 Oz	15 lb 15 Oz	21 lb 4 Oz		Portion Fish on sheet pans. Brush 1st portion melted Margarine over top of Fish. Bake per package instructions to *internal temp 155F for 15 sec. CCP - Maintain 140F.
	Margarine, Solids	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	
2 Flour, All Purpose	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		Dill Sauce: Melt remaining Margarine. Add Flour and stir until smooth. Add Lemon Juice and Seasonings; mix. Add Milk gradually, stirring constantly until smooth, thickened and *internal temp 145F for 15 sec has been reached; about 15 min. Serve Fish portion with 2 Tbsp Sauce.
	Margarine, Solids	8 Oz	1 lb	1 lb 8 Oz	2 lb	
	Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
	Dill, Weed Dried	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	
	Garlic, Powder	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	

Fish Pollock Bkd w/Dill Sauce (Baked Fish & Dill Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Milk, 2% Bulk	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 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.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: Onion, Tomato

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

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

Gelatin Pear & Marshmallows In Red (Fruited Mallow Gelatin)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 (2x3)	ⓘ Contains: Strawberry, Pork & Products, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	2 g	0 g	10 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Gelatin, Dry Strawberry	11.5 Oz	1 lb 7 Oz	2 lb 2 Oz	2 lb 13 Oz	Mix gelatin according to package directions. Cool to thick liquid.	
	Water, Tap	1 1/2 Qt	2 3/4 Qt	1 Gal	1 Gal 3 Cup		
3	Pears, Diced JcPk	2 lb 5 Oz	4 lb 10 Oz	6 lb 14 Oz	9 lb 3 Oz	Drained	Place pears in counter pans. Pour cooled gelatin over pears.
4	Marshmallows, Mini	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz		Drop marshmallows on top of liquid gelatin. Allow to set.
5							Cut into 2x3" portions.
6							CCP -- Maintain <40F/4C; discard unused product.

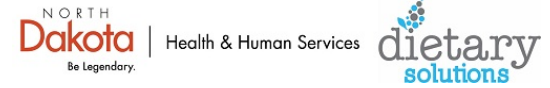
Green Beans & Gold Seas Frz (Green and Gold Beans)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: Beans/Legumes, AllergenSoy, 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.
Green Beans, Cut Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Steam or boil vegetables until tender, approximately 8-10 minutes. Add seasonings and mix well.
Beans, Wax Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Oregano, Dry	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Green Beans & Gold Seas Frz (Green and Gold Beans)



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

Green Beans Italian Cut f/Frz (Italian Green Beans)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Italian Cut Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil green beans until tender and *internal temp of 145F/62C held for 15 sec.
3	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add margarine and oregano and mix well.
	Oregano, Dry	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.	

Gyro w/Tzatziki Sauce (Gyros/Tzatziki Sauce)



COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
160 °F	Cook	1 each	ⓘ Contains: AllergenMilk, Beef, Peppers Bell, Onion, Garlic, AllergenWheat, AllergenSoy, Cucumber

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	28 g	13 g	14 g	100 mg	290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Wafer-Sliced Frz	3 lb 5 Oz	6 lb 10 Oz	9 lb 15 Oz	13 lb 4 Oz	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pepper, Green Fresh	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Sliced Thin	WASH ALL PRODUCE under cool, running water. Drain well.
Onion, Yellow	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Sliced Thin	
3 Bread Pita 2z	12.5 each	25 each	37.5 each	50 each		Thaw beef under refrigeration. Cook according to package directions. Put in steam table pans.
4 Sauce Tzatziki Hmd	2 1/8 Cup	1 Qt	1 1/2 Qt	2 Qt	Prepared	Sauté or steam peppers and onions until tender. Put in steam table pans.
5						Slice and warm pita bread.
6						At time of service, place 2 oz of beef, 2 oz of mixed peppers & onions, & 1 Tbsp of sauce in each pita bread half.

Gyro w/Tzatziki Sauce (Gyros/Tzatziki Sauce)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7						For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
8						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11						Discard unused product.

Bread Pita 2oz (Pita Bread)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1 each, 2oz	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	34 g	6 g	0.5 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. Portion according to serving size.
2						Discard unused portions.

Sauce Tzatziki Hmd (Tzatziki Sauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	2 Tbsp	ⓘ Contains: AllergenMilk, Onion, Cucumber, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	2 g	0 g	50 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.		
2	Cucumber, Fresh	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	Shredded	Combine shredded cucumber and salt and let sit for 10-15 min. Drain well.	
	Salt, Iodized	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp			
3	Yogurt, Plain Low Fat Bulk	2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt	Minced	Combine all remaining ingredients with cucumber and refrigerate until use.	
	Garlic, Whole Fresh	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp			
	Mint, Fresh	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp			
	Onion, Green/Spring/Scallions	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp			Sliced Thin
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp			
4						CCP -- Maintain <40F/4C; discard unused product.		

Ham Buffet Flat Sndw Wheat (Ham Sandwich on Wheat)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	ⓘ Contains: Pork & Products, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	26 g	16 g	7 g	75 mg	970 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces &	
2	Ham, Buffet Flat Bnls	4 lb 4 Oz	8 lb 8 Oz	12lb 12 Oz	17 lb 0 Oz	Sliced Thin	equipment. Place 3 oz meat between bread slices. Cut in half and wrap.
	Bread Wheat	50 slice	100 slice	150 slice	200 slice		
3						CCP -- Keep chilled at 40F/4C for only 4 hrs.	

Bread Wheat (Wheat Bread)

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

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

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

Hamburger on Bun (Hamburger on Bun)

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

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

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

Beef Patty Baked (Baked Beef Patty)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Patty 3.3Z Raw	5 lb 2 Oz	10lb 4 Oz	15 lb 6 Oz	20 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Paprika	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
Garlic, Powder	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
2					Season beef patties. Place on sheet pans & bake for 20 min.
3					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

House Salad (House Salad)

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

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

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

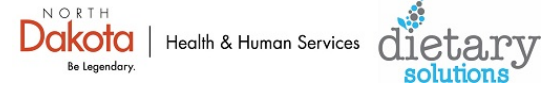
Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

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

Ketchup PC (Ketchup Packet)



Liver & Onions (Liver & Onions)

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

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

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

Liver & Onions (Liver & Onions)

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

Manicotti f/RTB No Sauce (Stuffed Manicotti)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	2 each	ⓘ Contains: AllergenMilk, AllergenWheat, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	31 g	12 g	10 g	0 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Manicotti, Cheese	50 each	100 each	150 each	200 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place stuffed Manicotti in prepared baking pans. Prepare per manufacturer's instruction to *internal temp >165F for 15 sec.
2					CCP - Maintain >140F for only 4 hrs.
3					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F held 15 sec with 1 hr - one time only.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Mayonnaise PC (Mayonnaise)

Meatballs Swedish w/Sauce (Swedish Meatballs)



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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Bread White (White Bread)

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

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

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

Mediterranean Chicken Salad Plate (Mediterranean Chicken Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 each	ⓘ Contains: AllergenMilk, Chicken, AllergenSulphites, Spinach, Onion, Carrots, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	17 g	24 g	12 g	200 mg	750 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Carrot, Fresh Cranberries, Dried Sweet Garnish Tomato Diced f/Fresh Lettuce Mix, Spring	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Shredded	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		
	1 lb 10 Oz	3 lb 3 Oz	4 lb 13 Oz	6 lb 6 Oz		
2 Onion, Red/Burmuda Cheese, Feta Chicken Breast Grilled f/RTB	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Sliced Thin	Assemble Salad: Toss lettuce, carrots, tomatoes, onions, and cheese. Top with 3oz sliced chicken and 1 Tbsp cranberries.
	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Crumbled	
	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz	1" Slices	
3						CCP -- Maintain <40F/4C.

Chicken Breast Grilled f/RTB (Grilled Chicken Breast)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	3 Oz	ⓘ 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 Chicken Breast Grilled Ckd 3z	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare per package instructions. Place frozen Patties in a single layer on baking sheet.
2					Bake per manufacturer's instructions to *internal temp >165F for 15 sec. Maintain >140F for only 4 hrs.
3					CCP -- Cool: Product must reach <140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP -- Reheat: Product must reach >165F for 15 sec within 1 hr - one time only.

Garnish Tomato Diced f/Fresh (Diced Tomatoes)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chop	1 each	⚠ Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Tomato, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Wash and trim Tomatoes. Cut out stems. Dice Tomatoes. Serve as garnish.
3					CCP -- Maintain <40F/4C; discard unused product.

Chicken Breast Grilled Ckd 3z (Grilled Chicken Breast)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Heat	3 Oz	ⓘ 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 Chicken Breast (Raw)	5lb, 2oz	10lb, 4oz	15lb, 6oz	20lb, 8oz	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.

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.

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Mustard PC (Mustard Pack)



SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

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

Mustard PC (Mustard Pack)



Orange Fresh Wedges (Fresh Orange Wedges)

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

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

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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ Contains: Citrus

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

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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ Contains: Citrus

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

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

Pasta Orzo Lemon Dill (Lemon Dill Orzo)

COOK TEMP	SERVING SIZE	ALLERGENS
325.0 °F	1/2 Cup	Contains: Onion, AllergenSoy, Citrus, Corn, Garlic, AllergenEggs, AllergenMilk, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	38 g	8 g	7 g	75 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Oil, Olive Margarine, Solids Onion, Yellow	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. In a large saucepan, heat oil and margarine. Add onion and sautee over low heat until tender.
	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
	7 Oz	14 Oz	1 lb 5 Oz	1 lb 12 Oz	Chopped Fine	
2 Flour, All Purpose Soup Broth Chicken f/Base	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Stir in flour, cook for 5 minutes. Whisk in broth and simmer an additional 10 minutes, stirring occasionally. Remove onion mixture from heat and set aside.
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
3 Juice, Lemon RTS Cheese, Parmesan Grated Salt, Iodized	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		In a large bowl, combine remaining ingredients. Add onion mixture. Toss to combine.
	4.5 Oz	9 Oz	13.5 Oz	1 lb 2 Oz		
	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		

Pasta Orzo Lemon Dill (Lemon Dill Orzo)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pasta, Orzo	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Cooked/Drained	
	Dill, Weed Dried	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
4							Transfer orzo mixture to baking dish. Cover with foil and bake until heated through.
5							CCP -- Maintain >135F/57C.
6							CCP -- Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
8							Cook Time: 20-25 mins

Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

Pasta Rotini Southwest Veg Entree (Southwest Veggie Pasta)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	Bake	1 Cup	ⓘ Contains: Mushroom, Tomato, AllergenSoy, AllergenSulphites, Garlic, Onion, Broccoli, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	32 g	13 g	8 g	250 mg	640 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Broccoli, Florets Frz	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup	Cook broccoli until crisp tender.
3 Pimento, Pieces Cnd	2/3 Cup	1 1/3 Cup	2 1/8 Cup	2 3/4 Cup	Boil water in a kettle. Add pasta to boiling water, cook for 8-10 minutes until tender; Or prepare pasta according to package instructions. Add broccoli and pimentos for last 4 min of cooking time. Drain.
Pasta, Rotini Dry	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	
4 Sauce, Salsa Mild RTS	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	Mix soup, milk, tomatoes, salsa & two-thirds of the parmesan cheese. Fold mixture gently into pasta.
Milk, 2% Bulk	2.0 Cup	3 3/4 Cup	1 1/2 Qt	2.0 Qt	
Soup, Cream of Mushroom Cnd Cond	1 lb 7 Oz	2 lb 15 Oz	4 lb 6 Oz	5 lb 13 Oz	

Pasta Rotini Southwest Veg Entree (Southwest Veggie Pasta)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Tomato, Diced Cnd	1.0 Cup	2.0 Cup	3.0 Cup	1.0 Qt	
Cheese, Parmesan Grated	1 lb 3 Oz	2 lb 6 Oz	3 lb 8 Oz	4 lb 11 Oz	
5					Spread in greased steam table pan. Top with other third of parmesan cheese. Bake 350/177C F for 35-45 min to *internal temp 165F/74C for 15 sec. Portion 1 cup per serving.
6					CCP -- Maintain >135F/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 for at least 15 sec within 1 hr - one time only.

