



## NORTH DAKOTA AGING SERVICES

### LUNCH MENUS

October 2023

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

## INTRODUCTION

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

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

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

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

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



## MENU OVERVIEW

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

## Menus Best Practice Guide

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

## PRINTING RECOMMENDATIONS

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

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

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



## MENU PACKET

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

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

# Month Menu October Lunch 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## LUNCH

Roast Beef on Bun	1 each	Artichoke Salad	1/2 Cup	Potato Chive Crusted Cod	1 each	Chicken Supreme	3 Oz	Honey Apple Pork Loin	1 (3z+1/4c)
Oven-Browned Potatoes	1/2 Cup	Chicken Marsala	3 Oz	Cheesy Hashbrowns	1/2 Cup	Potatoes & Onions	1/2 Cup	Pumpkin Macaroni & Cheese	1/2 Cup
Steamed Beets	1/2 Cup	Pasta La Scala	1/2 Cup	Savory Carrots	1/2 Cup	Seasoned Broccoli Cuts	1/2 Cup	Herbed Green Beans	1 Cup
Mixed Fruit Cobbler	1/2 Cup	Lemon-Garlic Asparagus	1/2 Cup	Cinnamon Applesauce	1 each	Cranberry Pear Salad	1/2 Cup	Fresh Grapes	1/2 Cup
1% Milk	8 fl. oz	Oranges In Whipped Topping	1/2 Cup	Wheat Bread	2 slice	Roll Ciabatta Whole Wheat	1 (4x4)	Onion Roll	1 each
		Whole Grain Breadstick	1 each	Soft Margarine Cup	2 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
		1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz



Month Menu October Lunch 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Spring Salad	1/2 Cup	Waffle Blueberry	2 each	Salisbury Steak & Gravy	3 Oz	Carrot Raisin Salad	1/2 Cup	Tomato & Onion Salad	1 Cup
Baked Chicken Thigh	3 Oz	Scrambled Egg	1/2 Cup	Mashed Potatoes	1/2 Cup	Ginger Roast Pork	3 Oz	Tarragon Roast Chicken	3 Oz
Cheesy Rice Casserole	1/2 Cup	Harvest Hash	1 Cup	Key West Blend		Confetti Rice	1/2 Cup	Broccoli & Noodles	
Parslied Carrots	1/2 Cup	Banana	1 each	Vegetables	1/2 Cup	Seasoned Snap Peas	1/2 Cup	Parmesan	1/2 Cup
Whole Wheat Bread	1 slice	LoCal Syrup	1 fl. oz	Soft Fruit Cup	1/2 Cup	Strawberry Bavarian	1 (2x3)	Ginger Baked Pears with	
Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Wheat Bread	2 slice	Garlic Whole Grain Texas		Spiced Whip	1/2 Cup
Peaches & Cream	1/2 Cup	1% Milk	8 fl. oz	Soft Margarine Cup	2 each	Bread	1 each	Wheat Bread	1 slice
1% Milk	8 fl. oz			1% Milk	8 fl. oz	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
						1% Milk	8 fl. oz	1% Milk	8 fl. oz

# Month Menu October Lunch 2023 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## LUNCH

Hawaiian Coleslaw	1/2 Cup	Spinach Orange Salad with Dressing	1 Cup	Stuffed Cabbage Roll	1 each	Turkey Mornay	1 Cup	Chicken Cacciatore	3 Oz
Fish A L'Orange	3 Oz	Beef Burgundy	3/4 Cup	Mashed Potatoes	1/2 Cup	Brown Rice	1/2 Cup	Angel Pasta/Marinara	1/2 Cup
Mediterranean Orzo	1/2 Cup	Parslied Noodles	1/2 Cup	Seasoned Zucchini	1/2 Cup	Spinach with Garlic Butter	1 Cup	Italian Vegetable Blend	1 Cup
Brussels Sprouts	1/2 Cup	Herbed Green Beans	1/2 Cup	Raspberry Gelatin	1 (2x3)	Ginger Baked Pears with Spiced Whip	1/2 Cup	Cherry Fruit Salad	1/2 Cup
Tropical Fruit Mix	1/2 Cup	Fresh Berries w/Whip Topping	1 Cup	Wheat Bread	1 slice	Onion Roll	1 each	Garlic Whole Grain Breadstick	1 each
Wheat Bread	1 slice	Whole Grain Biscuit	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz						

Month Menu October Lunch 2023 - Week 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Garlic & Sage Chicken Thighs	3 Oz	Broccoli & Cauliflower Salad	1/2 Cup	House Salad	1 Cup	Porcupine Meatballs	3 each	Potato Bacon Soup	6 fl. oz
Chive Mashed Potatoes	1/2 Cup	Tortellini w/MeatSauce	3/4 Cup	Chicken Noodle Casserole	1 Cup	Broccoli & Cheese Sauce	1/2 Cup	Edamame Corn Salad	1/2 Cup
Squash Casserole	1/2 Cup	Italian Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Garlic Mashed Potatoes	1/2 Cup	BBQ Chicken Flatbread	1 each
Fresh Whole Pear	1 each	Berry Crisp	1/2 Cup	Chilled Fruit Cocktail	1/2 Cup	Fresh Whole Orange	1 whole	Bananas & Pineapples	1/2 Cup
Roll Ciabatta Whole Wheat	1 (4x4)	Garlic Breadstick	1 each	Whole Grain Biscuit	1 each	Garlic Whole Grain Breadstick	1 each	Wheat Crackers	1 each
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each				
				1% Milk	8 fl. oz				

# Month Menu October Lunch 2023 - Week 5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH PROVIDER CHOICE									
Lemon Pepper Fish	3 Oz	Tossed Salad Trinity	1 Cup	Knoephla Soup	1 Cup	Garden Salad	8 Oz	Asian Pepper Steak	1 Cup
Au Gratin Potatoes	1/2 Cup	Beef Goulash Hungarian	3/4 Cup	Kielbasa & Sauerkraut	3/4 Cup	Seafood Fettucini Alfredo	1 Cup	Fried Rice	1/2 Cup
Steamed Spinach	1/2 Cup	Brown Rice Pilaf	1 #8 sc.	Seasoned Green Peas	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Asian Vegetable Mix	1/2 Cup
Whole Wheat Bread	2 slice	Green Beans Almondine	1/2 Cup	Apple Fruit Cobbler	1/2 Cup	Strawberry Blueberry Fruit Cup	1 each	Vegetable Egg Roll	1 each
Soft Margarine Cup	2 each	Orange Sections	1/2 Cup	WW Hot Dog Bun	1 each	Whole Wheat Bread	1 slice	Chilled Pears	1/2 Cup
Peachy Gelatin	1/2 Cup	Spoonbread	1 (2x3~ sq)	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Sweet & Sour Sauce	1 fl. oz
1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Choice of Dressing	1 each	1% Milk	8 fl. oz
		1% Milk	8 fl. oz			1% Milk	8 fl. oz		

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

# 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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Sauce Sweet & Sour (Sweet & Sour Sauce)	248
Milk 1% 8 flz PC (1% Milk)	250

# Beef Roast on Bun (Roast Beef on Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	27 g	19 g	6 g	100 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef Roast f/Top Round	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Prepared	Thinly slice the beef roast.
3 Bun Hamburger White	25 each	50 each	75 each	100 each		Place 2 oz sliced beef between sliced bun.
4						CCP -- Maintain <40F/4C; discard unused product.



# Beef Roast f/Top Round (Roast Beef)



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

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

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

# Beef Roast f/Top Round (Roast Beef)

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

# Potato Wedges Oven Brown f/Fresh (Oven-Browned Potatoes)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	3 g	4 g	10 mg	85 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	6 lb	12 lb	18 lb	24 lb	Cut into Wedges	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Melted	Preprep: Peel potatoes. May also use pre-peeled potatoes. Par cook potatoes by steaming or boiling; about 10 min.
Paprika	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
3						Place potatoes in well greased baking pan(s). Drizzle margarine and seasonings over top.
4						Bake until browned and tender, turning once. Baste often with margarine in pan.

# Potato Wedges Oven Brown f/Fresh (Oven-Browned Potatoes)

	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							Discard unused product.

# Beets Diced w/Nutmeg f/Cnd (Steamed Beets)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	1 g	2 g	20 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	Beets, Diced Cnd	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup	Drained	Heat or steam beets until cooked. Drain.
3	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Add seasoning and margarine. Toss lightly.
	Nutmeg, Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Cobbler Apple Apricot Hmd (Mixed Fruit Cobbler)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	41 g	2 g	6 g	20 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Juice, Lemon RTS	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	1/3 Cup	Preprep: Drain Fruit reserving Juice. Heat Juice to boiling.
<b>3</b> Cornstarch	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	Mix Cornstarch and Water until smooth. Add to hot Juice while stirring briskly with a wire whip. Cook until thickened.
Water, Tap	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
<b>4</b> Sugar, Granulated Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Add Sugar. Bring to boiling point.
<b>5</b> Apple Slices, Unsweetened Cnd	0.47 no. 10 can	0.94 no. 10 can	1.41 no. 10 can	1.88 no. 10 can	Add Drained Fruit. Mix carefully. Cool. Pour into greased 12 x 20 x 2" baking pan(s).
Apricots, JcPk	0.47 no. 10 can	0.94 no. 10 can	1.41 no. 10 can	1.88 no. 10 can	
<b>6</b> Dough, Pastry Sheet 10x15	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Roll Pastry to fit pans. Place on top of Fruit. Seal edges to sides of pan. Perforate top.

# Cobbler Apple Apricot Hmd (Mixed Fruit Cobbler)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
7						CCP -- Bake at 425F for 30 min. or until top is browned.
8						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.



# 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	<b>Contains: Garlic, Allergen Sulphites</b>

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

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

# Sauce Vinaigrette (Vinaigrette)

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

# Chicken Breast Wine Sauce (Chicken Marsala)



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COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Saute	3 Oz	ⓘ Contains: Chicken, AllergenSulphites, Mushroom, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	3 g	19 g	9 g	10 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Dredge chicken in flour.
Chicken, Breast Bnls Sknls	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
Flour, All Purpose	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	Heat oil, place chicken in pan to sauté until slightly brown. Add wine and mushrooms. Continue to cook until mushrooms are tender and sauce is slightly thickened.
<b>3</b>					
Wine, Marsala	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
Mushrooms, Fresh	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
Oil, Vegetable	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	
<b>4</b>					

# Chicken Breast Wine Sauce (Chicken Marsala)

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

# Pasta Bow Tie La Scala (Pasta La Scala)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	ⓘ Contains: AllergenSoy, Garlic, AllergenEggs, Mushroom, AllergenWheat, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	19 g	4 g	3.5 g	20 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Pasta, Bowtie Dry	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook Pasta, in traditional manner, until Al Dente stage. DO NOT OVERCOOK.
<b>2</b> Margarine, Solids	1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Melted	
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Minced	Add Mushrooms, Lemon Juice, Zucchini, Parsley, Basil, Salt & Pepper. Cook until Zucchini is softened. DO NOT OVERCOOK.
Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
<b>3</b> Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
Mushrooms, Pieces Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Drained	

# Pasta Bow Tie La Scala (Pasta La Scala)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Zucchini, Frz	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	Chopped	
	Parsley, Dried	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
<b>4</b>							Add hot, cooked Pasta. Toss gently
<b>5</b>							CCP - Maintain >140F for only 4 hrs.
<b>6</b>							CCP - Cool: Product must reach 140F to 70F within 2hrs and 70F to 40F within 4 hrs. CCP - Reheat: To temp of 165F held for 15 sec, within 1 hr - one time only.

# Asparagus Seasoned f/Fresh (Lemon-Garlic Asparagus)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	3 g	2 g	30 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Asparagus, Fresh	5 lb	10 lb	15 lb	20 lb	Cut 1/2" Pieces	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil Vegetables until tender, approximately 10 minutes. Add Seasoning and Garlic. Mix well.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Juice, Lemon RTS	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
1 Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Minced	
2						CCP -- Maintain >140F for only 4 hr.
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 within 1 hr - one time only.



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

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

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

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

# 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.

# Fish Cod Crusted Potato Chive (Potato Chive Crusted Cod)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	Bake	1 each	ⓘ Contains: AllergenWheat, AllergenMilk, AllergenFish, AllergenSoy, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	14 g	22 g	7 g	40 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fish 3.5oz	5.5Lbs.	11Lbs.	16.5Lbs	22Lbs.	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Cook from Frozen state. Convection/conventional Oven: Place frozen fillets on a lightly greased baking sheet. Bake uncovered for 17-21 minutes for convection oven. Bake uncovered for 22-26 minutes for conventional oven Let stand for 2-3 minutes before serving. Cooking times and temperatures may vary substantially
3					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
4					Cook Time: 17-21/22-26 min

# Potato Hashbrown Cheesy f/Frz (Cheesy Hashbrowns)

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

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

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



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Base, Vegetable Paste LS G-F	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		Steam or boil with base.
Carrot, Sliced Frz	5 lb	10 lb	15 lb	20 lb		
Margarine, Solids	2 Oz	4 Oz	6 Oz	8 Oz	Melted	Season with melted margarine, pepper and lemon juice.
<b>3</b> Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Juice, Lemon RTS	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
<b>4</b> Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		Sprinkle with parsley.

# Carrot Savory f/Frz (Savory Carrots)

	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.

# Applesauce Cinnamon PC (Cinnamon Applesauce)



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SERVING SIZE	ALLERGENS
1 each, 1/2 cup	ⓘ Contains: Apples, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	23 g	0 g	0 g	0 mg	5 mg

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

# Applesauce Cinnamon PC (Cinnamon Applesauce)

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# 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.

# 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.

# 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.

# Chicken Supreme Breast (Chicken Supreme)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	<b>ⓘ Contains: AllergenMilk, Chicken, AllergenSoy, Mushroom, AllergenWheat</b>

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

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

# Chicken Supreme Breast (Chicken Supreme)

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

# Potato & Onions f/Fresh (Potatoes & Onions)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Potato, Russet/Baking Fresh	5 lb	10 lb	15 lb	20 lb	Peeled & Sliced Cook potatoes in boiling water until tender. (Pre-peeled and sliced potatoes may be used)
	Water, Tap	1 Gal	2 Gal	3 Gal	4 Gal	
<b>3</b>	Onion, Yellow	1 lb	2 lb	3 lb	4 lb	Chopped Cook onions in margarine until tender, without browning.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
<b>4</b>	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	Add cooked potatoes, salt, & pepper to onions. Cook until browned.
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
<b>5</b>						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. NOTE: *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times.

# Potato & Onions f/Fresh (Potatoes & Onions)

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

# Broccoli Cuts f/Fresh (Seasoned Broccoli Cuts)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	3 g	2 g	50 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Broccoli, Florets Fresh	5 lb	10 lb	15 lb	20 lb	Bite Size	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil Vegetables until tender. Add Seasoning and mix well.
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						CCP -- Maintain >140F for only 4 hr.
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 within 1 hr - one time only.



# Pears w/Cranberry Sauce (Cranberry Pear Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	27 g	1 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pears, Sliced JcPk Cranberry Sauce, Jellied Cnd	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup	Drained	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		Place fruit in circular or other preferred arrangement.
2						Place 2 tbsp of cranberry sauce in center of fruit. Chill.
3						CCP -- Maintain <40F.

# 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.

# 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.

# Pork Loin Honey Apple (Honey Apple Pork Loin)



Health & Human Services



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Roast	1 (3z+1/4c)	ⓘ Contains: Cinnamon, Corn, Onion, Pork & Products, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	20 g	21 g	15 g	40 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Loin Bnls Cloves, Whole	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Score Pork Loin in criss-cross to resemble a pineapple. Place one Clove in each Diamond (same as a traditional Ham).
	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
2 Oil, Vegetable Cornstarch Pepper, Cayenne Cinnamon, Ground	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Combine Oil, Cornstarch, Cayenne Pepper and Cinnamon. Mix until well-blended. Rub mixture over entire surface of Pork.
	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
3 Onion, Yellow Water, Tap	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Arrange chopped Onions in bottom of roasting pan. Place Pork on top of the Onions. Roast for 30 minutes at 400F. Remove from oven and reduce temperature to 300F. Add Water to the pan (do not pour over Pork).
	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Chopped	
	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		

# Pork Loin Honey Apple (Honey Apple Pork Loin)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Honey, Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Spread Honey over the Pork. Roast for 2 Hours at 300F. Remove from oven.
5	Apple, Red Delicious	12.5 each	25 each	37.5 each	50 each	Quartered	Arrange Apple quarters around Pork. Return to oven and roast for 30 more min or until Apples are tender and *internal temp of Pork is >160F held for 15 sec. CCP -- Maintain >140F for only 4 hrs. Serve 3z Meat with 1/4c Apples.
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: 3-3.5 hrs

# Macaroni & Cheese Pumpkin (Pumpkin Macaroni & Cheese)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	22 g	7 g	6 g	125 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Macaroni, Elbow Dry	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Stir macaroni into boiling water. Cook 10-12 min or until tender, stirring occasionally. Drain well, and set aside.
<b>3</b> Pumpkin, Solid Cnd	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal		In a large saucepan, combine remaining ingredients. Bring to a boil, then lower heat to medium and stir until margarine and cheese are melted and sauce is of an even consistency, approximately 15 minutes.
Garlic, Whole Fresh	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Minced	
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup		
Milk, 2% Bulk	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt		
Salt, Iodized	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Cheese, Cheddar Shredded	8.5 Oz	1 lb 1 Oz	1 lb 9 Oz	2 lb 1 Oz		

# Macaroni & Cheese Pumpkin (Pumpkin Macaroni & Cheese)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Add macaroni to saucepan with cheese sauce, stir until evenly coated (if saucepan is not big enough, carefully pour into a large heat-safe bowl to combine). Serve immediately.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	2.5 g	100 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Green Beans, Cut Frz	10 lb	20 lb	30 lb	40 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Steam or boil vegetables until tender approximately 10 minutes.
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>2</b> Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Rosemary, Dried Whole	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>3</b>					Add seasonings and mix well.



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

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

# Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Allergen Sulphites

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

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

# Roll Onion RTS (Onion Roll)

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

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

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

# 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.

# 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.

# Cabbage w/Tomato & Cucumber Salad (Spring Salad)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	1/2 Cup	ⓘ Contains: Onion, Tomato, Cucumber, Cabbage, AllergenSulphites

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Vinegar, White	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	
	Sugar, Granulated Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	
	Oil, Vegetable	3 Tbsp 1 tsp	1/3 Cup	2/3 Cup	3/4 Cup	
2	Tomato, Fresh	5 lb	10 lb	15 lb	20 lb	Combine vinegar, water, sugar and oil. Mix until well blended.
	Cucumber, Fresh	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz	
	Cabbage, Green Fresh	6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	
	Onion, Yellow	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz	
3						Add vegetables to vinegar Mixture. Mix well, refrigerate.
4						CCP -- Maintain <40F/4C; discard unused product.

# Chicken Baked Thighs Bnls (Baked Chicken Thigh)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	325.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	17 g	3.5 g	10 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	Chicken, Thigh Bnls Sknls	25 each	50 each	75 each	100 each	Thawed	Spray baking pan with non-stick spray. Place a single layer of chicken loosely on baking sheet, skin side up.
3	Salt, Iodized	1 1/2 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp		Combine all seasonings. Sprinkle chicken lightly with seasoning mixture.
	Pepper, Black Ground	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
	Paprika	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
4						Bake at 325F/162C for for 30-45 min uncovered.	
5						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.	

# Chicken Baked Thighs Bnls (Baked Chicken Thigh)

	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.



# Cheese & Rice Casserole (Cheesy Rice Casserole)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	375.0 °F	Bake	8z Spoodle	1/2 Cup	ⓘ Contains: AllergenMilk, Rice, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	15 g	7 g	11 g	175 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Water, Tap	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt	Bring water to a boil, add rice. Stir. Cover pot, reduce heat, and simmer 20 minutes. Remove from heat, fluff with fork, and set aside.	
	Rice, White Parboiled	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt		
<b>3</b>	Oil, Vegetable	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup	Grease pan(s). Saute onions in oil until golden brown. Remove from heat. Add salt and pepper. Toss lightly to mix well. Mix onions with rice.	
	Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb		Minced
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pepper, Black Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
<b>4</b>	Cottage Cheese, 2% Fat	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Mix cottage cheese and sour cream. Dice canned peppers.	

# Cheese & Rice Casserole (Cheesy Rice Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sour Cream, Real Bulk	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
	Pepper, Chile Green Cnd	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Drained	
<b>5</b>	Cheese, Cheddar Shredded	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Grated	Layer in the following order: 1. Rice and Onions 2. Cottage Cheese and Sour Cream 3. Peppers 4. Cheddar Cheese Repeat until 2" pan(s) is full. Bake uncovered until bubbling hot.
<b>6</b>	Parsley, Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Minced	Sprinkle with parsley.
<b>7</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Carrot Parsley f/Frz (Parslied Carrots)

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

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

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

# 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.

# Peaches & Cream Sliced JcPk Cnd (Peaches & Cream)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	2 g	2.5 g	30 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sugar, Granulated Bulk	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Combine sugar and half & half. Gently fold peaches into cream mixture.
<b>2</b> Cream, Half & Half	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Peaches, Sliced JcPk	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Drained	
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.

# 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.

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



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

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.
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.



# Waffle Blueberry (Waffle Blueberry)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Bake	2 each	ⓘ Contains: AllergenWheat, AllergenMilk, Blueberry, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	5 g	5 g	40 mg	340 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Toast and serve.

# Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Roast	1 Cup	ⓘ Contains: Onion, Chicken, Corn, Garlic, Potatoes, Sweet, Allergen Sulphites, Pork & Products, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	36 g	6 g	8 g	75 mg	260 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Potato, Sweet Fresh	5 lb	10 lb	15 lb	20 lb	Cubed	In a large bowl combine vegetables, apples, oil, and seasonings. Toss to coat fruits & vegetables with the mixture. Pour into a large roasting pan.
Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Halved	
Onion, Yellow	1.25 each	2.5 each	3.75 each	5 each	Sliced	
<b>2</b> Apple, Red Delicious	10 each	20 each	30 each	40 each	Sliced	
Oil, Olive	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
Salt, Iodized	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
Pepper, Black Ground	2 1/2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		

# Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Dill, Weed Dried	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
3	Water, Tap	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt		Combine base with water to make a broth, and pour broth in to pan. Sprinkle chopped bacon evenly over vegetable apple mixture. Roast until vegetables are tender and browned slightly, stirring mixture halfway through cooking to distribute broth.
	Bacon, Pork 18-26 ct	20 slice	40 slice	60 slice	80 slice	Chopped	
	Base, Chicken Paste LS G-F	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4	Parsley, Fresh	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Chopped	Remove pan from oven, sprinkle fresh parsley over pan and stir to combine. Serve immediately.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)



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SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Banana Whole Fresh (Banana)

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# 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.