Pasta Rotini Tri-color (Tri-Color Rotini)



COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Boil	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenEggs, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	22 g	4 g	3 g	30 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1	Pasta, Rotini Tri-color Dry	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	1 Gal 2 Cup	2 Gal 5 Cup	4 Gal 1 Cup	5 Gal 3 Cup	
	Salt, Iodized	1 1/8 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
2	Margarine, Solids	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup	Prepare pasta according to package directions. Drain.
	Parsley, Dried	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup	
3					Lightly toss with margarine and parsley.	
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.	

Pasta Rotini Tri-color (Tri-Color Rotini)

	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.

Pasta Salad Italian f/Fresh (Italian Pasta Salad)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Make	#8 scoop	1/2 Cup	⚠ Contains: Peppers Bell, Carrots, Cucumber, Onion, Allergen Sulphites, Garlic, Broccoli, Mushroom, Allergen Milk, Allergen Wheat, Allergen Eggs, Allergen Soy, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	18 g	4 g	4 g	50 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.	
2	Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Bring Water & Oil to a boil. Stir in and the Rotini cook 12-15 minutes to the al dente stage. Rinse in cold Water and drain well. Cool at <40F/4C before combining with other ingredients.	
	Water, Tap	1 Gal	2 Gal	3 Gal	4 Gal		
	Pasta, Rotini Tri-color Dry	1 lb	2 lb	3 lb	4 lb		
3	Broccoli, Florets Fresh	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	Combine all Vegetable with Pasta.	
	Cucumber, Fresh	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz		Diced Small
	Carrot, Fresh	3 Oz	6 Oz	9 Oz	12 Oz		Shredded
	Mushrooms, Fresh	3 Oz	6 Oz	9 Oz	12 Oz		Sliced

Pasta Salad Italian f/Fresh (Italian Pasta Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Cherry Fresh	8 Oz	1 lb	1 lb 8 Oz	2 lb	Quartered	
	Pepper, Green Fresh	3 Oz	6 Oz	9 Oz	12 Oz	Diced	
	Onion, Red/Burmuda	2 Oz	4 Oz	6 Oz	8 Oz	Diced	
4	Dressing, Italian Bulk	1 Cup	2 Cup	3 Cup	1 Qt		Combine Dressing, Pepper, & Cheese and add to Pasta Salad. Toss lightly. Cover and refrigerate overnight to blend flavors. CCP - Maintain <40F/4C.
	Cheese, Parmesan Grated	2 Oz	4 Oz	6 Oz	8 Oz		
	Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
5	Lettuce, Iceberg	0.5 head	1 head	1.5 head	2 head		Portion using a #8 scoop into Lettuce lined plate. CCP - Maintain <40F/4C until and during service.

Peaches Fresh (Peaches)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Peach

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

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

Pear Bake f/Biscuit Mix (Pear Dessert Bake)

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

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

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

Pear Bake f/Biscuit Mix (Pear Dessert Bake)

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

Pear Halves Cinnamon JcPk Cnd (Cinnamon Pears)

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

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

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	30 g	0 g	1 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Sugar, Granulated Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Vanilla Sauce: In a saucepan, mix sugar and cornstarch.
Cornstarch	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	
3 Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal	Boil water. Add boiling water to sugar mixture and cook until clear on low to medium heat.
4 Extract, Vanilla	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	Add margarine and vanilla. Blend well into sauce and serve immediately.
Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz	
5 Pears, Halves JcPk	3 1/8 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal 1 Cup	Portion 2 pear halves per serving bowl and top with 2 Tbsp vanilla sauce.
6					CCP -- Maintain <40F/4C; discard unused product.

Peas Green w/Paprika f/Frz (Seasoned Green Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

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

Pepper Medley f/Fresh (Pepper Medley)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2.5 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pepper, Green Fresh	3 lb	6 lb	9 lb	12 lb	Cut into Strips	Cook vegetables with oil on grill to desired tenderness.
	Pepper, Red Fresh	3 lb	6 lb	9 lb	12 lb	Cut into Strips	
	Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pineapple, Chunks JcPk	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	Lightly drain Fruit. Portion using a #10 scoop or 1/2 cup spoodle.
3					Refrigerate until service.
4					CCP -- Maintain <40F/4C; discard unused product.

Plums f/Fresh (Fresh Plums)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

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

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

Pork Loin Roast Herbed (Herbed Pork Loin)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	145 °F	Bake	10z Spoodle	3 Oz	ⓘ Contains: Corn, Citrus, Garlic, Pork & Products

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	4 g		17 g	13 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.
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		Combine oil, lemon juice, seasonings, & sugar to make a paste. Rub paste over pork: refrigerate several hours or over night to blend flavors.
Thyme, Dried Leaves	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Oregano, Dry	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
2 Sugar, Brown Light	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Juice, Lemon RTS	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Garlic, Whole Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	

Pork Loin Roast Herbed (Herbed Pork Loin)

	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		
3	Pork, Loin Bnls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Roast meat uncovered, approximately 2-3 hrs. Remove from oven & remove meat from pans. Place meat on board to bench rest and cover loosely with aluminum foil, let stand 15 min. before slicing.
	Base, Pork Paste LS G-F	0.5 Oz	1 Oz	1.5 Oz	2 Oz		While meat is resting, place pans used for roasting onto stove top. Combine base & hot water until base is completely dissolved. Use pork broth to loosen particles of browned juices from pan. Whisk together cornstarch and cold water & add to broth in pan to make pork sauce. Cook until thickened slightly. Carefully strain through fine sieve and set aside.
4	Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Hot	
	Cornstarch	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Water, Tap	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Cold	
5							Slice into 3 oz portions and serve with 1 Fl Oz of pork sauce (gravy) over top.
6							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Fries Krinkle Bkd (Oven Baked Fries)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	32 g	4 g	10 g	10 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Fries Krinkle Cut RTC	5 lb 1 Oz	10 lb 2 Oz	15 lb 3 Oz	20 lb 4 Oz	Prepare fries per package directions.
	Pan Coating, Spray	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
4					Discard unused product.	

Potato Mashed Herbed f/Inst (Mashed Potatoes)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Add Potato Flakes. Stir constantly using wire whip.
Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Rosemary, Dried Whole	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Thyme, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.

Potato Mashed Herbed f/Inst (Mashed Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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

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

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

Potato Red w/Garlic Sauce (Red Potatoes w/Garlic)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	29 g	3 g	3.5 g	30 mg	250 mg

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Potato, Red Fresh	7 lb 9 Oz	15 lb 2 Oz	22 lb 10 Oz	30 lb 3 Oz	Halved	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash & trim all Vegetables.Chop Parsley. Dry Potatoes. Cut Potatoes in half lengthwise. Arrange Potatoes in steamtable pans and steam in steamer for 10-15 min or until tender.
2	Parsley, Fresh	2.5 Oz	5 Oz	7.5 Oz	10 Oz	Chopped	
3	Garlic, Whole Fresh	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
4	Milk, 2% Bulk	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup		In a food processor, combine soft Garlic and Milk. Blend until smooth. With the processor running, slowly add Olive Oil and Melted Butter. Continue to blend until smooth and slightly thickened. Season with Salt and Pepper.
	Oil, Olive	3 Tbsp 1 tsp	1/3 Cup	2/3 Cup	3/4 Cup		
	Margarine, Solids	3 Tbsp 1 tsp	1/3 Cup	2/3 Cup	3/4 Cup		
	Salt, Iodized	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		

Potato Red w/Garlic Sauce (Red Potatoes w/Garlic)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
5	Parsley, Fresh	1.5 Oz	2.5 Oz	4 Oz	5 Oz	Chopped	Pour Sauce over Potatoes and sprinkle with remaining Parsley. CCP -- Maintain >140F for only 4 hrs.
6							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
7							Cook Time: 10-15 min

Potato Salad Tuscan f/Fresh (Tuscan Potato Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Grill	1/2 Cup	ⓘ Contains: Peppers Bell, Citrus, Allergen Sulphites, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	27 g	3 g	4 g	20 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Yellow Fresh	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup	Cut potatoes into bite sized pieces. Dice remaining vegetables. Chop basil. Prepare vinaigrette as per separate recipe. Chill until ready to use. Grill peppers, zucchini and eggplant in olive oil on flat top until lightly browned. Remove and chill.
Pepper, Red Fresh	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup	
2 Zucchini, Fresh	1 Cup	2 Cup	3 Cup	1 Qt	
Eggplant, Fresh	1 Cup	2 Cup	3 Cup	1 Qt	
Oil, Olive	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	
3 Potato, Red Fresh	3 lb 5 Oz	6 lb 11 Oz	10 lb	13 lb 5 Oz	Steam potatoes until tender. Cool.
Potato, Gold Fresh	3 lb 5 Oz	6 lb 11 Oz	10 lb	13 lb 5 Oz	
4 Basil, Fresh	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Toss vegetables, potatoes and basil. Coat with dressing. Refrigerate for at least 1 hour before serving.

Potato Salad Tuscan f/Fresh (Tuscan Potato Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Dressing Vinaigrette Wine	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup	
5						CCP -- Maintain <40F/4C; discard unused product.

Dressing Vinaigrette Wine (Wine Vinaigrette)

COOK METHOD	SERVING SIZE	ALLERGENS
Blenderize	2 Tbsp	ⓘ Contains: Citrus, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	0 g	15 g	0 mg	340 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, Wine White	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Mix vinegar, lemon juice, honey, salt, and pepper in a blender.
Juice, Lemon RTS	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup	
2 Honey, Bulk	1 Tbsp 1 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/3 Cup	
Salt, Iodized	1 Tbsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/4 Cup	
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp	
3 Oil, Olive	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	While blending, gradually add in the oil. Mix until blended.
4					CCP -- Maintain <40F/4C; discard unused product.