# 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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product.

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

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ 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.



# Steak Salisbury w/Gravy Hmd f/Hmd Patty (Salisbury Steak & Gravy)



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COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
325.0 °F	Bake	Solid Spoon	3 Oz	ⓘ Contains: Peppers Bell, Onion, Garlic, AllergenMilk, Beef, AllergenWheat, AllergenSoy, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	6 g	15 g	18 g	40 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Chopped Fine	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Mix all ingredients in mixer. Avoid over mixing. * Maintain <40F/4C until ready to bake.
	Pepper, Green Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Bread Crumbs, Plain	1 Cup	2 Cup	3 Cup	1 Qt		
	Milk, 2% Bulk	1 Cup	2 Cup	3 Cup	1 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	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb			
2						Prepare Gravy as per separate recipe.	

# Steak Salisbury w/Gravy Hmd f/Hmd Patty (Salisbury Steak & Gravy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Gravy Brown Hmd	1 Qt	2 Qt	3 Qt	1 Gal	Prepared	Portion into baking pans using #8 scoop and flatten slightly. *Refrigerate<40F/4C until ready to cook. Cook to internal temp of 160F/71C held for 15 sec. Transfer to steam table pans, overlapping slightly. Cover with prepared Gravy.
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: 25-35 Min

# Gravy Brown Hmd (Brown Gravy)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	3 g	1 g	3.5 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	Margarine, Solids 3.5 Oz	7.5 Oz	11 Oz	14.5 Oz	Blend Flour into melted Margarine to make a roux.
	Flour, All Purpose 2.5 Oz	4.5 Oz	7 Oz	9.5 Oz	
3	Base, Beef Paste LS G-F 2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Combine Base and Hot Water to make a stock. Mix well and bring to boil. Stir stock into roux stirring constantly with wire whip until thickened and smooth, about 5-10 min.
	Water, Tap 1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
4	Pepper, Black Ground 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Add Pepper and Kitchen Bouquet; mix well.
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.

# Gravy Brown Hmd (Brown Gravy)

	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.

# Potato Mashed f/Fresh (Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	26 g	4 g	8 g	50 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Peeled & Cubed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place potatoes in large pot and cover with water. Bring to a boil, then reduce heat and simmer until tender and drain.  Heat milk with margarine, salt, and pepper; heat just until scalded.
2 Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Hot	
Margarine, Solids	8 Oz	1 lb	1 lb 8 Oz	2 lb		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
3						Combine potatoes and milk mixture with a mixer on medium speed until fluffy. *Maintain >135F/57C.  Serve 1/2 c. potatoes with 2 Fl Oz Gravy.
4						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Vegetable Mix Key West Blend (Key West Blend Vegetables)

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

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

# Fruit Cup Soft Cnd No Banana (Soft Fruit Cup)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	0 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine drained canned fruit and 1 cup drained juice. Chill fruit.
Peaches, Diced JcPk	1 1/8 Qt	2 1/8 Qt	3 1/4 Qt	1 Gal	Drained	
Pears, Diced JcPk	1 1/8 Qt	2 1/8 Qt	3 1/4 Qt	1 Gal	Drained	
Apple Slices, Unsweetened Cnd	2 1/8 Cup	1 1/8 Qt	1 1/2 Qt	2 1/8 Qt	Drained	
<b>3</b>						Portion 1/2 cup into serving bowls.
<b>4</b>						CCP -- Maintain <40F/4C; 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.



# 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.

# 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.

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

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

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

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

# Pork Roast Ginger (Ginger Roast Pork)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	145 °F	Roast	3 Oz	ⓘ Contains: Pork & Products, Onion, AllergenFish, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	2 g	20 g	13 g	30 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>	Sauce, Worcestershire	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Honey, Bulk	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	
	Salt, Iodized	1 tsp	2 tsp	1 Tbsp	
	Ginger, Ground	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	
<b>2</b>	Pork, Loin Bnls	7 lb 8 Oz	15 lb	22 lb 8 Oz	Prepare Glaze: Combine Worcestershire sauce, honey, salt and ginger.
	Onion, Yellow	1.25 each	2.5 each	3.75 each	
<b>3</b>					Place pork roast with fat side up in roasting pans. Brush glaze on roast. Place rings of fresh onion on roast about half way through the cooking period. Cook roast at 325F/162C for 2-4 hrs, depending on size of loin.
<b>4</b>					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.

# Pork Roast Ginger (Ginger Roast Pork)

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

# Rice Confetti No Base (Confetti Rice)



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

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

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

# Rice Confetti No Base (Confetti Rice)

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

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

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

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

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



# Strawberry Bavarian f/Frz Berry (Strawberry Bavarian)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 (2x3)	<b>ⓘ Contains: Strawberry, Pork &amp; Products, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	18 g	1 g	1.5 g	0 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Dissolve gelatin and sugar in boiling water (1st water).
Gelatin, Dry Strawberry	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz		
Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Water, Tap	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Boiled	
<b>3</b>						Add cold water (2nd water) and strawberries. Stir gently until fruit thaws and separates. Chill until slightly thickened.
Water, Tap	1 1/2 Cup	3.0 Cup	1 1/8 Qt	1 1/2 Qt	Cold	
Strawberries, Sliced Unsweetened Frz	2 lb 16 Oz	5 lb 15 Oz	8 lb 15 Oz	11 lb 14 Oz	Drained	
<b>4</b>						Prepare whip topping base according to instructions. Add topping; blend until smooth. Mixture may appear slightly curdled but will smooth out on blending.
Topping, Whip Non-Dairy Bag Frz	2 1/3 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		
<b>5</b>						Pour into individual molds or 12x20x2" pans. Chill until firm, about 4 hrs.
<b>6</b>						CCP -- Maintain <40F/4C; 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.

# 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.

# 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.

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	15 g	3 g	10 g	40 mg	220 mg

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

# Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)



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

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

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

# Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							In a bowl, mix butter, parsley, tarragon and garlic. Spread the mixture over the chicken. Roast at 320F, approximately 30 minutes.
4							Bake uncovered for 30 min at 350F. Turn chicken and continue baking until chicken is brown about 30 min longer.
5							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	145 °F	Bake	1/2 Cup	<b>ⓘ Contains: AllergenMilk, Broccoli, AllergenWheat, AllergenEggs, Onion, AllergenSoy, Mushroom, Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	20 g	8 g	7 g	125 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Broccoli, Florets Frz	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz		Steam broccoli until nearly done.
<b>3</b> Noodles, Egg Dry	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Cook noodles to al dente.
Margarine, Solids	1.5 Oz	3 Oz	4.5 Oz	6.5 Oz		
Onion, Yellow	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz	Diced	
<b>4</b> Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		Heat margarine in a large skillet. Sauté onion until softened. Add soup, garlic powder, and basil, stir to combine and bring to a simmer. Add cheese and stir until melted. Remove from heat.
Soup, Cream of Mushroom Cnd Cond	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		



# Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Cheese, Cheddar Shredded	2 1/8 Cup	1 Qt	1 1/2 Qt	2 Qt		
	Cheese, Parmesan Grated	1/2 Cup	1.0 Cup	1 1/3 Cup	2.0 Cup		
<b>5</b>	Yogurt, Plain Low Fat Bulk	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		Add yogurt, broccoli and noodles. Stir to combine, divide among baking pans. Cover and bake at 350F/177C for approximately 30 min.
<b>6</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>7</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>8</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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

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

# Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears wit

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

# 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.

# 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.

# 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.

# Coleslaw Pineapple (Hawaiian Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	⚠ Contains: AllergenEggs, Pineapple, AllergenMilk, Cabbage, Citrus, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	2 g	6 g	50 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Mayonnaise, Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	Combine mayo, sour cream, vinegar and sugar.	
	Sour Cream, Real Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
	Vinegar, White	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
	Sugar, Granulated Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
<b>3</b>	Cabbage, Green Fresh	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz	Shredded	Combine cabbage and pineapple. Pour dressing over cabbage. Mix and chill.
	Pineapple, Crushed JcPk	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.	

# Fish Pollock A L'Orange Bkd (Fish A L'Orange)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: AllergenFish, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	16 g	7 g	75 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Fish, Pollock 3-4z Frz	5 lb 12 Oz	11 lb 8 Oz	17 lb 4 Oz	23 lb	thawed	Place fish in greased baking pan.
<b>3</b> Juice Orange f/BIB 6 flz	1 3/4 Cup	3 1/2 Cup	1 1/4 Qt	1 3/4 Qt	Prepared	Combine orange juice, orange zest, margarine, lemon juice, pepper & nutmeg. Pour over fillets.
Orange, Zest	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
Margarine, Solids	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup		
Juice, Lemon RTS	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Nutmeg, Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp		
<b>4</b>						Bake at 350F/177C until fish flakes easily with a fork and reaches *internal temp of 145F/63C held for 15 sec.



# Fish Pollock A L'Orange Bkd (Fish A L'Orange)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							To serve, pour about 2 Tbsp sauce over fish. *Maintain >135F/57C.
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.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	ⓘ Contains: Citrus

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

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

# Pasta Orzo Mediterranean (Mediterranean Orzo)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	325.0 °F	145 °F	Bake	1/2 Cup	<b>ⓘ Contains: AllergenMilk, Celery, AllergenWheat, Beans/Legumes, AllergenSoy, Garlic, Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	28 g	7 g	8 g	75 mg	260 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Pasta, Orzo	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz		Bring a large pot of water to a boil. Add orzo and cook for 8-10 minutes until al dente. Drain.
<b>3</b> Oil, Olive	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		In a large saucepan, heat oil and margarine. Add onion and celery and sautee over low heat until tender.
Margarine, Solids	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Onion, Red/Burmuda	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	Diced	
Celery, Fresh	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Chopped	
<b>4</b> Garlic, Whole Fresh	1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup	Minced	Add garlic, parsley, and basil and sautee for additional 3-5 minutes until fragrant.
Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

# Pasta Orzo Mediterranean (Mediterranean Orzo)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
<b>5</b>	Cheese, Feta	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		In a large bowl, combine orzo and remaining ingredients. Add onion mixture. Toss to combine.
	Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Pimento, Pieces Cnd	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt		
	Olives, Kalamata Pitted	1 Cup	2 Cup	3 Cup	1 Qt	Drained	
	Beans, Garbanzo (Chickpeas) Cnd	2 Cup	1 Qt	1 1/2 Qt	2 Qt	Rinsed/Drained	
<b>6</b>							Transfer orzo mixture to baking dish. Cover with foil and bake until heated through.
<b>7</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Brussels Sprouts f/Frz (Brussels Sprouts)

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

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

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

# 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.

# 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.

# 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.



# Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressi



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	ⓘ Contains: Onion, AllergenFish, Spinach, AllergenSoy, Citrus, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	0 g	3 g	20 mg	15 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Spinach, Fresh	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Lettuce, Iceberg	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt		
<b>2</b> Onion, Red/Burmuda	6.5 Oz	13.5 Oz	1 lb 4 Oz	1 lb 11 Oz		Tear lettuce and spinach. Thinly slice 1st onion in rings.
Orange, Mandarin JcPk	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	Drained	
<b>3</b> Sugar, Granulated Bulk	1 lb 1 Oz	2 lb 1 Oz	3 lb 2 Oz	4 lb 3 Oz		Combine lettuce, spinach, sliced onion and orange slices. Toss salad well to mix greens. Serve 1 cup salad with 1/4 cup dressing.
Paprika	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Onion, Yellow	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Minced	
Sauce, Worcestershire	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b> Oil, Vegetable	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		Dressing: Combine sugar, paprika, minced onion and worcestershire.

# Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)



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INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Vinegar, White	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>5</b>						Using a whip, add vinegar and oil in slow stream. Whip at least 2 min to dissolve sugar.
<b>6</b>						CCP -- Maintain <40F/4C; discard unused product.

# Beef Burgundy f/Cubes (Beef Burgundy)



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

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

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

# Beef Burgundy f/Cubes (Beef Burgundy)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato Paste, Cnd	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
4	Cornstarch	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Mix cornstarch with cold water to form a smooth paste. Add to beef and cook to desired consistency.
	Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt	Cold	
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Noodles Parslied (Parslied Noodles)



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Noodles, Egg Dry	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.

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

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

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

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

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

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



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

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

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

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

# Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)

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

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.

# 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.

# 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.

# Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	Bake	1 each	ⓘ Contains: AllergenMilk, Beef, Tomato, Onion, Rice, Cabbage, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	41 g	14 g	14 g	100 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Cabbage, Green Fresh	6 lb 3 Oz	12 lb 5 Oz	18 lb 8 Oz	24 lb 11 Oz		Steam whole heads of Cabbage until al dente.
<b>3</b> Water, Tap	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Bring Water to boil. Add Rice and stir. Reduce heat, cover and simmer.
Rice, White Parboiled	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
<b>4</b> Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		Melt Butter and cook Ground Beef until brown or *internal temp of 155F/68C held for 15 sec. Add Onions and cook until translucent. Stir into cooked Rice. Season with Salt and Pepper. CCP-Maintain >140F.
Beef, Ground 80-85/20-15 Raw	4 lb 3 Oz	8 lb 5 Oz	12 lb 8 Oz	16 lb 11 Oz		
Onion, Yellow	3.08 each	6.17 each	9.25 each	12.33 each	Chopped	
Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll)

	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		
5	Juice, V8 Cocktail RTS	7.67 fl. oz	15.33 fl. oz	23 fl. oz	30.67 fl. oz		Cut leaves off of Cabbage and cut larger leaves in half. Spoon 1 Tbsp of Rice and Beef mixture into a leaf and roll tightly. Place Rolls in pan and cover with V8 Juice. Bake at 325F for 2 hrs. until *internal temp >155F held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Mashed f/Fresh (Mashed Potatoes)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	Simmer	#8 scoop	1/2 Cup	⚠️ Contains: Potatoes, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	26 g	4 g	8 g	50 mg	130 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Peeled & Cubed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place potatoes in large pot and cover with water. Bring to a boil, then reduce heat and simmer until tender and drain.  Heat milk with margarine, salt, and pepper; heat just until scalded.
2 Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Hot	
Margarine, Solids	8 Oz	1 lb	1 lb 8 Oz	2 lb		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
3						Combine potatoes and milk mixture with a mixer on medium speed until fluffy. *Maintain >135F/57C.  Serve 1/2 c. potatoes with 2 Fl Oz Gravy.
4						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Zucchini Seasoned f/Frz (Seasoned Zucchini)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Zucchini, Frz	5 lb	10 lb	15 lb	20 lb	Steam or boil vegetables until tender, approximately 6-8 min; or cook according to package instructions. Gently stir in margarine.
	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	



# Gelatin Raspberry f/Fresh (Raspberry Gelatin)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 (2x3)	Ⓢ Contains: Pork & Products, Strawberry, AllergenSoy, Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	2 g	1.5 g	10 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Preprep: Prepare Whipped Topping according to manufacturer's instructions. Heat 1st Water to boiling; add Gelatin mixture. Add 2nd Water (cold) and stir well.
Gelatin, Dry Strawberry	0 lb 15 Oz	1 lb 14 Oz	2 lb 13 Oz	3 lb 12 Oz	
Water, Tap	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal	
Water, Tap	1.0 Qt	2 1/8 Qt	3 1/8 Qt	1 Gal	
<b>3</b>					Thaw Fruit. Combine Fruit with Gelatin mixture. Cover when chilling to avoid forming film on top. *Chill <40F. Use Ice for half of cold Water for faster congealing. Use drained Fruit Juice for 1/2 cold Water for increased flavor and nutrition.
Raspberries, Red Fresh	1 lb 1 Oz	2 lb 1 Oz	3 lb 2 Oz	4 lb 3 Oz	
<b>4</b>					Add Whipped Topping to Raspberry to Gelatin mixture. Pour into molds or 12x20x2" pan(s); chill until firm.
Topping, Whip Non-Dairy Bag Frz	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt	
<b>5</b>					Portion: Serve 2x3" square.
<b>6</b>					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.

# 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.

# 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.

# Turkey Mornay f/Pulled (Turkey Mornay)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	10 g	24 g	8 g	150 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	4 Oz	8 Oz	12 Oz	1 lb		Prepare Mornay Sauce: Melt margarine and sauté onion until softened. Add flour and stir continuously for about 5 min.
<b>2</b> Onion, Yellow	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
Flour, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Base, Chicken Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		Combine base and water to make broth. Add milk. Slowly whisk broth mixture into the flour. Stir continuously until smooth and thickened.
<b>3</b> Water, Tap	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
Milk, 2% Bulk	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup		
<b>4</b> Pepper, Cayenne	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		Add seasonings and cheeses. Continue to cook until cheese is melted and well blended.

# Turkey Mornay f/Pulled (Turkey Mornay)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cheese, Swiss Shredded	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
	Pepper, White	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>5</b>	Turkey, Pulled/Shredded	3 lb 8 Oz	7 lb	10 lb 8 Oz	14 lb	Thawed	Steam or boil broccoli to partially cook until crisp tender. Gently fold broccoli and turkey into sauce mixture.
	Broccoli, Florets Frz	4 lb	8 lb	12 lb	16 lb		
<b>6</b>							Portion casserole into baking pans and bake 30-40 min at 350F/177C.
<b>7</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# 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.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	7 g	5 g	7 g	175 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spread Garlic Butter	6 Oz	12 Oz	1 lb 2 Oz	1 lb 8 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Spinach, Fresh	9 lb	18 lb	27 lb	36 lb	
2 Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		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	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
3						Place Spinach in pan(s). Sprinkle with Salt and Pepper. Dot with Garlic Butter. Cover and Bake at 350F for 10-15 minutes.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.



# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

# Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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



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

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

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

# Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears wit

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

# Roll Onion RTS (Onion Roll)

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

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

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

# 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.

# 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.

# Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, Peppers Bell, Tomato, Onion, Garlic, AllergenWheat, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	11 g	16 g	3 g	50 mg	340 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine flour and seasonings. Dredge chicken pieces in flour. Shake off excess. Brown in deep fat at 375F/190C until golden brown. Place in roasting pan.
Chicken, Thigh Bnls Sknls	25 each	50 each	75 each	100 each		
Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1.0 tsp		
Flour, All Purpose	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
<b>3</b>						Add tomatoes, onions, green peppers and chicken stock to chicken. Cover tightly and bake in oven at 350F/176C.
Soup Broth Chicken f/Base	2.0 Cup	1.0 Qt	1 1/2 Qt	2.0 Qt	Prepared	
Pepper, Green Fresh	1 lb 0 Oz	2 lb 0 Oz	3 lb 1 Oz	4 lb 1 Oz	Diced	



# Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	0.78 no. 10 can	1.56 no. 10 can	2.34 no. 10 can	3.12 no. 10 can		
	Onion, Yellow	1 lb 0 Oz	2 lb 0 Oz	3 lb 1 Oz	4 lb 1 Oz	Diced	
<b>4</b>							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>5</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# 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 Angel Hair in Marinara Sc (Angel Pasta/Marinara)

COOK METHOD	SERVING SIZE	ALLERGENS
Dysphasia 2	1/2 Cup	ⓘ Contains: Peppers Bell, Onion, Tomato, Garlic, Celery, AllergenFish, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	28 g	5 g	3 g	40 mg	140 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pasta Angel Hair Buttered	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Pasta & Sauce as per separate recipe. Stir Sauce into Pasta to ensure complete coverage. CCP - Maintain >140F for only 4 hrs. Portion 1/2 cup per serving.
	Sauce Marinara	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	

# Pasta Angel Hair Buttered (Angel Hair Pasta)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	24 g	5 g	2.5 g	20 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		Bring Water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, approximately 8-10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
	Pasta, Angel Hair Dry 1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3	Margarine, Solids 1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Melted	Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized 1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
4						CCP -- Maintain >135F/57C for only 4 hrs.
5						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Sauce Marinara (Marinara Sauce)

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

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

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

# Sauce Marinara (Marinara Sauce)

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	24 g	6 g	4 g	50 mg	95 mg

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

# Fruit Salad w/Cherry Filling (Cherry Fruit Salad)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Salad, Peach Pear Grape	1.02 no. 10 can	2.03 no. 10 can	3.05 no. 10 can	4.06 no. 10 can	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain Fruit. Fold Pie Filling into Fruit. Mix gently. Refrigerate overnight.
Pie Filling, Cherry Cnd	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	
2					Portion 1/2 cup into serving dishes.
3					CCP -- Keep chilled at 40F.



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



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

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

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

# 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.

# 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.

# Chicken Thighs Garlic & Sage (Garlic & Sage Chicken Thighs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	165 °F	Roast	3 Oz	ⓘ Contains: Chicken, Garlic, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	14 g	8 g	20 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Season chicken with pepper.
Chicken, Thigh Bnls Sknls	25 each	50 each	75 each	100 each		
Pepper, Black Ground	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		In a large container with a lid, combine the first portion of olive oil, red wine vinegar, garlic, salt, and herbs and mix well. Add the chicken, cover with lid, and marinate in refrigerator for 30 min.
Oil, Olive	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Vinegar, Wine Red	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
<b>3</b>						
Garlic, Whole Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	
Salt, Iodized	1 1/4 tsp	2 1/2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		

# Chicken Thighs Garlic & Sage (Garlic & Sage Chicken Thighs)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sage, Rubbed	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
	Thyme, Dried Leaves	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
	Rosemary, Dried Whole	2 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 1 tsp		
4	Sage, Rubbed	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/2 Cup		Remove chicken from the marinade, discard marinade. Rub chicken evenly with remaining oil and sage, then place on rimmed baking sheet and roast 30-40 min or until cooked through.
	Oil, Olive	1/3 Cup	2/3 Cup	1.0 Cup	1 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 -- 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.