Potato Slices Seasoned f/Frsh (Diced Breakfast Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	Bake	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	30 g		3 g	2 g	10 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb	Diced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pare, wash and dice Potatoes into counter pan(s). *Use immediately or cover and refrigerate at <40F/4C. (Pre-peeled and sliced Potatoes may be used. Steam Potatoes until just tender.
2 Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Add Margarine & Seasonings and bake
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Potato Sweet Whipped Ginger (Ginger Whipped Sweet Potatoes)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	Boil	1/2 Cup	ⓘ Contains: Onion, AllergenSoy, Apples, Garlic, AllergenMilk, Potatoes, Sweet, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	27 g	3 g	3 g	50 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Sweet Fresh	7 lb	14 lb	21 lb	28 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 potatoes, reserving some of the cooking water and set aside.
3	Margarine, Solids	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup		In a large saucepan over medium heat, melt margarine and saute onions until soft, 3-4 minutes. Stir in garlic and ginger, and cook additional 1-2 minutes until fragrant. Remove from heat.
	Onion, Yellow	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	Diced	
	Garlic, Whole Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup	Minced	
	Ginger, Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
4	Salt, Iodized	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp		In a blender or food processor, carefully add cooked potatoes and onion mixture. Blend or process until smooth, adding some of the reserved potato water as needed to help thin the mixture. Season the mixture with the salt, pepper, and vinegar. Process for additional 10 seconds, and serve.

Potato Sweet Whipped Ginger (Ginger Whipped Sweet Potatoes)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp		
	Vinegar, Cider Apple	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
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.

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.

Roll Wheat RTS (Wheat Roll)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Heat	Tongs	1 each, 2oz	ⓘ Contains: AllergenWheat

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

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

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Sauce Marinara (Marinara Sauce)

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

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

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

Sauce Marinara (Marinara Sauce)

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

Sausage & Sauerkraut f/Cnd (Sausage & Sauerkraut)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 Cup	ⓘ Contains: Cabbage, Allergen Sulphites, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
400 kcal	8 g	18 g	33 g	75 mg	1890 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauerkraut, Cnd Caraway Seed Pimento, Pieces Cnd	7 lb 7 Oz	14 lb 14 Oz	22 lb 5 Oz	29 lb 12 Oz	Drained	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain Sauerkraut well. Mix in Caraway Seed & Pimento. Portion in pans.
	1/8 tsp	1/8 tsp	1/4 tsp	1/4 tsp		
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
2 Sausage, Polish/Kielbasa Pork	25 each	50 each	75 each	100 each		Slice Sausage into bite sized pieces. Add Sausage to Sauerkraut. Mix well.
3 Water, Tap	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		Add Water. Cover and bake at 350F to *internal temperature of >165F for 15 sec until heated through. 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. CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

Seafood Salad Supreme (Seafood Salad Supreme)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat, Strawberry, AllergenFish, AllergenShellfish, AllergenSoy, AllergenCrustacean, Celery, AllergenEggs, Onion, Cucumber, Peppers Bell, Mustard, AllergenTreeNuts, AllergenSulphites, Raspberry, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
640 kcal	68 g	20 g	34 g	225 mg	1210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Crackers Wheat Rectangle	100 each	200 each	300 each	400 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Salad Mix, Kale Arugula	3 Gal 1 Cup	6 Gal 2 Cup	9 Gal 2 Cup	12 Gal 3 Cup		Wash and prepare all produce.
Strawberries, Fresh	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	1" Slices	
Cucumber, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	1" Slices	
3 Seafood Salad w/Krab & Shrimp	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		Prepare Seafood salad per recipe
4 Nuts, Walnuts Halves & Pieces	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		Plate salad: place 2 cups mixed greens on plate, top with 1/4 cup cucumbers and 1/2 cup berries. Top with 1/2 cup seafood salad, 1 Tbsp of walnuts. Serve with whole wheat crackers and fat free dressing.
Dressing, Vinaigrette Raspberry	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		

Seafood Salad w/Krab & Shrimp (Combo Seafood Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: AllergenFish, AllergenWheat, AllergenShellfish, Onion, Mustard, AllergenSoy, AllergenCrustacean, AllergenMilk, Citrus, Celery, Peppers Bell, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	15 g	13 g	12 g	40 mg	770 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Shrimp, Salad Style	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Preprep: Mince Onions, Celery and Green Pepper. Dice Crab. Cook Shrimp; drain; and cool.
Crab, Imitation	5 lb	10 lb	15 lb	20 lb		
3 Onion, Yellow	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	Diced	Combine Seafood and Vegetables. *Refrigerate <40F.
Celery, Fresh	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	Diced	
Pepper, Green Fresh	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	Diced	
Juice, Lemon RTS	1 Oz	2 Oz	3 Oz	4 Oz		
4 Pepper, White	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		Combine Mayo, Lemon and Seasoning to make Dressing. *Refrigerate <40F until ready to use. Combine Dressing with Seafood.

Seafood Salad w/Krab & Shrimp (Combo Seafood Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mayonnaise, Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		
	Mustard, Powder	1/2 tsp	1.0 tsp	1 1/2 tsp	2.0 tsp		
5	Lettuce, Iceberg	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz		Separate Lettuce Leaves and place one on each Plate. Serve Seafood in center of Lettuce. Cover and *refrigerate <40F.
6							CCP -- Maintain <40F/4C; discard unused product.

Soup Borscht f/Chicken Base Hmd (Borscht)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	6 fl. oz	ⓘ Contains: Peppers Bell, Onion, Tomato, Carrots, Garlic, Chicken, Allergen Sulphites, Celery, Potatoes, Beans/Legumes, Beets

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	17 g	4 g	3.5 g	30 mg	280 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						WASH ALL PRODUCE under cool, running water. Drain well.	
3	Beets, Fresh	4.75 each	9.5 each	14.25 each	19 each	Peel and grate beets. Keep potatoes in cold water until ready to use.	
	Potato, Gold Fresh	4.75 each	9.5 each	14.25 each	19 each		Peeled & Sliced
4	Oil, Olive	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Divided	Heat a large soup pot over medium-high heat and add first half of oil. Add beets and saute 10 minutes, stirring occasionally until softened.
5	Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		Add water, base paste, potatoes, and carrots and cook for 10-15 minutes or until easily pierced with a fork.
	Base, Chicken Paste LS	0.5 Oz	0.5 Oz	0.5 Oz	0.5 Oz		
	Carrot, Fresh	3 each	6 each	9 each	12 each	Peeled & Sliced	

Soup Borscht f/Chicken Base Hmd (Borscht)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6	Pepper, Red Fresh	1.5 each	3 each	4.5 each	6 each	Chopped Fine	Heat remaining olive oil in large pan over medium/high heat. Add onion, celery, and bell pepper. Saute until softened and lightly golden (7-8 minutes). Add tomato sauce and stir fry for 30 seconds. Transfer to soup pot.
	Tomato Sauce, Cnd	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
	Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Chopped Fine	
	Celery, Fresh	3 stick	6 stick	9 stick	12 stick	Chopped Fine	
7	Beans, Cannellini Cnd	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		When vegetables are soft enough to pierce easily with a fork, add beans with juice and remaining ingredients. Simmer for an addition 2-3 minutes.
	Bay Leaf, Whole	3 each	6 each	9 each	12 each		
	Vinegar, White	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
	Garlic, Whole Fresh	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	Minced	
	Dill, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped	

Soup Borscht f/Chicken Base Hmd (Borscht)

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

Soup Crm Broccoli Hmd (Cream of Broccoli Soup)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Cook	6 fl. oz	ⓘ Contains: Broccoli, Onion, AllergenSoy, Chicken, AllergenMilk, Garlic, AllergenWheat, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	11 g	6 g	5 g	175 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						In a stock pot or kettle melt margarine. Add onions and sauté until tender.
Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
Margarine, Solids	3.5 Oz	6.5 Oz	10 Oz	13 Oz		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.
3						
Flour, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Base, Chicken Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal		
Milk, 2% Bulk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal		

Soup Crm Broccoli Hmd (Cream of Broccoli Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Broccoli, Florets Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
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.

Soup Meatball Hmd (Meatball Soup)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	325.0 °F	Simmer	6z Ladle	6 fl. oz	⚠️ Contains: AllergenEggs, Beef, Tomato, Carrots, Beans/Legumes, AllergenMilk, Corn, AllergenWheat, Rice, AllergenSoy, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	15 g	7 g	6 g	75 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2	Beef, Ground 80-85/20-15 Raw	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz	MEATBALLS: Mix Beef, Crumbs, Milk, Eggs, Tomato Sauce and Onion on low speed until blended. Do not over-mix. Measure with #40 scoop and shape into balls. Bake Meatballs on a sheet pan to *internal temp of 155F/68C for 15 sec. Maintain <40F/4C or >140F/60C until ready to continue prep.
	Bread Crumbs, Plain	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup	
	Milk, 2% Bulk	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	
	Egg, Liquid Frz	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	
	Tomato Sauce, Cnd	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup	

Soup Meatball Hmd (Meatball Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Diced	
3	Base, Beef Paste LS G-F	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup		SOUP: Combine Base and Water for Stock. Bring Stock to a boil; add Rice. (Do not cover).
	Water, Tap	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
	Rice, White Parboiled	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
4	Green Beans, Cut Frz	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz		Lower heat so Rice simmers; cook 60 min. Last 30 min add Vegetables, Parsley, and Meatballs. *Heat to 165F/74C for 15 sec. Serve 3/4 cup (6 Fl Oz Ladle). Sprinkle 1/2 tsp Parmesan Cheese on top of Soup as garnish.
	Carrot, Diced Frz	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz		
	Parsley, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
	Cheese, Parmesan Grated	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup		
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.