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



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

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

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

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

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

# Squash Yellow Casserole f/Frz (Squash Casserole)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	19 g	5 g	8 g	30 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Diced	Saute Onions in Margarine until soft and light brown.
	Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
<b>3</b>	Pimento, Pieces Cnd	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		Add Onions, Pimentos, Bread Crumbs and Seasonings to Squash.
	Crackers, Saltine Bulk	1 lb 1 Oz	2 lb 2 Oz	3 lb 3 Oz	4 lb 4 Oz	Crushed	
	Squash, Yellow Frz	5 lb	10 lb	15 lb	20 lb		
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
	Garlic, Powder	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		



# Squash Yellow Casserole f/Frz (Squash Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
4	Egg, Liquid Frz	7.33 fl. oz	14.67 fl. oz	22 fl. oz	29.33 fl. oz		Beat Eggs; add to Squash, mix well.
5							Pour into greased pan, cover and bake to *internal temp 155F/68C for 15 sec. Serving 1/2C.
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.

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 mg

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

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# 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.

# Broccoli Cauliflower Salad f/Fresh (Broccoli & Cauliflower Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: AllergenEggs, Onion, Garlic, Broccoli, Cauliflower, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	8 g	3 g	9 g	50 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Preprep: Wash, trim and cut Broccoli and Cauliflower in bite size pieces. Mix together Salad Dressing with Spices.
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	
Garlic, Powder	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp	
Parsley, Dried	3/4 tsp	1 3/4 tsp	2 1/2 tsp	1 Tbsp	
Salt, Iodized	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp	
<b>3</b>					Toss Vegetables with Salad Dressing.
Broccoli, Florets Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	
Cauliflower, Fresh	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	
Onion, Yellow	3.5 Oz	6.5 Oz	10 Oz	13.5 Oz	
<b>4</b>					Chill before serving. Serve on Lettuce Leaf.
Lettuce, Iceberg	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	
<b>5</b>					CCP -- Maintain <40F/4C; discard unused product.

# Tortellini Cheese w/Meat Sauce (Tortellini w/MeatSauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	3/4 Cup	ⓘ Contains: AllergenMilk, Beef, Tomato, Onion, Garlic, AllergenEggs, AllergenFish, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
410 kcal	44 g	21 g	17 g	175 mg	720 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Beef, Ground 80-85/20-15 Raw	4 lb 9 Oz	9 lb 2 Oz	13 lb 11 Oz	18 lb 4 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown Meat. Pour off fat. *Maintain >140F.
Onion, Yellow	8 Oz	1 lb	1 lb 8 Oz	2 lb	Chopped Fine	
Tomato, Diced Cnd	5 lb	10 lb	15 lb	20 lb		Add Onions, Tomato Products, 1st quantity of Water, Sugar, Parsley, Thyme, Oregano, Marjoram, Worcestershire Sauce, and Garlic Powder. Cook slowly, stirring frequently, until thickened, about 1/2 hr and until *internal temp of 155F held for 15 sec is reached. CCP - Maintain >140F for only 4 hrs.
Tomato Sauce, Cnd	3 1/2 Cup	1 3/4 Qt	2 3/4 Qt	3 1/2 Qt		
<b>2</b> Water, Tap	2 Cup	1 Qt	1 1/2 Qt	2 Qt		
Sugar, Granulated Bulk	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Parsley, Dried	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		

# Tortellini Cheese w/Meat Sauce (Tortellini w/MeatSauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Thyme, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Oregano, Dry	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Marjoram, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Sauce, Worcestershire	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Garlic, Powder	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp		
<b>3</b>	Water, Tap	1 Gal 2 Cup	2 Gal 3 Cup	3 Gal 5 Cup	5 Gal		Cook Pasta in 2nd quantity of Water according to package directions. Drain before serving. CCP - Maintain >140F for only 4 hrs.
	Tortellini, Cheese	3 lb 15 Oz	7 lb 14 Oz	11 lb 13 Oz	15 lb 12 Oz		
<b>4</b>							To serve: Place 1/2 cup drained Pasta on plate, ladle 2 fl oz Sauce over Pasta.
<b>5</b>							CCP - Cool: Product must reach 140F to 70F within 2hrs and 70F to 40F within 4 hrs. CCP - Reheat: To temp of 165F held for 15 sec, within 1 hr - one time only.

# 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.	



# Crisp Blueberry & Strawberry (Berry Crisp)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	2 g	6 g	20 mg	50 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Blueberries, Unsweetened Frz	2 lb 13 Oz	5 lb 10 Oz	8 lb 7 Oz	11 lb 4 Oz	Thawed	Mix sugar, lemon juice and fruit and place in greased baking pan(s).
	Strawberries, Sliced Unsweetened Frz	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Thawed	
	Sugar, Granulated Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup		
	Juice, Lemon RTS	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
<b>3</b>	Margarine, Solids	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit. Bake until top is browned, checking periodically to avoid excess browning.
	Flour, All Purpose	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		
	Sugar, Brown Light	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup		

# Crisp Blueberry & Strawberry (Berry Crisp)

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

# Breadstick Garlic RTS (Garlic Breadstick)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	⚠️ Contains: AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	4 g	2 g	75 mg	170 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 >135F/57C.
5					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# 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.

# 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

# Chicken & Noodles f/Pulled (Chicken Noodle Casserole)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1 Cup	<b>ⓘ Contains: AllergenEggs, Peppers Bell, AllergenSoy, Garlic, AllergenWheat, AllergenMilk, Celery, Chicken, Onion, Corn</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	30 g	28 g	14 g	100 mg	180 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Noodles, Egg Dry	1 lb 7 Oz	2 lb 14 Oz	4 lb 5 Oz	5 lb 12 Oz	Cooked	Add noodles to boiling water and cook 6-8 minutes or to desired doneness. Set aside. CCP -- Maintain <40F/4C.
<b>3</b> Margarine, Solids	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup		Melt margarine. Add chopped vegetables and saute until tender. Add flour and stir until blended. Add base, water and milk slowly, stirring constantly. Cook until thickened.
Onion, Yellow	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	Diced	
Pepper, Green Fresh	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	Diced	
Celery, Fresh	2/3 Cup	1 1/3 Cup	2.0 Cup	2 2/3 Cup	Diced	
Flour, All Purpose	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		
Base, Chicken Paste LS G-F	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		

# Chicken & Noodles f/Pulled (Chicken Noodle Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Milk, 2% Bulk	1 1/8 Qt	2 1/4 Qt	3 1/4 Qt	1 Gal 1 Cup		
	Water, Tap	1 1/8 Qt	2 1/4 Qt	3 1/4 Qt	1 Gal 1 Cup		
4	Chicken, Meat Pulled Ckd	4 lb 4 Oz	8 lb 8 Oz	12 lb 12 Oz	16 lb 15 Oz	Diced	Combine meat, cooked noodles, and sauce. Scale into 12x20x2" pan(s).
5	Margarine, Solids	3 Tbsp 2 tsp	1/2 Cup	2/3 Cup	1.0 Cup		Combine bread crumbs and margarine and sprinkle evenly over chicken mixture. Bake to minimum *internal temp >165F/74C for 15 sec., approximately 30 min.
	Bread Crumbs, Plain	1 1/8 Cup	2 1/4 Cup	3 1/3 Cup	1 1/8 Qt		
6							CCP -- Maintain >135F/57C for only 4 hr.
7							CCP - Cool: Product must reach 135F to 70F within 2 hr and 70F to 40F within 4 hr.
8							CCP - Reheat: to internal temp of 165F held 15 sec within 1 hr-one time only.



# Vegetable Mix 5 Way Blend (Mixed Vegetables)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	<b>ⓘ Contains: Peas, Corn, Carrots, AllergenSoy, AllergenMilk, Beans/Legumes</b>

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

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

# Fruit Cocktail f/JcPk (Chilled Fruit Cocktail)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	14 g	1 g	0 g	10 mg	5 mg

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

# Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)

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

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.

# 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.

# 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.

# 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.

# Meatballs Porcupine w/Sauce (Porcupine Meatballs)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 each	ⓘ Contains: Peppers Bell, Beef, Tomato, Onion, AllergenEggs, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	18 g	18 g	17 g	50 mg	590 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Rice, White Parboiled	2 Cup	1 Qt	1 1/2 Qt	2 Qt	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mince Onions and Green Peppers. Cook Rice to slightly undercooked condition.
Onion, Yellow	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Pepper, Green Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
Beef, Ground 80-85/20-15 Raw	6 lb	12 lb	18 lb	24 lb	Place all ingredients in large mixing bowl. Blend on low speed until blended. Do not overmix.
<b>2</b> Egg, Liquid Frz	1 1/2 Cup	3 Cup	1 1/8 Qt	1 1/2 Qt	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
Tomato Sauce, Cnd	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal	

# Meatballs Porcupine w/Sauce (Porcupine Meatballs)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Shape Meat mixture into balls using #16 scoop. Place Meatballs on lightly greased sheet pan. Bake 30 - 40 min until browned. Pour off grease. Place Meatballs in steam table. Pour Tomato Sauce over Meat. Bake 30 min to *internal temp of 155F for 15 sec.
4						CCP -- Maintain > 140F for only 4 hrs.
5						CCP -- Cool: Product temp must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.



# Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)



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COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1/2 Cup	ⓘ Contains: Broccoli, AllergenSoy, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	11 g	11 g	12 g	300 mg	230 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					CHEESE SAUCE: Melt margarine. Add flour. Stir until smooth; cook 5 min. Add milk gradually, stirring constantly with whisk. Add shredded cheese and spices and continue to simmer until cheese is melted and *internal temp reaches 145F/62C held for 15 sec.
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
Flour, All Purpose	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	
Milk, 2% Bulk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
Cheese, Cheddar Shredded	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	
Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
<b>3</b>					Steam or boil vegetables until just tender. Drain. Fold sauce into vegetables.
Broccoli, Florets Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	
<b>4</b>					CCP--Maintain >135F/57C for only 4 hr.

# Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	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 Mashed Garlic f/Fresh (Garlic Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	32 g	4 g	3.5 g	50 mg	95 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	7 lb 12 Oz	15 lb 8 Oz	23 lb 4 Oz	31 lb	Peeled & Sliced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes in large pot and cover with Water. Cook until tender and drain.  Heat Milk with Butter, Garlic & Salt, and just until scalded.
<b>2</b> Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Hot	
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Garlic, Whole Fresh	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Minced	
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>						Combine Potatoes and Milk mixture with a mixer on medium speed until fluffy. *Maintain >140F/60C.
<b>4</b>						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<b>Contains: Citrus</b>

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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

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



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

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

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

# 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.

# Soup Potato Bacon Hmd (Potato Bacon Soup)



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COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	6 fl. oz	ⓘ Contains: AllergenSoy, Chicken, AllergenMilk, Corn, Garlic, Celery, Pork & Products, AllergenWheat, Potatoes, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	21 g	5 g	4 g	125 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Potato, Red Fresh	4 lb	8 lb	12 lb	16 lb	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bacon, Pork 18-26 ct	4 Oz	8 Oz	12 Oz	1 lb		Peel & dice potatoes. Steam or boil potatoes until tender. CCP -- Maintain >135F/57C.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Fry bacon until crisp. Drain well. Mince bacon. CCP -- Maintain <40F/4C until ready to use.
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
<b>3</b> Salt, Iodized	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
Pepper, White	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		
<b>4</b> Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Melt margarine. Add flour and seasoning. Blend well and heat until well mixed.