Soup Potato Onion Veg Hmd (Potato Soup)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	6 fl. oz	ⓘ Contains: Potatoes, Onion, Carrots, Corn, Garlic, AllergenMilk, Tomato, Celery, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2.5 g	20 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Base, Vegetable Paste LS G-F	1/3 Cup	2/3 Cup	1.0 Cup	1 1/3 Cup		Dissolve base in water to make broth. Combine broth, potatoes, & pepper. Bring to a boil and simmer for 20 min.
Water, Tap	1 Gal	2 Gal	3 Gal	4 Gal		
2 Potato, Russet/Baking Fresh	5 lb	10 lb	15 lb	20 lb	Peeled & Cubed	
Pepper, White	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Onion, Yellow	1 1/3 Cup	2 2/3 Cup	1 Qt	1 1/4 Qt	Chopped Fine	Saute onions, celery, and garlic in margarine. Add flour to make a roux. Cook for 5 min. Stir into potato mixture. Continue to simmer for 30 additional min.
3 Celery, Fresh	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup	Chopped Fine	
Garlic, Whole Fresh	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	Minced	

Soup Potato Onion Veg Hmd (Potato Soup)

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

Soup Vegetable Garden w/Beef Base Hmd (Garden Vegetable Soup)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	ⓘ Contains: Onion, Carrots, Corn, AllergenSoy, Beef, Garlic, AllergenMilk, Celery, Potatoes, Peas, Cabbage, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	2 g	2 g	30 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz		Diced
	Carrot, Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz		Diced
	Celery, Fresh	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz		Diced
	Garlic, Powder	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
	Base, Beef Paste LS G-F	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
	Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal		

Soup Vegetable Garden w/Beef Base Hmd (Garden Vegetable Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
2	Cabbage, Green Fresh	4 Oz	8 Oz	12 Oz	1 lb	Shredded	Peel & dice potatoes in 1" cut. Saute Onion, Carrots and Celery in Margarine.
	Tomato, Diced Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
	Peas, Green Frz	4 Oz	8 Oz	12 Oz	1 lb		
	Corn, Whole Kernel Frz	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
	Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Potato, Red Fresh	4 Oz	8 Oz	12 Oz	1 lb		
3							Add remaning ingredients to Vegetables. Bring to a boil and simmer reaching *internal temp >155F for 15 sec, about 40-50 min.
4							Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
5							NOTES: May substitute Chicken Base for Beef Base.
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.

Southwest Chicken Caesar Salad (Southwest Chicken Caesar Salad)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Chill	1 each	ⓘ Contains: Chicken, AllergenEggs, AllergenMilk, AllergenWheat, Beans/Legumes, Peppers Bell, Corn, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	32 g	30 g	11 g	150 mg	940 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pepper, Red Fresh	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	1" Slices	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Vegetable Mix, Corn & Black Bean Roasted	2 1/8 Qt	1 Gal	1 Gal 4 Cup	2 Gal 1 Cup	
2 Lettuce, Romaine Fresh	3 lb 7 Oz	6 lb 14 Oz	10 lb 5 Oz	13 lb 12 Oz		Tear greens into bite size pieces. Place greens into a large bowl, Chill. Prepare chicken per manufacturer's instructions. Slice chicken in strips. Chill. Chicken will be served chilled.
	Lettuce, Green Leaf	1 lb 7 Oz	2 lb 14 Oz	4 lb 5 Oz	5 lb 12 Oz	
	Chicken Breast Grilled Ckd 3z	25 each	50 each	75 each	100 each	
3 Cheese, Parmesan Grated	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		As close to serving time as possible, gently mix lettuce with dressing and parmesan cheese. For each serving place 2 cup salad on plate add 1/3 cup black bean and corn salsa and red pepper slice(4) Sprinkle with croutons. Place 3 oz chicken breast strips over top of salad.

Southwest Chicken Caesar Salad (Southwest Chicken Caesar Salad)



Health & Human Services



INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Dressing, Caesar LoCal Bulk	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		
Croutons, Seasoned	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz		
4						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5						CCP -- Maintain <40F/4C; discard unused product.

Chicken Breast Grilled Ckd 3z (Grilled Chicken Breast)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Heat	3 Oz	ⓘ 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 Chicken Breast (raw)	5lb, 2oz	10lb, 4oz	15lb, 6oz	20lb, 8oz	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.

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	1 Cup	ⓘ Contains: Beef, Onion, Garlic, AllergenFish, AllergenWheat, AllergenSoy, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	29 g	18 g	16 g	75 mg	380 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb		Brown meat. Pour off fat. CCP -- Maintain <40F/4C until ready to use.
3 Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Chopped Fine	In a saucepan, combine beef, onions, tomatoes, sauce, water, sugar, and spices. Simmer, stirring frequently, until thickened, about 1 hr. CCP -- Cook to internal temp of 160F/71C held for 3 minutes.
Tomato, Diced Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
Tomato Sauce, Cnd	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
Sauce, Worcestershire	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt		
Sugar, Granulated Bulk	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Basil, Dried Leaves	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Oregano, Dry	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4 Pasta, Spaghetti Dry	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Heat to boiling enough water for amount of pasta to be prepared. Cook spaghetti according to package directions. Rinse and drain.
5						Serve 1/2 cup pasta with 1/2 cup sauce.
6						Maintain >135F/57CF for only 4 hrs.
7						CCP -- Cool: Product must reach <135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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

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

Tangerine Whole Fresh (Fresh Whole Tangerine)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	19 g	2 g	0 g	75 mg	5 mg

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

Toast French Cinnamon Wheat (Cinnamon French Toast)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Cook	2 slice	ⓘ Contains: AllergenEggs, Cinnamon, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	28 g	13 g	8 g	175 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Cinnamon, Ground 2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Combine cinnamon, milk, and eggs. Mix well.
	Milk, 2% Bulk 1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
	Egg, Liquid Frz 2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3	Bread Wheat 50 slice	100 slice	150 slice	200 slice	Dip bread into egg mixture. Do not let bread soak in egg mixture. Cook on a well greased griddle until golden brown and cooked through.
4					Eggs: 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					Discard unused product.

Bread Wheat (Wheat Bread)

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

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

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

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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Vinegar, White	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix Vinegar, Oil and Spices until thoroughly blended.
	Oil, Vegetable	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	
	Sugar, Granulated Bulk	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup	
	Salt, Iodized	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Dill, Weed Dried	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp	
2	Tomato, Fresh	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Add remaining ingredients to above and toss until well blended.
	Onion, Yellow	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	
3						CCP -- Maintain <40F.

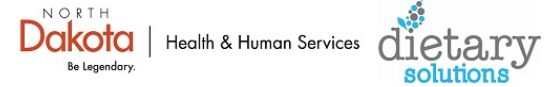
Turkey Roast f/Bnls (Roast Turkey)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Turkey, Roast Whole Bnls Raw	6 lb	12 lb	18 lb	24 lb	Roast turkey, approximately 45-60 min. Let rest for at least 10 minutes before slicing. Slice turkey and layer in shallow pan(s).
3 Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp	Make broth by combining base and water and heat. Pour broth over turkey. Serve 3 oz per portion.
Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Marinated Salad f/Fresh (Marinated Vegetable Salad)



COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Carrots, Onion, Allergen Sulphites, Garlic, Peppers Bell, Broccoli, Cauliflower, Mushroom, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	2 g	1.5 g	30 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Carrot, Fresh Cauliflower, Fresh Broccoli, Florets Fresh Celery, Fresh Onion, Yellow Mushrooms, Fresh	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	Diced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Clean and cut all Vegetables. Combine all Vegetables. Steam until crisp tender. May use canned Mushrooms
	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Chopped	
	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	Chopped	
	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	Chopped	
	5 Oz	10 Oz	15 Oz	1 lb 4 Oz	Chopped	
	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	Chopped	
2 Dill, Weed Dried Basil, Dried Leaves Oregano, Dry	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		Combine remaining ingredients . Pour over Vegetables and marinate for two hrs.
	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		

Vegetable Marinated Salad f/Fresh (Marinated Vegetable Salad)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Dressing, Italian Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
3							Portion 1/2 cup into individual serving dishes.
4							CCP -- Keep chilled at 40F/4c.

Vegetable Mix California Blend f/Frz (California Blend Vegetables)

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	2 g	2 g	20 mg	40 mg

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	ⓘ Contains: Carrots, AllergenSoy, Beans/Legumes, Peppers Bell, Cauliflower, AllergenMilk

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil vegetables until tender. Add seasonings and mix well.
Vegetable Mix, Italian Frz	5 lb	10 lb	15 lb	20 lb	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Oregano, Dry	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Basil, Dried Leaves	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
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 Key West Blend (Key West Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g	4 g	2.5 g	30 mg	60 mg

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

Vegetable Mix Key West Blend (Key West Blend Vegetables)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1 Cup	ⓘ Contains: Peppers Bell, Carrots, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	25 g	7 g	4.5 g	50 mg	120 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil Vegetables until tender. Add Seasoning and gently mix.
Vegetable Mix, Key West Frz	10 lb	20 lb	30 lb	40 lb	
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
Parsley, Dried	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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.

Yogurt Vanilla & Strawberry Dessert (Strawberries & Yogurt)

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

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

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

Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Saute	1/2 Cup	ⓘ Contains: Onion, AllergenSoy, Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2 g	30 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	
2 Zucchini, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Sliced	Melt margarine; sauté onion in margarine until tender.
	Squash, Yellow Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3 Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		Add zucchini and squash and sauté until tender and *internal temp >145F/63C has been reached; about 10-15 min
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
4						Add seasonings and fold carefully to mix well.

Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)



	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Portion 1/2 cup per serving.
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.

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.



NUTRIENT ANALYSIS

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

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

Nutrient Analysis
North Dakota Department
on Aging
Month Menu
August
2023

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	750 kcal
Protein (g)	30 (g)	39 (g)
Carbohydrate	NA	95 (g)
Fat	30-35% of calories, less is acceptable	32%
Fiber (g)	9 (g)	10 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	883 mcg
Vitamin B-6	.6 mg	1.01 mg
Vitamin B12	.8 mcg	5.16 mcg
Vitamin C	30 mcg	63.73 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1600 mg
Sodium	<1100mg avg over one month	1080 mg

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

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

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

Daily Nutrient Analysis: Monday, Week 1, Month Menu August Lunch 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	615	80	9	0	0	42	0	35	21	725	4	1610	1340	648	305	104	5	82	155	65	0	6
Lunch																						
1 Each Mayonnaise PC	30	2	0	0	0	1	0	0	2.5	0	0	0	80	1.56	0.6	0	0	5.06	0.72	5	0.01	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Mustard PC	0	0	0	0	0	0	0	0	0	0	0.1	10	65	5.94	0.28	0.02	0	0.08	0.38	0	0	0
1 Each Ham Buffet Flat Sndw Wheat	230	26	2	0	0	3	0	16	7	75	2.5	250	970	198.31	0	0.1	0.4	2.45	44.2	35	0.02	2
1/2cup Cucumber Dill Salad	60	7	1	0	0	3	0	1	3.5	30	0.75	200	5	31.84	5.48	4.69	0	16.71	11.39	0	0.01	0
6fl. oz Soup Crm Broccoli Hmd	110	11	2	0	0	7	0	6	5	175	0.5	300	100	137.38	117.85	18.68	2	43.91	24.79	10	0.31	2
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1 Each Garnish Lettuce Tomato Onion	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
Lunch TOTAL	615	80	9	0	0	42	0	35	20.5	725	4.45	1610	1340	647.55	304.55	103.82	5.4	81.51	155.43	65	0.35	5.5