# Soup Potato Bacon Hmd (Potato Bacon Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Milk, 2% Bulk	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
<b>5</b>	Celery, Fresh	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Minced	Add base, water, and milk, stirring constantly. Simmer for 10 min.
	Onion, Yellow	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Minced	
<b>6</b>							Add potatoes, bacon, onion, and celery. Heat to *internal temp >145F/63C for 15 sec.
<b>7</b>							Cook Time: 1 1/2 hr
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Salad Edamame Corn RTC (Edamame Corn Salad)

COOK-END TEMP	SERVING SIZE	ALLERGENS
145 °F	1/2 Cup	⚠️ Contains: Beans/Legumes, Corn, Allergen Sulphites, Tomato, Garlic, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	9 g	11 g	4.5 g	75 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Salad	6.25Lbs.	12.5Lbs.	19Lbs.	19Lbs.	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare according to package instructions.
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Pizza Flatbread Chicken BBQ Indv RTB (BBQ Chicken Flatbread)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1 each	ⓘ Contains: AllergenMilk, AllergenWheat, Chicken, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	41 g	17 g	10 g	200 mg	700 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Flatbread Pizza	25	50	75	100	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
					Prepare product per package instructions. Portion according to serving size.
2					CCP -- Maintain >135F/57C. Discard unused product.

# Banana & Pineapple Chunks f/Cnd (Bananas & Pineapples)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Pineapple, Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Pineapple, Chunks JcPk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Drained	Chill pineapple. Mix banana slices gently with pineapple and allow pineapple Juice to cover the bananas to prevent browning. Carefully spoon 1/2 cup portions into fruit dish.
Banana Whole Fresh	9 each	18 each	27 each	36 each	Peeled & Sliced	
<b>3</b>						+CCP - Serve Chilled <40F/4C.

# Banana Whole Fresh (Banana)



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SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Banana Whole Fresh (Banana)

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# 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.

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	3 Oz	<b>Contains: AllergenFish</b>

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

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	26 g	7 g	10 g	150 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Russet/Baking Fresh	5 lb 1 Oz	10 lb 2 Oz	15 lb 3 Oz	20 lb 4 Oz	Peeled & Sliced	Boil or steam potatoes until softened but not totally cooked.
<b>3</b> Pan Coating, Spray	0.5 Oz	1 Oz	1.5 Oz	2 Oz		Place slices of potatoes in pans sprayed with non-stick coating. CCP - Cover and chill <40F until used.
<b>4</b> Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Prepare Sauce: Melt margarine. Add flour and paprika. Stir until smooth, about 2-3 min.
Flour, All Purpose	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Paprika	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>5</b> Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt		Add milk gradually while stirring. Cook until thickened to form a white sauce.
<b>6</b> Cheese, Cheddar Shredded	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz		Add grated cheese to white sauce and stir until cheese is melted. Pour over potatoes. CCP - Maintain >135F/57C until ready to use.



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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7	Margarine, Solids	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		Melt margarine. Combine crumbs and margarine and sprinkle over top of potatoes. Bake at 400F/204C for approximately 25 min. CCP - Cook to internal temp of 165F/74C held for 15 sec.
	Bread Crumbs, Plain	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
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.

# Spinach Seasoned w/Nutmeg f/Frz (Steamed Spinach)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	6 g	5 g	3 g	175 mg	125 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Spinach, Chopped Frz	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Steam or boil spinach 8-10 minutes or until tender and heated through; or prepare according to package instructions.
3 Nutmeg, Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Add seasonings and mix well.
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# 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.

# Gelatin Peach w/Peaches (Peachy Gelatin)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Pork & Products, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	23 g	2 g	0 g	10 mg	70 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	0.63 no. 10 can	1.25 no. 10 can	1.88 no. 10 can	2.5 no. 10 can	Drain Fruit; reserving liquid. Use drained Juice and add Water to provide total liquid needed.
3 Gelatin, Dry Peach	12.5 Oz	1 lb 9 Oz	2 lb 5 Oz	3 lb 2 Oz	Bring liquid to boil. Remove from heat. While stirring liquid with a whip, add Gelatin. Stir until dissolved.
4					Arrange Fruit over bottoms of pans. Pour Gelatin evenly over Fruit. Chill until firm.
5					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.

# Salad Trinity Tossed (Tossed Salad Trinity)

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

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

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

# Beef Goulash Hungarian (Beef Goulash Hungarian)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	Simmer	Solid Spoon	3/4 Cup	<b>ⓘ Contains: AllergenMilk, Onion, Beef, Tomato, Garlic, Mustard, AllergenSulphites, AllergenFish, AllergenWheat, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	17 g	4.5 g	30 mg	400 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	5 lb	10 lb	15 lb	20 lb		Dice meat to desired size. Brown meat and onions in margarine.
<b>2</b> Onion, Yellow	1 Cup	2 Cup	3 Cup	1 Qt	Diced	
Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Mustard, Powder	1.0 tsp	1 3/4 tsp	2 3/4 tsp	1 Tbsp		Combine sugar, seasonings, first portion of water, and other liquid ingredients. Add to meat. Cover and simmer 2 1/2 to 3 hours until meat is tender and reaches internal temp of >145F/63C held for 15 sec.
<b>3</b> Paprika	1 Tbsp 1 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp	1/3 Cup		
Pepper, Cayenne	1/8 tsp	1/8 tsp	1/4 tsp	1/4 tsp		

# Beef Goulash Hungarian (Beef Goulash Hungarian)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Water, Tap	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Sauce, Worcestershire	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		
Vinegar, White	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp		
Ketchup, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Sugar, Brown Light	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		
Garlic, Powder	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
<b>4</b> Flour, All Purpose	4 Oz	8 Oz	12 Oz	1 lb		Mix flour and second portion of water until smooth. Slowly stir into meat mixture and cook until thickened.
Water, Tap	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>5</b>						Serve 3/4 Cup of meat mixture per serving.
<b>6</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.



# Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

# Rice Brown Pilaf (Brown Rice Pilaf)

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

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



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Green Beans, Cut Frz 5 lb	10 lb	15 lb	20 lb	Partially drain Vegetable. Steam or boil Vegetable until tender, approximately 10 minutes.
	Margarine, Solids 2 Oz	4 Oz	6 Oz	8 Oz	
3	Salt, Iodized 1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	Add Salt and Margarine.
4	Margarine, Solids 2 Oz	4 Oz	6 Oz	8 Oz	Lightly brown Almonds in Margarine, then add Beans. Fold gently. Serve 1/2 C.
	Nuts, Almonds Sliced 12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

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

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

# Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 (2x3~ sq)	<b>ⓘ Contains: AllergenMilk, AllergenWheat, Corn, AllergenEggs, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	21 g	3 g	8 g	30 mg	250 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Baking Mix, Corn Muffin	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb	Stir all ingredients together.
Sugar, Granulated Bulk	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/2 Cup	
Corn, Whole Kernel Frz	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup	
<b>2</b> Corn, Cream Style Cnd	1.0 Cup	2.0 Cup	2 3/4 Cup	3 3/4 Cup	
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	
Sour Cream, Real Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	
Egg, Liquid Frz	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	

# Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
3						Bake, uncovered at 350F for 65-75 min.
4						Test doneness by inserting knife in center and if it comes out clean it should be done. Serve 2"x3" square.
5						Cook Time: 65-75 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.

# 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.

# 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.



# Knoephla Soup (Knoephla Soup )

SERVING SIZE	ALLERGENS
1 Cup	<b>ⓘ Contains: Potatoes, AllergenMilk, AllergenEggs, AllergenWheat, Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
480 kcal	72 g	13 g	16 g	175 mg	490 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Potato, Russet/Baking Fresh	7.5 each	15 each	22.5 each	30 each	Diced Small	In a large skillet, melt butter; cook potatoes and onion for 20-25 minutes or until tender. Add milk; heat through but do not boil. Set aside. In a Dutch oven, bring water and bouillon to a boil.
Onion, White	2.5 each	5 each	7.5 each	10 each	Grated	
Milk, 1% Bulk	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		
<b>2</b> Water, Tap	3 3/4 Qt	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 5 Cup		
G-F LS Base, Chicken-like Bouillon Vegan	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup		
Butter, Salted Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt	Cubed	

# Knoephla Soup (Knoephla Soup )

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Knoephla	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		Meanwhile, combine first four Knoepfla ingredients to form a stiff dough. Roll into a 1/2-in. rope. Cut into 1/4-in. pieces and drop into boiling broth. Reduce heat; cover and simmer for 10 minutes. Add the potato mixture; heat through. Sprinkle with parsley if desired.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Knoephla (Knoephla )

SERVING SIZE	ALLERGENS
1/2 Cup	<b>ⓘ Contains: AllergenEggs, AllergenWheat, AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	65 g	11 g	8 g	100 mg	460 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Whisk the flour, baking powder, salt, and pepper together in a bowl. Whisk together the egg and milk in a separate bowl; stir in the flour mixture until a smooth dough is formed.
Egg, Shell Large	6.25 each	12.5 each	18.75 each	25 each	
Baking Powder	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
Water, Tap	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
Flour, All Purpose	4.0 Qt	1 Gal 6 Cup	2 Gal 6 Cup	3 Gal 6 Cup	
Butter, Salted Bulk	3/4 Cup	1 1/2 Cup	2 1/3 Cup	3 1/8 Cup	

# Knoephla (Knoephla )

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
	Bread Crumbs, Plain	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	
<b>3</b>						Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, cut the dough into bite sized pieces with scissors into the boiling water. Boil for 20 minutes; drain well.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Sausage Polish & Sauerkraut (Kielbasa & Sauerkraut)



Health & Human Services



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	3/4 Cup	ⓘ Contains: Pork & Products, Onion, Garlic, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
420 kcal	15 g	17 g	32 g	50 mg	1290 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Bacon, Pork 18-26 ct	1.5 slice	3 slice	4.5 slice	6 slice		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fry Bacon. Remove from pan and reserve drippings. CCP-Maintain >140F/60C.
	Water, Tap	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt	1 3/4 Qt	
Sugar, Granulated Bulk	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
Onion, Yellow	6.17 each	12.33 each	18.5 each	24.67 each	Chopped	
2 Garlic, Whole Fresh	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Minced	
	Pepper, Red Flakes	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	
	Salt, Seasoning	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup	
	Caraway Seed	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	

# Sausage Polish & Sauerkraut (Kielbasa & Sauerkraut)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cabbage, Green Fresh	3 1/4 Qt	1 Gal 4 Cup	2 Gal 3 Cup	3 Gal 2 Cup		
<b>3</b>	Sausage, Polish/Kielbasa Pork	6 lb 2 Oz	12 lb 4 Oz	18 lb 6 Oz	24 lb 8 Oz	Chopped	Add Sausage to pan. Cook, covered, for an additional 10-15 min until *internal temp >155F/68C held for 15 sec. Crumble cooked Bacon over top.
<b>4</b>							CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hr - one time only.

# Peas Green w/Paprika f/Cnd (Seasoned Green Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	5 g	2 g	30 mg	20 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Peas, Green Cnd	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	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 to internal temperature 155F held 15 sec. Drain. Add Paprika 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.

# Cobbler Apple f/Cnd Filling Hmd (Apple Fruit Cobbler)



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COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Bake	#8 scoop	1/2 Cup	ⓘ Contains: AllergenEggs, Apples, AllergenMilk, AllergenSoy, AllergenWheat, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	51 g	2 g	4.5 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Sift Flour, Sugar, Baking Powder, and Salt into mixer bowl.
Flour, All Purpose	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz		
Sugar, Granulated Bulk	2 Oz	4 Oz	6 Oz	8.5 Oz		
Baking Powder	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
<b>3</b>					thawed	Add Eggs to Dry Ingredients and blend at low speed.
<b>4</b>						Add Butter and mix at medium speed until well combined into soft dough. Use 1 lb of dough per 25 portions rolled out into rectangle big enough to cover pan.
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		



# Cobbler Apple f/Cnd Filling Hmd (Apple Fruit Cobbler)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Pan Coating, Spray	5 g	5 g	5 g	5 g		Place Apple Pie Filling in one 2in. full size common pan (12x20) sprayed with Pan Spray. Cover Filling with dough and seal to edges.
	Pie Filling, Apple Cnd	1 Gal	2 Gal	3 Gal	4 Gal		
6	Milk, 2% Bulk	2/3 Cup	1 1/3 Cup	2 Cup	2 2/3 Cup	If Desired	If desired, brush with added Milk and Sugar. Perforate top to vent steam. Bake 20-30 min. in convection oven set to 350F/175C or for 30-40 min. in conventional oven set to 400F/200C or until top is golden brown.
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.

# Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

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

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.

# 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.

# 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.

# Salad Garden (Garden Salad)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Lettuce, Iceberg	4 head	8 head	12 head	16 head	Diced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Lettuce in serving bowl or plate. Top with Tomatoes and Cucumbers.	
	Lettuce, Romaine Fresh	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb		Diced
	Tomato, Grape Fresh	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Cucumber, Fresh	3 lb	6 lb	9 lb	12 lb		Peeled & Sliced

# Seafood Fettucini Alfredo f/Mix (Seafood Fettucini Alfredo)



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COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 Cup	ⓘ Contains: AllergenShellfish, AllergenCrustacean, AllergenWheat, AllergenFish, AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	55 g	15 g	7 g	125 mg	710 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Crab, Imitation	3 lb 4 Oz	6 lb 8 Oz	9 lb 12 Oz	13 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pasta, Fettuccini Dry	3 lb	6 lb	9 lb	12 lb		Preprep: Defrost Imitation Crab under refrigeration. *Maintain <40F.
3 Sauce Mix, Alfredo	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Cook Pasta in Water according to package directions to tender but firm to the bite. Drain. Maintain >140F until needed.
Water, Tap	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Boiled	
4 Cheese, Parmesan Grated	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup		Prepare Alfredo Sauce as per package instructions. If instructions are absent, add Mix to boiling Water gradually while stirring briskly with a wire whip until smooth. Reduce heat; cover, until thickened, stirring frequently.
5						Combine Pasta, Sauce and Imitation Crab. Place mixture in 2" counter pans. Sprinkle with Parmesan Cheese. Bake until top in slightly golden and internal temp of 155F held 15 secs.

# Seafood Fettucini Alfredo f/Mix (Seafood Fettucini Alfredo)

	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.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

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

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



# Fruit Cup Strawberry Blueberry (Strawberry Blueberry Fruit Cup)

SERVING SIZE	ALLERGENS
1/2 cup each	ⓘ Contains: Strawberry, Blueberry

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	6.5 cups	13 cups	20 cups	26 cups	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Blueberries	6.5 cups	13 cups	20 cups	26 cups	Mix Strawberries and Blueberries. Portion into 1/2 cup serving size.
3					CCP -- Maintain <40F/4C.
4					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.

# 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.

# 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.

# Asian Pepper Steak (Asian Pepper Steak )

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

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

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

# Asian Pepper Steak (Asian Pepper Steak )

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Green Fresh	4 lb	8 lb	12 lb	16 lb	Julienne	
5							CCP-- Maintian >140F for only 4 hrs.
6							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7							CCP -- Reheat: Product must reach >165F for 15 sec within 1 hr - one time only.

# Rice Fried w/Egg Frz Bulk (Fried Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1/2 Cup	⚠ Contains: Rice, AllergenEggs, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2 g	10 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare product as per package instructions. CCP -- Heat to internal temp of 145F/62C held for 15 sec.
2					Portion according to serving size.
3					CCP -- Maintain >135F/57C; discard unused product.

# Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CPP- Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

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

# Vegetable Mix Asian f/Indv Frz (Asian Vegetable Mix)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	3 g	2 g	40 mg	30 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Broccoli, Florets Frz	1 lb 15 Oz	3 lb 14 Oz	5 lb 13 Oz	7 lb 12 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Green Beans, Cut Frz	1 lb 15 Oz	3 lb 14 Oz	5 lb 13 Oz	7 lb 12 Oz		
Mushrooms, Fresh	1 lb 3 Oz	2 lb 5 Oz	3 lb 8 Oz	4 lb 11 Oz	Sliced	
<b>1</b> Pepper, Red Frz	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz	Julienne	
Onion, Yellow	9 Oz	1 lb 2 Oz	1 lb 11 Oz	2 lb 4 Oz	Sliced	
Ginger, Ground	1 Tbsp	2 Tbsp	3 Tbsp 1 tsp	1/4 Cup		
Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
<b>2</b>						Steam or boil vegetables until tender. Add seasoning and mix well.

## Vegetable Mix Asian f/Indv Frz (Asian Vegetable Mix)

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

# Pear Slices JcPk Cnd (Chilled Pears)

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

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

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

# Sauce Sweet & Sour (Sweet & Sour Sauce)



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COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1 fl. oz	ⓘ Contains: AllergenSoy, AllergenWheat, Corn, Tomato, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	0 g	0 g	0 mg	90 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	5.5 Oz	11 Oz	1 lb 1 Oz	1 lb 6 Oz	Combine sugar and cornstarch in kettle with stove at medium heat.
	Cornstarch	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup	1/2 Cup	
3	Sauce, Soy Bulk LS	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup	1/2 Cup	Add vinegar, water, and soy sauce to dry ingredients and stir until smooth..
	Vinegar, White	1/2 Cup	1 1/8 Cup	1 2/3 Cup	2 1/4 Cup	
	Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt	
4	Ketchup, Bulk	1/2 Cup	3/4 Cup	1 1/4 Cup	1 2/3 Cup	Stir ketchup into mixture in kettle. Cook until translucent, stirring constantly.
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.

# Sauce Sweet & Sour (Sweet & Sour Sauce)

	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.

# 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.



## 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**  
**October**  
**Lunch**  
**2023**

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	830 kcal
Protein (g)	30 (g)	43 (g)
Carbohydrate	NA	107 (g)
Fat	30-35% of calories, less is acceptable	32%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	601.48 mcg
Vitamin B-6	.6 mg	1.14 mg
Vitamin B12	.8 mcg	2.72 mcg
Vitamin C	30 mcg	63.44 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	700 mg
Potassium	1567 mg	1700 mg
Sodium	<1100mg avg over one month	1000 mg