Daily Nutrient Analysis: Tuesday, Week 1, Month Menu August Lunch 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	650	95	11	0	0	36	0	34	21	540	5	1870	1130	432	715	82	3	120	188	60	0	2
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Green Beans Italian Cut f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.51	37.55	3.72	0.4	37	21.03	0	0.13	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
2 Each Manicotti f/RTB No Sauce	260	31	0	0	0	0	0	12	10	0	0	150	440	0	0	0	0	0	0	40	0	0
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	0	0	0
2fl. oz Sauce Marinara	35	8	2	0	0	3	0	2	0.5	50	2	250	210	23.9	20.12	12.6	0	5.94	12.03	0	0	0
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	650	95	11	0	0	36	0	34	20.5	540	5.25	1870	1130	432.3	714.52	81.96	3.4	120.36	188.38	60	0.31	2.0

Daily Nutrient Analysis: Wednesday, Week 1, Month Menu August Lunch 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	825	106	9	0	0	41	0	46	28	525	10	1400	965	850	8929	30	5	40	325	360	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
3oz Liver & Onions	300	18	1	0	0	2	0	27	13	30	6.5	400	360	450.59	8028.79	5.65	1.5	9.69	243.96	340	0.34	3
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1/2cup Pineapple Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
1/2cup Carrot Dilled f/Frz	45	6	3	0	0	3	0	0	2.5	30	0.5	150	60	23.87	660.84	1.77	0.4	12.39	8.37	0	0.13	0
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
Lunch TOTAL	825	106	9	0	0	41	0	46	28.0	525	10.0	1400	965	849.73	8928.97	30.01	5.1	40.0	325.25	360	0.94	5.5

Daily Nutrient Analysis: Thursday, Week 1, Month Menu August Lunch 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	700	80	8	0	0	30	0	42	28	510	4	1590	775	626	497	55	4	32	99	85	1	4
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Tomato Onion Salad f/Fresh	80	8	2	0	0	5	0	2	5	20	0.4	350	110	32.15	49.81	17.02	0	12.89	19.77	0	0.02	0
1 Each Chicken Scallopini Breast	210	7	1	0	0	1	0	21	11	30	0.75	400	230	210.62	37.06	5.44	0.4	7.25	22.1	65	0.18	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	0
1/2cup Vegetable Mix Riviera f/Frz	50	5	2	0	0	0	0	2	2	30	0.4	150	35	24.04	165.62	19.96	0.4	2.5	10.48	0	0.13	0
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.33	12.25	0	0.15	4.54	0	0	0
1 Slice Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
Lunch TOTAL	700	80	8	0	0	30	0	42	27.5	510	3.8	1590	775	626.41	496.86	54.74	4.2	31.55	98.81	85	0.65	3.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	690	87	8	0	0	53	0	37	27	660	4	1370	1190	740	601	28	5	59	126	160	1	8
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
6fl. oz Soup Vegetable Garden w/Beef Base Hmd	50	8	1	0	0	3	0	2	2	30	0.4	175	135	25.22	121.52	5.86	0.4	10.75	15.11	0	0.13	0
1 Each Chef Salad/Turkey & Ham & Egg	200	11	3	0	0	5	0	19	10	175	1.5	500	450	309.93	240.86	20.98	0.8	34.59	61.89	135	0.15	4.5
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Pear Bake f/Biscuit Mix	220	40	2	0	0	29	0	3	7	75	1	200	210	102.22	54.78	1.44	0.8	6.52	17.34	5	0.34	1.5
1 Each Bread Texas Whole Grain Garlic	80	13	2	0	0	2	0	4	1	30	0.75	75	115	66.69	0	0.03	0	0.4	18.9	0	0	0
Lunch TOTAL	690	87	8	0	0	53	0	37	26.5	660	3.75	1370	1190	740.27	600.91	28.32	5.0	59.41	126.03	160	0.8	8.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	725	88	11	0	0	26	0	43	28	605	6	1300	1105	586	524	46	5	36	199	130	1	5
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Turkey Roast f/Bnls	110	0	0	0	0	0	0	17	4.5	10	0.75	175	90	141.67	13.17	0	0.4	0.09	5.44	60	0.05	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Avocado & Orange Salad w/Dressing	100	14	4	0	0	8	0	2	6	40	0.5	350	100	31.05	18.34	35.69	0	14.8	50.12	0	0	0.5
1/2cup Vegetable Mix Key West Blend	80	13	4	0	0	0	0	4	2.5	30	1	200	60	53.78	248.9	9.48	0.4	2.5	26.39	0	0.13	0
1/2cup Dressing Stuffing Hmd	200	29	2	0	0	3	0	7	7	100	2.5	125	540	81.52	59.57	0.86	0.8	9.83	69.24	45	0.28	1.5
1 Each Roll Butterflake	110	19	1	0	0	2	0	4	2.5	75	1.5	50	170	43.24	0.35	0.07	0	3.76	35.79	5	0	0
Lunch TOTAL	725	88	11	0	0	26	0	43	28.0	605	6.35	1300	1105	585.7	523.93	46.11	4.6	36.28	199.33	130	0.64	5.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



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

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	845	100	8	0	0	40	0	42	36	655	7	1525	775	787	584	50	9	31	230	635	1	12
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
2 Slice Toast French Cinnamon Wheat	230	28	2	0	0	6	0	13	8	175	3	225	330	206.32	109.86	0.24	2	2.9	84.92	175	0.1	2.5
1cup Berries Mixed Fresh w/Whip Topping	80	14	4	0	0	9	0	2	3.5	20	0.5	150	10	24.51	2.57	32.22	0	10.7	17.35	0	0	2.5
1/2cup Egg Scrambled f/Frz Lunch/Dinner	200	2	0	0	0	1	0	15	14	100	2.25	200	180	239.33	226.51	0.03	3.5	2.45	102.52	440	0.21	4.5
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	0	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0	0	0	0	0
1/2cup Potato Slices Seasoned f/Frsh	140	30	2	0	0	2	0	3	2	10	0.75	550	25	69	20.83	17.58	0.4	4.29	12.54	0	0.13	0
Lunch TOTAL	845	100	8	0	0	40	0	42	36.0	655	6.6	1525	775	786.7	584.32	50.08	8.9	30.69	229.73	635	0.81	12.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	695	81	8	0	0	37	0	35	31	505	7	1810	985	557	461	44	3	102	265	75	1	10
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 cup Spaghetti & Meat Sauce Hmd	330	29	2	0	0	6	0	18	16	75	4	550	380	198.18	16.4	8.2	0	5.5	78.38	55	0.9	6
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Plums f/Fresh	50	13	2	0	0	11	0	1	0	10	0.2	200	0	18.14	19.28	10.77	0	7.26	5.67	0	0	0
1 Slice Toast Garlic Whole Grain 1in	120	15	1	0	0	1	0	3	6	10	1.25	40	190	29.58	4.42	0.07	0	10.03	63.24	0	0.08	2
1/2cup Zucchini Seasoned f/Fresh	30	3	1	0	0	2	0	2	2	20	0.4	250	120	34.59	27.52	16.24	0.4	5.97	21.79	0	0.13	0
1 cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	695	81	8	0	0	37	0	35	30.5	505	6.95	1810	985	556.91	460.96	43.66	3.4	101.78	264.66	75	1.29	10.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	790	114	9	0	0	58	0	40	23	555	138	1475	1110	662	575	23	4	104	137	120	0	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Pear Halves Vanilla Sauce f/Cnd	120	30	2	0	0	24	0	0	1	20	0.4	125	15	14.99	9.29	1.96	0.2	1.41	1.23	0	0.07	0
6fl. oz Soup Potato Onion Veg Hmd	120	24	2	0	0	2	0	3	2.5	20	0.5	400	45	53.56	24.18	12.45	0.4	4.8	15.44	5	0.16	0
1 Each Chicken Caesar Salad/LoCal Dressing	260	16	3	0	0	3	0	25	11	125	3	550	810	360	381.04	4.89	0.4	97.44	108.49	60	0.04	3.5
1 Each Muffin Apple Cinnamon Whole Grain	190	31	2	0	0	16	0	3	6	40	133.5	0	130	0	18	3.6	0	0	0	40	0	2
Lunch TOTAL	790	114	9	0	0	58	0	40	23.0	555	137.5	1475	1110	662.19	575.16	22.9	4.0	103.9	137.46	120	0.27	7.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	660	90	9	0	0	44	0	34	22	735	5	1500	920	666	458	119	5	41	172	210	0	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Marinated Salad f/Fresh	40	7	2	0	0	3	0	2	1.5	30	0.75	300	95	48.78	149.21	30.9	0	31.18	36.63	0	0	0
1 Each Egg Salad Soft Sndw Wheat	260	25	2	0	0	3	0	12	13	100	2.5	150	350	148.87	71.52	0.11	1.5	4.33	63.62	180	0.02	2.5
1cup Yogurt Vanilla & Strawberry Dessert	150	28	2	0	0	22	0	7	1.5	225	0.75	300	85	166.08	14.76	67.39	0	0.12	13.53	10	0	1
6fl. oz Soup Borscht f/Chicken Base Hmd	110	17	3	0	0	3	0	4	3.5	30	1	350	280	68.87	80.14	20.75	0	4.82	45.68	5	0	0.5
Lunch TOTAL	660	90	9	0	0	44	0	34	22.0	735	5.1	1500	920	666.24	458.28	119.15	4.5	40.7	171.76	210	0.02	5.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	775	100	9	0	0	36	0	43	25	700	6	1425	845	639	392	74	4	100	175	80	1	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Chicken Rice Veg Cass f/Pulled	300	33	3	0	0	3	0	24	8	150	2	400	220	219.21	89.11	26.89	0.8	62.08	47.88	55	0.2	2.5
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.71	5.1	30.62	0	4.93	32.32	0	0	0
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	775	100	9	0	0	36	0	43	24.5	700	5.65	1425	845	638.99	391.96	73.96	4.2	99.76	174.86	80	0.51	7.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	850	98	11	0	0	41	0	44	36	585	7	1540	1085	665	824	36	5	17	147	155	2	13
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3 Each BBQ Meatballs Hmd	320	22	1	0	0	14	0	18	18	75	2.5	400	520	185.93	34.84	0.38	0.6	2.73	23.23	100	1	7
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.33	12.25	0	0.15	4.54	0	0	0
1cup Vegetable Mix Key West Blend	160	25	7	0	0	0	0	7	4.5	50	1.75	400	120	107.56	497.8	18.96	0.6	5	52.78	0	0.26	1
1 Slice Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
2 Each Cheese Buttons	120	12	1	0	0	3	0	5	6	50	0.75	125	160	83.53	65.67	3.94	0.6	2.48	29.63	35	0.23	2.5
Lunch TOTAL	850	98	11	0	0	41	0	44	35.5	585	6.75	1540	1085	664.66	824.24	35.6	4.8	17.05	146.63	155	1.68	12.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
PROVIDER CHOICE																							
DAILY TOTAL	960	104	14	0	0	37	0	38	48	580	8	1800	2480	596	1021	41	3	60	123	105	1	15	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
1/2cup Carrot Parsley f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0	
1 Each Apple Whole Fresh	70	20	3	0	0	14	0	0	0	10	0.2	150	5	15.18	4.14	6.35	0	3.04	4.14	0	0	0	
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1	
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0	
1cup Sausage & Sauerkraut f/Cnd	400	8	4	0	0	2	0	18	33	75	4	500	1890	181.41	2.63	21.79	0	17.62	34.71	80	0	12	
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0	
Lunch TOTAL	960	104	14	0	0	37	0	38	47.5	580	7.8	1800	2480	596.3	1020.61	41.13	3.4	60.06	122.86	105	0.53	14.5	

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

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

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	720	84	10	0	0	41	0	45	26	730	5	1500	1270	808	639	83	4	62	125	120	0	11
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
6fl. oz Soup Meatball Hmd	140	15	2	0	0	2	0	7	6	75	1.25	200	200	84.76	163.17	2.5	0.2	22.05	17.18	30	0.27	2
2 Each Crackers Wheat Rectangle	140	22	2	0	0	5	0	3	5	30	1	100	210	90.6	0	0	0	4.26	11.4	0	0.01	1
1 Each Mediterranean Chicken Salad Plate	270	17	3	0	0	8	0	24	12	200	2.25	500	750	379.72	317.56	5.77	0.4	35.57	42.46	75	0	6
Lunch TOTAL	720	84	10	0	0	41	0	45	25.5	730	4.8	1500	1270	808.32	638.78	82.75	3.6	62.13	125.34	120	0.28	10.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	880	126	17	0	0	38	0	39	30	655	7	2025	1225	669	201	90	3	10	152	60	1	11
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Potato Fries Krinkle Bkd	230	32	3	0	0	0	0	4	10	10	1.5	450	45	59.67	0	8.72	0	0	15.61	0	0	4
1 Each Bun Hamburger Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.84	0	0	0	4.45	23.94	0	0.01	0
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1/2cup Beans Baked f/Cnd	200	36	7	0	0	8	0	7	5	100	2.5	500	650	147.08	31.62	4.7	0.4	3.65	51.12	10	0.21	1.5
1/3cup Beef Sloppy Joe Filling f/Tomato Sauce	140	3	1	0	0	2	0	9	10	20	1.5	225	160	87.91	11.8	2.39	0	1.93	7.46	35	0.58	4
Lunch TOTAL	880	126	17	0	0	38	0	39	29.5	655	7.3	2025	1225	668.74	201.47	90.29	3.4	10.28	152.43	60	0.8	11.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	740	85	11	0	0	34	0	39	33	545	5	1675	775	589	1190	55	5	42	112	75	1	10
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1cup Berries Mixed Fresh w/Whip Topping	80	14	4	0	0	9	0	2	3.5	20	0.5	150	10	24.51	2.57	32.22	0	10.7	17.35	0	0	2.5
1/2cup Zucchini Seasoned f/Fresh	30	3	1	0	0	2	0	2	2	20	0.4	250	120	34.59	27.52	16.24	0.4	5.97	21.79	0	0.13	0
3oz Pork Loin Roast Herbed	200	4	0	0	0	1	0	17	13	30	1	350	50	167.2	2.29	2.45	0.6	6.09	2.64	55	0.01	4
1/2cup Potato Sweet Whipped Ginger	140	27	4	0	0	6	0	3	3	50	1	450	180	62.71	932.77	3.6	0.6	6.05	15.13	0	0.23	0.5
Lunch TOTAL	740	85	11	0	0	34	0	39	32.5	545	5.0	1675	775	588.75	1189.7	54.62	4.6	41.61	111.81	75	0.76	9.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	830	103	10	0	0	52	0	31	37	585	4	1100	1390	844	261	85	3	184	98	85	0	8
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 2x3 Gelatin Pear & Marshmallows In Red	90	22	1	0	0	18	0	2	0	10	0.2	50	70	23.52	0	0.67	0	0.13	0.85	0	0	0
1 each Seafood Salad Supreme	640	68	9	0	0	21	0	20	34	225	3.5	650	1210	586.41	118.24	84.24	0	183.62	85.1	70	0.04	6
Lunch TOTAL	830	103	10	0	0	52	0	31	36.5	585	3.8	1100	1390	843.57	260.89	84.91	3	184.0	98.25	85	0.04	7.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	835	107	9	0	0	44	0	39	33	615	7	1500	995	580	1005	16	5	103	246	80	1	11
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Roll Wheat RTS	80	13	1	0	0	0	0	3	2	50	1	40	150	29.12	0	0	0	0.76	16.8	0	0	0
1/2cup Cranberry Velvet	120	27	1	0	0	21	0	1	2	0	0.3	40	20	4.84	1.41	1.9	0	1.05	1.27	0	0	1.5
3 Each Meatballs Swedish w/Sauce	290	17	1	0	0	4	0	18	17	125	2.5	400	350	201.64	35.28	1.4	0.8	1.71	36.44	60	0.95	7
1/2cup Pasta Rotini Tri-color	130	22	1	0	0	0	0	4	3	30	1.5	100	140	34.63	28.07	0.44	0.4	7.65	79.6	0	0.18	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Vegetable Mix California Blend f/Frz	50	7	3	0	0	2	0	2	2	20	0.75	150	40	33.68	547.33	3.45	0.4	18.58	16.35	0	0.13	0
1 cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	835	107	9	0	0	44	0	39	32.5	615	7.15	1500	995	580.33	1005.43	15.57	4.6	102.77	246.04	80	1.44	10.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	650	74	8	0	0	36	0	40	26	630	4	1700	660	677	440	40	7	48	147	85	1	6
Lunch																						
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Fish Pollock Bkd w/Dill Sauce	200	6	0	0	0	3	0	18	13	150	0.75	400	190	233.09	155.13	0.7	3.5	12.15	10.07	60	0.82	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup Zucchini & Squash Yellow Sauteed f/Fresh	45	6	1	0	0	3	0	2	2	30	0.5	300	25	43.39	29.78	18.27	0.4	6.15	27.08	0	0.13	0
1/2cup Pasta Salad Italian f/Fresh	120	18	2	0	0	2	0	4	4	50	1.25	200	160	54.28	47.52	11.26	0	19.98	64.13	5	0.03	1
Lunch TOTAL	650	74	8	0	0	36	0	40	26.0	630	4.0	1700	660	677.28	440.03	40.18	6.9	47.98	146.63	85	1.16	6.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	705	85	8	0	0	30	0	46	23	690	4	1290	705	678	298	62	4	59	212	95	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Green Beans & Gold Seas Frz	40	6	3	0	0	2	0	2	2	50	0.75	150	20	27.66	32.98	3.72	0.4	36.89	21	0	0.13	0
1/2cup Pasta Orzo Lemon Dill	250	38	2	0	0	2	0	8	7	75	1.75	150	170	123.26	36.51	0.85	0.4	4.62	114.08	5	0.21	1.5
3oz Chicken Breast Mozzarella Tomato & Basil	170	3	0	0	0	2	0	23	7	125	0.75	350	250	245.72	33.8	2.78	0	11.46	12.16	70	0.01	2
1cup Orange Fresh Wedges	50	13	2	0	0	10	0	1	0	50	0.1	200	0	14.31	11.24	54.37	0	0	30.66	0	0	0
Lunch TOTAL	705	85	8	0	0	30	0	46	22.5	690	4.45	1290	705	677.64	298.13	61.78	3.8	59.49	211.5	95	0.54	5.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	785	104	8	0	0	44	0	33	30	725	4	1750	860	630	279	121	4	100	115	75	0	10
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Cucumber & Tomato Salad f/Fresh	70	6	1	0	0	4	0	1	5	20	0.4	250	90	27.53	36.36	12.18	0	14.81	14.46	0	0.02	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Yogurt Vanilla & Strawberry Dessert	150	28	2	0	0	22	0	7	1.5	225	0.75	300	85	166.08	14.76	67.39	0	0.12	13.53	10	0	1
1/2cup Potato Red w/Garlic Sauce	150	29	3	0	0	2	0	3	3.5	30	0.75	500	250	63.74	36.28	15.94	0.4	76.02	19.19	5	0.11	0.5
1 Each Gyro w/Tzatziki Sauce	290	28	2	0	0	3	0	13	14	100	2.25	300	290	138.23	7.52	25.15	0.2	3.94	55.85	40	0	6
Lunch TOTAL	785	104	8	0	0	44	0	33	29.5	725	4.25	1750	860	630.02	278.52	120.67	3.6	100.19	115.38	75	0.31	9.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	605	87	10	0	0	33	0	28	18	700	4	1065	995	572	501	33	4	86	136	40	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Mix Italian Blend f/Frz	80	12	4	0	0	3	0	3	2	30	1	175	50	46.55	212.64	2.91	0.4	24.27	17.49	0	0.13	0
1 Each Roll Wheat RTS	80	13	1	0	0	0	0	3	2	50	1	40	150	29.12	0	0	0	0.76	16.8	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Pear Halves Cinnamon JcPk Cnd	70	17	2	0	0	13	0	0	0	20	0.4	150	10	15.67	0.05	2.08	0	0.48	1.31	0	0	0
1cup Pasta Rotini Southwest Veg Entree	250	32	3	0	0	4	0	13	8	250	1.75	300	640	245.78	104.95	28.38	0.4	55.27	88.26	20	0.21	4
Lunch TOTAL	605	87	10	0	0	33	0	28	17.5	700	4.25	1065	995	571.56	501.24	33.38	3.8	86.08	136.21	40	0.52	6.0

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	765	98	15	0	0	48	0	47	24	570	7	1600	1280	821	726	72	4	117	229	80	1	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Crisp Peach Hmd	200	37	3	0	0	28	0	3	6	30	1	250	55	51.52	86.18	5.73	0.8	9.23	13.59	0	0.41	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Southwest Chicken Caesar Salad	340	32	9	0	0	5	0	30	11	150	4.5	850	940	452.97	455.9	65.92	0.4	101.52	176.01	60	0.04	3.5
Lunch TOTAL	765	98	15	0	0	48	0	47	24.0	570	6.6	1600	1280	821.01	725.68	71.7	4.2	116.55	228.95	80	0.63	6.5

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

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	725	93	9	0	0	39	0	36	27	680	5	1675	760	602	356	182	3	18	141	70	1	9
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Tangerine Whole Fresh	80	19	3	0	0	15	0	2	0	75	0.3	250	5	28.35	48.2	37.85	0	0	22.68	0	0	0
1 Each Beef Burger Mushroom Swiss	350	28	2	0	0	5	0	20	18	225	3.5	300	560	255.01	61.94	0.65	0.4	4.08	58.68	55	0.83	7
1/2cup Potato Salad Tuscan f/Fresh	150	27	2	0	0	2	0	3	4	20	0.75	500	80	60.04	8.24	30.2	0	5.78	16.63	0	0	0.5
1/2cup Pepper Medley f/Fresh	45	6	2	0	0	4	0	2	2.5	10	0.5	225	5	25.04	95.25	113.43	0	8.25	30.48	0	0.01	0
Lunch TOTAL	725	93	9	0	0	39	0	36	27.0	680	5.15	1675	760	602.08	356.28	182.13	3.4	18.36	140.77	70	0.84	9.0



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	
LUNCH									
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				

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

RECIPE TABLE OF CONTENTS

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

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

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

Gravy Brown f/Mix (Brown Gravy)

84

Milk 1% 8 flz PC (1% Milk)

85

Lettuce Tossed Salad (Garden Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Carrots

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

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

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

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

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

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

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

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

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

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

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

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

Rice Fried w/Soy Sauce (Fried Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Stir Fry	1/2 Cup	☐Contains: Carrots, Onion, AllergenEggs, AllergenWheat, AllergenSoy, Rice, Peas

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

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

Rice Fried w/Soy Sauce (Fried Rice)

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

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete. Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.
2 Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Orange Fresh Whole	1 whole	2 whole	3 whole	4 whole	
Juice Orange f/BIB 6 flz	1 Cup	2 Cup	3 Cup	1 Qt	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

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

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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

Peas Green w/Paprika f/Frz (Seasoned Green Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

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

Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	☐Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
	Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
	Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
	Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	☐Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Potato Baked (Baked Potato)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	Tongs	1 whole	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	40 g	4 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes on baking sheet, puncture with fork several times to allow steam to escape. Bake until fork tender. Cut a lengthwise slit in Potatoes prior to serving.
2					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
3					Cook Time: 60-90 min

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)

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

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

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



Banana Whole Fresh (Banana)

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

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

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



Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

Beans Baked f/Cnd (Baked Beans)

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

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

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

Beans Baked f/Cnd (Baked Beans)

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

Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Ham Ckd Bnls RS (RS Ham)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

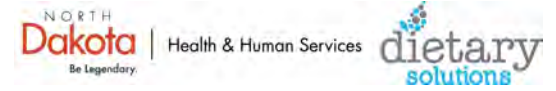
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

Lettuce Tomato Tossed Salad f/Mix (Lettuce & Tomato Salad)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Tomato, Fresh	3.13 each	6.25 each	9.38 each	12.5 each	Diced	Remove stem end of tomato and dice. Chill until ready to serve.
4 Lettuce Mix, Salad	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz		Portion 1 cup lettuce into each individual serving bowl. Sprinkle 1 Tablespoon tomatoes over each salad. Serve desired dressing separately.
5						CCP -- Maintain <40F/4C; discard unused product.



Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)

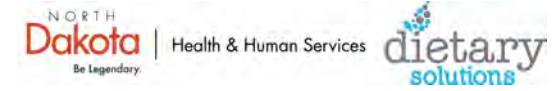
COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Cook	1 Cup	☐ Contains: Onion, Carrots, Tomato, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Minced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Fresh	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Minced	
Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Garlic, Powder	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
Tomato, Diced Cnd	1 Qt	2 Qt	3 Qt	1 Gal		
Sauce, Marinara	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup		
2 Water, Tap	1 Gal 2 Cup	2 Gal 5 Cup	4 Gal 1 Cup	5 Gal 3 Cup		Prepare Sauce: Saute onions and carrots in oil until the onions are soft. Add pepper, garlic, tomatoes and marinara sauce; cook uncovered, for 20 min stirring often.
Ravioli, Cheese No Sauce Frz	7 lb 3 Oz	14 lb 6 Oz	21 lb 9 Oz	28 lb 12 Oz		

Ravioli Cheese w/Sauce f/RTC (Cheese Ravioli & Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Cheese, Mozzarella Shredded	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz		Bring water to a boil. Drop in frozen pasta and cook until done, about 8 min. DO NOT OVERCOOK.
4							Drain water from cooked ravioli. Put ravioli in shallow baking dish. Pour sauce over pasta. Grate cheese over cauce in baking dish.
5							Bake until cheese melts; about 15-20 min.
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
45 kcal	4 g	3 g	3.5 g	100 mg	125 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spread Garlic Butter	3 Oz	6 Oz	9 Oz	12 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Spinach, Fresh	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb	Trimmed	
2 Salt, Iodized	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		Prepare Garlic Butter per separate recipe. Blanch Spinach in hot Water for 2 minutes. Drain and place in ice water bath immediately to cool. Drain thoroughly; squeeze out any remaining liquid.
Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/8 tsp	1 1/2 tsp		
3						Place Spinach in pan(s). Sprinkle with Salt and Pepper. Dot with Garlic Butter. Cover and Bake at 350F for 10-15 minutes.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

Spread Garlic Butter (Garlic Butter Spread)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Oz	☐Contains: AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	0 g	0 g	25 g	20 mg	200 mg

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	☐Contains: Corn, Cinnamon, AllergenSoy, AllergenMilk, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	31 g	1 g	1 g	10 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drain fruit and reserve liquid. Measure drained liquid and water to make 2 quarts of liquid per 50 servings. Bring 3/4 of the total liquid to boiling point.
3 Cornstarch	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Mix remaining 1/4 of liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.
4 Cinnamon, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	While still hot, add sugar, margarine and spices. Mix thoroughly and bring to boiling point.
Cloves, Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Sugar, Granulated Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	
Margarine, Solids	1 Oz	2 Oz	3 Oz	4 Oz	
Nutmeg, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	

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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						Discard unused product.
9						Note: If serving cold: Quick-chill after Step 5 and chill until served.

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Noodles Parslied (Parslied Noodles)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Noodles, Egg Dry	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal		
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
2 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Melted	Bring water to a boil.
Parsley, Dried	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
3						Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4						Stir in margarine and seasonings.

Noodles Parslied (Parslied Noodles)

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

Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

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

Marinade Beef (Beef Marinade)

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

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

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

Marinade Beef (Beef Marinade)

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

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

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

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

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

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

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

Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

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

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

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Milk 1% 8 flz PC (1% Milk)

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

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

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	☐ Contains: Celery, Pork & Products, Beans/Legumes, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	17 g	15 g	4 g	50 mg	850 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Navy Cnd	0.63 no. 10 can	1.25 no. 10 can	1.88 no. 10 can	2.5 no. 10 can	Preprep: Dice Onions and Celery. Cube Ham in small pieces. Combine all ingredients and simmer 50-80 min to *internal temp >165F for 15 sec.	
	Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		
3	Ham, Buffet Flat Bnls	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Cubed	Cube cooked Ham. Add to above.
4	Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Diced	Add remaining ingredients to above and simmer for 1-1 1/2 hrs or until Beans are tender.
	Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Chopped	
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

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

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

Greens Collard f/Frz (Collard Greens)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	3 g	225 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Water, Tap	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Bring Water to a boil in a large pot.
Greens, Collard Chopped Frz	5 lb 7 Oz	10 lb 13 Oz	16 lb 4 Oz	21 lb 11 Oz	
Sugar, Granulated Bulk	1 1/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	
2 Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	3/4 tsp	
Base, Vegetable Paste LS G-F	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Margarine, Solids	2.5 Oz	5.5 Oz	8 Oz	10.5 Oz	

Greens Collard f/Frz (Collard Greens)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Add Collard Greens, Sugar, Pepper, Base and Margarine. Simmer uncovered for 50-60 min or until Greens are very tender. Drain remaining liquid. CCP -- Maintain >140F for only 4 hrs.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Crisp Pineapple Hmd (Pineapple Crisp)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	☐Contains: AllergenWheat, AllergenSoy, Lemon, AllergenMilk, Pineapple, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	44 g	2 g	8 g	40 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pineapple, Crushed JcPk	2 1/2 Qt	1 Gal 2 Cup	1 Gal 6 Cup	2 Gal 3 Cup	Mix Cinnamon, Sugar and Lemon Juice with Fruit. Arrange in greased baking pan(s). 8 lb per pan.
2 Cinnamon, Ground	1.0 tsp	2.0 tsp	3.0 tsp	1 Tbsp 1 tsp	
Sugar, Granulated Bulk	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	
Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
3 Margarine, Solids	8 Oz	0 lb 16 Oz	1 lb 7 Oz	1 lb 15 Oz	Cut cold Margarine into Flour until small crumbs develop. Combine remaining ingredients and stir mixture until crumbly.
Flour, All Purpose	1 1/8 Cup	2 1/3 Cup	3 1/2 Cup	1 1/8 Qt	

Crisp Pineapple Hmd (Pineapple Crisp)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Cereal, Oatmeal Quick	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
	Sugar, Brown Light	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
4						Spread evenly over Fruit. 2 lb 4 oz per pan.
5						Cook Time: 45-50 min.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						NOTES: Fruit Crisp may be served warm or cold. If served cold maintain <40F. If served hot, maintain >140F.

Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	Bake	1 (2x3)	☐Contains: AllergenWheat, Corn, AllergenSoy, AllergenEggs

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	☐Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	1.5 g	30 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
	Bacon, Pork 18-26 ct	8 Oz	1 lb	1 lb 8 Oz	2 lb	
3					Steam or boil Brussels sprouts until tender; drain. Combine bacon and bacon fat, seasoning and vegetables, toss lightly to distribute.	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	☐ Contains: Apples, Orange, Allergen Sulphites, Bananas, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
2	Banana Whole Fresh	5 each	10 each	15 each	20 each	Fruit may vary from foods listed. Ask Manager which Fruit to use. The fresh Fruit includes Banana, Apple & Orange. Place prepared Fruit in serving dish.
	Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
	Apple Whole Fresh	5 whole	10 whole	15 whole	20 whole	Sliced
3						Chill <40F/4C.

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Lunch Alternate Meals- S/ S 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Spinach/Chicken Salad	1 each	BBQ Beef	2 Oz	Grilled Bratwurst	1 each	BBQ Pork Ribs	3 Oz	Grilled Salmon Ckd	4 Oz
Seasonal Fresh Fruit	1 Cup	Glazed Sweet Potatoes	1/2 Cup	French Fries	4 Oz	Rosemary Potatoes	1/2 Cup	Seasoned Roasted Baby Potatoes	1/2 Cup
Whole Wheat Bread	2 slices	Seasoned Green Peas	1/2 Cup	Balsamic Brussels		Broccoli Slaw	1/2 Cup	Artichoke Salad	1/2 Cup
1.5 oz FF Italian Dressing	1 each	Hot Spiced Apples	1/2 Cup	Sprouts	1/2 Cup	Fresh Cantaloupe	1 Cup	Banana	1 each
Margarine Cup	1 each	WW Hamburger Bun	1 each	Seasonal Fresh Fruit	1 Cup	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
1% Milk	8 fl. oz	Margarine Cup	1 each	WW Hot Dog Bun	1 each	Margarine Cup	1 each	Margarine Cup	1 each
		1% Milk	8 fl. oz	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
				Mustard Pack	1 each				
				1% Milk	8 fl. oz				

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

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Bun Hot Dog Whole Wheat (WW Hot Dog Bun)	33
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BBO Pork Ribs (BBO Pork Ribs)	35
Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)	36
Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)	38
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	40
Milk 1% 8 flz PC (1% Milk)	41
Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)	42
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Milk 1% 8 flz PC (1% Milk)	49
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Milk 1% 8 flz PC (1% Milk)	69
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Milk 1% 8 flz PC (1% Milk)	89



Spinach Salad w/Chicken (Spinach/Chicken Salad)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	375.0 °F	Bake	1 each	☐Contains: Chicken, AllergenWheat, Pineapple, AllergenSoy, Peppers Bell, Onion, Orange, Mushroom, AllergenSesame, Spinach, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
500 kcal	28 g	25 g	34 g	100 mg	910 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Juice Pineapple f/Frz Conc 6 flz Chicken, Breast Bnls Sknls	1 1/3 Cup	2 2/3 Cup	1.0 Qt	1 1/4 Qt		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Soy Sauce and Pineapple Juice. Pour over Chicken Breasts. Refrigerate <40F overnight. Drain and discard excess Marinade. CCP-Maintain <40F.
	3 2/3 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb		
2 Dressing Asian Style	1 1/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup		Bake Chicken at 375F for 15 min until *internal temp >165F held for 15 sec. Cool to <40F and cut into 1inch pieces. CCP-Maintain <40F. Prepare Asian Style Dressing per separate recipe.
3 Spinach, Fresh Pepper, Red Fresh Mushrooms, Fresh Onion, Red/Burmuda	2 lb 11 Oz	5 lb 6 Oz	8 lb 1 Oz	10 lb 12 Oz	Chopped	Wash and trim Vegetables. Chop Spinach. Slice Peppers, Mushrooms and Onions. Peel and slice Oranges.
	1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 7 Oz	Sliced	
	6.5 Oz	13 Oz	1 lb 3 Oz	1 lb 10 Oz	Sliced	
	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz	Sliced	

Spinach Salad w/Chicken (Spinach/Chicken Salad)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Orange Fresh Whole	4 lb 15 Oz	9 lb 13 Oz	14 lb 12 Oz	19 lb 10 Oz		
	Lettuce, Green Leaf	10.5 Oz	1 lb 5 Oz	2 lb 0 Oz	2 lb 11 Oz		
4							To Assemble: Top 1 Lettuce Leaf with 2z Spinach, 3z Chicken, 2 Orange slices, 3/4z Red Peppers, 1/3z Mushrooms and 3 Onion slices.
5							CCP - Maintain <40F.

Dressing Asian Style (Asian Style Dressing)

SERVING SIZE	ALLERGENS
2 Tbsp	☐Contains: AllergenWheat, AllergenSoy, AllergenSesame

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	7 g	1 g	18 g	0 mg	200 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Olive	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt	Combine all Ingredients. Mix thoroughly.
Sauce, Soy Bulk LS	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
2 Honey, Bulk	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
Ginger, Ground	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	
Oil, Sesame	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp	
3					CCP -- Maintain <40F/4C; discard unused product.

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

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

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

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

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Orange, AllergenSulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Banana Whole Fresh Orange Fresh Whole Grapes Fresh Strawberries f/Fresh Apple Slices f/Fresh	5 each	10 each	15 each	20 each	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.</p>
	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					<p>Wash & prepare as appropriate for the Fruit.</p> <p>Place prepared Fruit in serving dish. Chill <40F.</p>



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Grapes Fresh (Fresh Grapes)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
3					CCP -- Maintain <40F/4C; discard unused product.

Strawberries f/Fresh (Fresh Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.

Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐ Contains: Apples

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
400.0 °F	Bake	#8 scoop	1/2 Cup	☐Contains: Potatoes, Sweet, Orange, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	<p>WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pre-prep: Zest Oranges. Select small even-sized Sweet Potatoes or Yams. Scrub then arrange on baking sheet. Steam or boil until tender. When cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.</p> <p>Mix Sugar, Margarine, Orange Zest and Juice. Heat to boiling point to make a syrup.</p>
2 Sugar, Brown Light	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
Orange Fresh Whole	1 whole	2 whole	3 whole	4 whole	
Juice Orange f/BIB 6 flz	1 Cup	2 Cup	3 Cup	1 Qt	
3					Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

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

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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

Peas Green w/Paprika f/Frz (Seasoned Green Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	13 g	5 g	2 g	30 mg	115 mg

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

Apple Slices Hot Cinnamon f/Frz (Hot Spiced Apples)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	☐Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	18 g	0 g	4 g	10 mg	80 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Cinnamon, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Combine undrained fruit and seasonings. Heat apples to cook off 1/2 liquid and reach minimum internal temp >135F/57C for 15 sec.
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
	Apple Slices, Frz	5 lb	10 lb	15 lb	20 lb	
	Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb	
	Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	☐Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	4 g	16 g	33 g	40 mg	960 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Potato Fries French f/Prepared (French Fries)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	4 Oz	<input type="checkbox"/> Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	39 g	4 g	9 g	20 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Potato, Fries Krinkle Cut RTC	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Spread fries in single layer on sheet pan(s). Bake until golden brown.
2					CCP -- Maintain >135F/57C for 4 hrs only.
3					Discard unused product.

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐Contains: Orange, AllergenSulphites, Strawberry, Bananas, Citrus, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Banana Whole Fresh	5 each	10 each	15 each	20 each	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.</p>
Orange Fresh Whole	5 whole	10 whole	15 whole	20 whole	
1 Grapes Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Strawberries f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Apple Slices f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
2					<p>Wash & prepare as appropriate for the Fruit.</p> <p>Place prepared Fruit in serving dish. Chill <40F.</p>

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Grapes Fresh (Fresh Grapes)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Grapes, Green Seedless	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Remove stems, portion into 4 oz servings
3					CCP -- Maintain <40F/4C; discard unused product.

Strawberries f/Fresh (Fresh Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Strawberries, Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Remove stems and cut into quarters.
4					CCP -- Maintain <40F/4C; discard unused product.

Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	☐Contains: Apples

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C; discard unused product.

Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Bake	Gloved	1 each	☐Contains: AllergenWheat, AllergenSoy, Bran

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	21 g	6 g	1.5 g	100 mg	200 mg

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

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

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



Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	☐Contains: Broccoli, AllergenSulphites, AllergenEggs, Mustard

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
200 kcal	9 g	4 g	18 g	75 mg	280 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Broccoli, Slaw Mix	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz		Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Mayonnaise, Bulk	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt		
Vinegar, White	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Parsley, Fresh	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Chopped	
2 Sugar, Granulated Bulk	2.5 Oz	5 Oz	7.5 Oz	10 Oz		
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1.0 tsp	2.0 tsp	2 3/4 tsp	1 Tbsp 1 tsp		
Dill, Fresh	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Powder	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
3							CCP -- Maintain <40F/4C; discard unused product.

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



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COOK-END TEMP	SERVING SIZE	ALLERGENS
165 °F	1/2 Cup	☐Contains: Potatoes, Garlic, Allergen Sulphites, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	0 g	10 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Oven: Bake at 375F for 15 minutes in a single layer on a greased sheet pan.
3					Deep Fry: Fry at 345F for 9.5 minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes.
4					Microwave: Microwave 1/2 bag on high for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.
5					CCP -- Cook to internal temp of 165F/74C held for 15 sec.
6					Portion according to serving size.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)

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

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

Banana Whole Fresh (Banana)

SB6		SERVING SIZE ALLERGENS	
1 each		<input type="checkbox"/> Contains: Bananas	

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

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

Banana Whole Fresh (Banana)



Milk 1% 8 flz PC (1% Milk)

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

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

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

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	☐Contains: Broccoli, Onion, AllergenSoy, Corn, Garlic, AllergenMilk, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	8 g	9 g	225 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 3.5 Oz	6.5 Oz	10 Oz	13 Oz		In a stock pot or kettle melt margarine. Add onions and saute until tender.
	Onion, Yellow 1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
3	Flour, All Purpose 1 Cup	2 Cup	3 Cup	1 Qt		Add flour and pepper. Stir until blended. Cook 5 min stirring often. Add chicken base. Blend in milk and water stirring constantly. Reduce heat and cook until thickened, stirring often.
	Pepper, Black Ground 1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Base, Chicken Paste LS G-F 1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Milk, 2% Bulk 2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Water, Tap 1 Qt	2 Qt	3 Qt	1 Gal		

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
5	Broccoli, Florets Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Coleslaw f/Shredded Mix & Dressing (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐Contains: AllergenEggs, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	1 g	7 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
2					Combine Dressing Mix and mix lightly.
3					CCP -- Keep chilled at 40F.

Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Green Leaf	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 Lettuce Leaf on each plate. Top with 1/2 cup of Cheese. Arrange Fruits around Cheese. Cover and chill <40F.
Cottage Cheese, 2% Fat	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
Melon, Cantaloupe Fresh	6.25 each	12.5 each	18.75 each	25 each	Peeled & Sliced	
Strawberries, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Hulled & Sliced	
Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
2						CCP - Maintain <40F.

Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g		2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
2 Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
3						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
4						Remove muffins from pan(s) as soon as baked.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Liver & Onions (Liver & Onions)

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

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

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

Liver & Onions (Liver & Onions)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

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

Banana Whole Fresh (Banana)

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

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

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



Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐ Contains: Tomato, Cucumber, AllergenSulphites, Carrots, Lemon, Chicken, AllergenEggs, Celery, AllergenWheat, AllergenMilk, Citrus, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
2 Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3 Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
4						CCP -- Maintain <40F/4C.

Chicken Salad w/Egg & Celery (Chicken Salad)

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

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

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

Bread Banana Whole Grain PC (Whole Grain Banana Bread)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

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

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

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

Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

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

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

Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



MEAL PATTERNS

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

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

Standard Breakfast Meal Pattern

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

Based on USDA Child and Adult Care Food Program 2022

Standard Lunch and Supper Meal Pattern

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



CARBOHYDRATE CONTENT

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

Carbohydrate Content Breakfast

15g= 1 Carbohydrate Exchange

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

Carbohydrate Content Lunch and Dinner

15g= 1 Carbohydrate Exchange

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



MILK ALTERNATIVES

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

MILK ALTERNATIVES

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

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

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

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



SUBSTITUTION LISTS

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

SUBSTITUTION LISTS

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

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

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

SUBSTITUTION LISTS

BREADS AND STARCHES:

1oz serving.

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

WG= Whole Grain Rich

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

SUBSTITUTION LISTS

MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

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

SUBSTITUTION LISTS

VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

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

SUBSTITUTION LISTS

FRUITS

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

Light syrup and water are also acceptable.

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

SUBSTITUTION LISTS

FRUITS

Fruit juice must be 100% juice to meet requirements.

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



PRODUCTION GUIDES

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

Production Guides

GUIDE TO BAKING PAN YIELDS

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

Production Guides

GUIDE TO PORTION CONTROL EQUIPMENT

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

Production Guides

GUIDE TO CAN SIZES

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



NOTES