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

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

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

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>740</b>	<b>113</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>34</b>	<b>21</b>	<b>500</b>	<b>7</b>	<b>1500</b>	<b>910</b>	<b>519</b>	<b>270</b>	<b>23</b>	<b>4</b>	<b>14</b>	<b>126</b>	<b>55</b>	<b>0</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Beets Diced w/Nutmeg f/Cnd	50	8	2	0	0	6	0	1	2	20	2	175	220	17.93	19.47	4.16	0.4	2.27	30.57	0	0.13	0
1/2cup Potato Wedges Oven Brown f/Fresh	130	24	2	0	0	2	0	3	4	10	0.5	450	85	55.62	43.7	13.94	0.6	4.78	9.99	0	0.26	0.5
1 Each Beef Roast on Bun	240	27	1	0	0	4	0	19	6	100	3	300	390	179.81	15.13	0.68	0	3.55	56.1	40	0.01	2
1/2cup Cobbler Apple Apricot Hmd	220	41	2	0	0	25	0	2	6	20	1	175	105	32.25	49.46	3.76	0	3.21	17.53	0	0	2
<b>Lunch TOTAL</b>	<b>740</b>	<b>113</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>34</b>	<b>20.5</b>	<b>500</b>	<b>6.6</b>	<b>1500</b>	<b>910</b>	<b>519.25</b>	<b>270.41</b>	<b>22.54</b>	<b>4.0</b>	<b>14.06</b>	<b>126.49</b>	<b>55</b>	<b>0.4</b>	<b>6.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>795</b>	<b>86</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>44</b>	<b>35</b>	<b>480</b>	<b>6</b>	<b>1600</b>	<b>840</b>	<b>688</b>	<b>309</b>	<b>43</b>	<b>4</b>	<b>72</b>	<b>212</b>	<b>75</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Breast Wine Sauce	180	3	0	0	0	0	0	19	9	10	0.75	300	40	182.17	7.35	0.05	0	4.86	13.67	60	0.03	1
1/2cup Artichoke Salad w/Vinaigrette	170	9	3	0	0	3	0	3	15	20	0.75	350	210	73.15	16.81	10.02	0	19.49	47.52	0	0.06	1
1/2cup Pasta Bow Tie La Scala	120	19	1	0	0	1	0	4	3.5	20	1.25	125	210	55.31	34.61	1.75	0.6	6.4	57.56	0	0.23	0.5
1/2cup Oranges Mandarin JcPk w/Whip Topping	90	22	1	0	0	21	0	1	1	10	0.5	125	15	13.77	54.56	25.64	0	0.25	6.47	0	0	1
1 Each 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 Asparagus Seasoned f/Fresh	35	4	2	0	0	2	0	3	2	30	2	200	115	47.63	52.93	5.21	0.4	39.88	47.25	0	0.13	0
<b>Lunch TOTAL</b>	<b>795</b>	<b>86</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>44</b>	<b>34.5</b>	<b>480</b>	<b>6.35</b>	<b>1600</b>	<b>840</b>	<b>687.75</b>	<b>308.91</b>	<b>42.71</b>	<b>4.0</b>	<b>71.63</b>	<b>211.77</b>	<b>75</b>	<b>0.45</b>	<b>5.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>840</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>44</b>	<b>35</b>	<b>655</b>	<b>5</b>	<b>1450</b>	<b>1020</b>	<b>454</b>	<b>1074</b>	<b>11</b>	<b>4</b>	<b>35</b>	<b>74</b>	<b>95</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Savory f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	70	29.04	786.2	2.73	0.4	16.23	10.5	5	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1/2cup Potato Hashbrown Cheesy f/Frz	200	13	1	0	0	0	0	6	14	150	0.75	225	140	117.63	63.44	5.58	0.2	5.64	7.8	20	0.2	4
1 Each Fish Cod Crusted Potato Chive	210	14	1	0	0	0	0	22	7	40	1	450	390	0	0	0	0	0	0	50	0	0.5
1 Each Applesauce Cinnamon PC	90	23	2	0	0	19	0	0	0	0	0.2	100	5	7.65	0	2.17	0	0.77	1.28	0	0	0
<b>Lunch TOTAL</b>	<b>840</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>44</b>	<b>34.5</b>	<b>655</b>	<b>4.8</b>	<b>1450</b>	<b>1020</b>	<b>454.06</b>	<b>1074.19</b>	<b>10.59</b>	<b>3.6</b>	<b>35.44</b>	<b>74.48</b>	<b>95</b>	<b>0.72</b>	<b>7.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>720</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>42</b>	<b>18</b>	<b>550</b>	<b>5</b>	<b>1800</b>	<b>1100</b>	<b>719</b>	<b>261</b>	<b>98</b>	<b>4</b>	<b>113</b>	<b>114</b>	<b>85</b>	<b>0</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Pears w/Cranberry Sauce	100	27	2	0	0	21	0	1	0	10	0.5	125	10	13.29	0.69	1.93	0	0.78	1.34	0	0	0
3oz Chicken Supreme Breast	140	3	0	0	0	0	0	20	4.5	20	0.75	350	330	190.71	12.08	2.06	0.2	7.9	8.57	65	0.01	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato & Onions f/Fresh	110	22	2	0	0	2	0	2	2	20	0.4	400	170	50.8	18.46	12.96	0.4	2.48	11.64	0	0.13	0
1/2cup Broccoli Cuts f/Fresh	45	7	2	0	0	2	0	3	2	50	0.75	300	45	60.13	46.6	80.96	0.4	95.03	57.23	0	0.13	0
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
<b>Lunch TOTAL</b>	<b>720</b>	<b>111</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>42</b>	<b>17.5</b>	<b>550</b>	<b>4.5</b>	<b>1800</b>	<b>1100</b>	<b>718.67</b>	<b>261.43</b>	<b>97.92</b>	<b>4.0</b>	<b>113.0</b>	<b>113.8</b>	<b>85</b>	<b>0.45</b>	<b>3.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>905</b>	<b>118</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>55</b>	<b>0</b>	<b>48</b>	<b>33</b>	<b>760</b>	<b>7</b>	<b>1700</b>	<b>690</b>	<b>713</b>	<b>638</b>	<b>20</b>	<b>5</b>	<b>114</b>	<b>185</b>	<b>105</b>	<b>1</b>	<b>11</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Green Beans Herb f/Frz	70	12	6	0	0	3	0	3	2.5	100	1.5	300	25	53.48	65.1	7.48	0.4	73.64	42.3	0	0.18	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Roll Onion RTS	180	30	1	0	0	3	0	7	3.5	125	2.25	100	270	69.17	0.57	0.11	0	6.01	57.27	5	0	1
1/2cup Grapes Fresh	80	21	1	0	0	18	0	1	0	20	0.5	225	5	22.68	3.4	3.63	0	16.56	2.27	0	0	0
1 3z+1/4C Pork Loin Honey Apple	290	20	3	0	0	15	0	21	15	40	1.25	500	55	213.11	5.84	6.29	0.6	3.88	8.79	65	0.01	4.5
1/2cup Macaroni & Cheese Pumpkin	160	22	2	0	0	3	0	7	6	125	1.5	175	190	120.08	379.8	1.98	0.6	8.98	62.26	15	0.24	2.5
<b>Lunch TOTAL</b>	<b>905</b>	<b>118</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>55</b>	<b>0</b>	<b>48</b>	<b>32.5</b>	<b>760</b>	<b>7.1</b>	<b>1700</b>	<b>690</b>	<b>712.96</b>	<b>638.31</b>	<b>19.5</b>	<b>4.6</b>	<b>114.37</b>	<b>185.24</b>	<b>105</b>	<b>0.61</b>	<b>10.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>79</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>45</b>	<b>0</b>	<b>42</b>	<b>29</b>	<b>665</b>	<b>4</b>	<b>1490</b>	<b>875</b>	<b>648</b>	<b>1155</b>	<b>36</b>	<b>4</b>	<b>118</b>	<b>99</b>	<b>135</b>	<b>1</b>	<b>10</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Parsley f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
1/2cup Cheese & Rice Casserole	180	15	1	0	0	1	0	7	11	175	0.75	125	270	121.8	93.36	13.35	0.2	68.5	26.03	25	0.27	5
3oz Chicken Baked Thighs Bnls	100	0	0	0	0	0	0	17	3.5	10	0.75	225	220	157.96	11.09	0	0	2.94	3.53	80	0.02	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 Cabbage w/Tomato & Cucumber Salad	60	10	1	0	0	8	0	2	2	20	0.4	300	10	28.36	39.16	15.68	0	16.16	18.32	0	0.01	0
1/2cup Peaches & Cream Sliced JcPk Cnd	90	19	2	0	0	17	0	2	2.5	30	0.4	200	20	38.79	41.58	4.49	0	2.29	4.18	10	0.09	1.5
1 Slice Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
<b>Lunch TOTAL</b>	<b>685</b>	<b>79</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>45</b>	<b>0</b>	<b>42</b>	<b>28.5</b>	<b>665</b>	<b>4.4</b>	<b>1490</b>	<b>875</b>	<b>648.39</b>	<b>1155.21</b>	<b>36.32</b>	<b>3.6</b>	<b>117.95</b>	<b>99.43</b>	<b>135</b>	<b>0.71</b>	<b>9.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>865</b>	<b>115</b>	<b>17</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>37</b>	<b>36</b>	<b>575</b>	<b>6</b>	<b>1875</b>	<b>1015</b>	<b>881</b>	<b>1150</b>	<b>62</b>	<b>7</b>	<b>226</b>	<b>255</b>	<b>465</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
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 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
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
2 Each Waffle Blueberry	140	25	6	0	0	3	0	5	5	40	1.5	125	340	255.88	0	0.71	0	0	10.63	0	0.07	0.5
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
1cup Potato Sweet Hash Bacon Apple Brussels	230	36	8	0	0	12	0	6	8	75	1.5	700	260	113.4	695.06	51.16	0	212.2	107.34	5	0	1.5
<b>Lunch TOTAL</b>	<b>865</b>	<b>115</b>	<b>17</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>37</b>	<b>35.5</b>	<b>575</b>	<b>5.65</b>	<b>1875</b>	<b>1015</b>	<b>881.01</b>	<b>1149.51</b>	<b>61.74</b>	<b>6.5</b>	<b>225.56</b>	<b>255.49</b>	<b>465</b>	<b>0.65</b>	<b>9.0</b>



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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>850</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>38</b>	<b>40</b>	<b>555</b>	<b>6</b>	<b>1550</b>	<b>790</b>	<b>593</b>	<b>603</b>	<b>29</b>	<b>6</b>	<b>30</b>	<b>111</b>	<b>80</b>	<b>2</b>	<b>10</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1/2cup 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 Fruit Cup Soft Cnd No Banana	50	13	1	0	0	11	0	0	0	10	0.3	125	5	13.43	8.35	2.43	0	0.96	2.34	0	0	0
1/2cup Potato Mashed f/Fresh	180	26	2	0	0	3	0	4	8	50	0.5	500	130	84.16	90.41	14.58	1.5	8.79	11.77	5	0.55	1.5
3oz Steak Salisbury w/Gravy Hmd f/Hmd Patty	250	6	0	0	0	1	0	15	18	40	2	250	180	141.48	30.77	2.89	0.6	4.53	15.15	55	1.06	6
<b>Lunch TOTAL</b>	<b>850</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>38</b>	<b>39.5</b>	<b>555</b>	<b>5.9</b>	<b>1550</b>	<b>790</b>	<b>592.59</b>	<b>602.98</b>	<b>29.49</b>	<b>5.5</b>	<b>29.58</b>	<b>110.55</b>	<b>80</b>	<b>2.13</b>	<b>10.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>795</b>	<b>85</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>41</b>	<b>37</b>	<b>520</b>	<b>5</b>	<b>1650</b>	<b>750</b>	<b>658</b>	<b>1043</b>	<b>104</b>	<b>4</b>	<b>75</b>	<b>120</b>	<b>85</b>	<b>0</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Raisin Salad f/Fresh	160	15	4	0	0	9	0	2	11	50	0.75	500	150	57.73	780.18	7.99	0	37.52	43.76	0	0	1.5
1/2cup Rice Confetti No Base	100	17	1	0	0	0	0	2	2.5	20	0.3	75	100	35.41	7.27	9.06	0	6.36	4.15	0	0.01	0
1 2x3 Strawberry Bavarian f/Frz Berry	80	18	1	0	0	14	0	1	1.5	0	0.3	0	60	17.17	0.26	31.54	0	0.36	0.34	0	0	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Peas Sugar Snap w/Paprika f/Frz	50	7	2	0	0	4	0	3	2	40	2	200	20	48.48	69.7	54.43	0.4	24.82	38.17	0	0.13	0
3oz Pork Roast Ginger	200	2	0	0	0	1	0	20	13	30	1	400	160	198.01	2.02	1.02	0.6	0.03	1.98	65	0	4.5
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
<b>Lunch TOTAL</b>	<b>795</b>	<b>85</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>41</b>	<b>36.5</b>	<b>520</b>	<b>5.2</b>	<b>1650</b>	<b>750</b>	<b>657.93</b>	<b>1043.03</b>	<b>104.08</b>	<b>4.0</b>	<b>74.79</b>	<b>119.65</b>	<b>85</b>	<b>0.32</b>	<b>9.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>775</b>	<b>90</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>44</b>	<b>31</b>	<b>605</b>	<b>5</b>	<b>1740</b>	<b>785</b>	<b>682</b>	<b>402</b>	<b>44</b>	<b>4</b>	<b>69</b>	<b>149</b>	<b>120</b>	<b>1</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Tomato Onion Salad f/Fresh	150	15	3	0	0	10	0	3	10	40	1	650	220	64.3	99.62	34.04	0	25.78	39.54	0	0.04	1
1/2cup Broccoli & Noodles Parmesan	160	20	1	0	0	2	0	8	7	125	1.25	150	180	135.18	62.7	6.03	0.4	17.61	61.4	35	0.22	2.5
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
3oz Chicken Breast Roasted Herb Tarragon	130	1	0	0	0	0	0	20	4.5	20	0.75	350	95	186.1	37.88	1.86	0.4	15.94	11.72	65	0.18	1
1/2cup Pear Halves Ginger Cinnamon Nutmeg Whip	140	29	2	0	0	22	0	1	3	30	0.75	150	25	30.04	18.59	1.91	0.4	2.7	2.47	0	0.13	1
<b>Lunch TOTAL</b>	<b>775</b>	<b>90</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>44</b>	<b>31.0</b>	<b>605</b>	<b>4.85</b>	<b>1740</b>	<b>785</b>	<b>682.31</b>	<b>402.39</b>	<b>43.9</b>	<b>4.2</b>	<b>68.55</b>	<b>148.73</b>	<b>120</b>	<b>0.76</b>	<b>7.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>765</b>	<b>98</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>42</b>	<b>30</b>	<b>640</b>	<b>6</b>	<b>1665</b>	<b>735</b>	<b>652</b>	<b>427</b>	<b>99</b>	<b>6</b>	<b>260</b>	<b>256</b>	<b>95</b>	<b>1</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 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 Brussels Sprouts f/Frz	50	8	4	0	0	2	0	4	2	30	0.5	300	30	51.2	62.44	41.46	0.4	178.13	91.69	0	0.13	0
3oz Fish Pollock A L'Orange Bkd	140	2	0	0	0	1	0	16	7	75	0.4	350	125	183.08	76.64	8.06	2	7.39	6.39	60	0.46	1
1/2cup Coleslaw Pineapple	120	20	2	0	0	16	0	2	6	50	0.75	250	45	30.19	12.42	34.9	0	59.12	36.63	5	0.05	1
1/2cup Fruit Mix Tropical Frz Bulk	60	15	2	0	0	0	0	1	0	20	0.75	150	10	17.01	41.59	3.59	0	0	5.67	0	0	0
1/2cup Pasta Orzo Mediterranean	200	28	2	0	0	2	0	7	8	75	2	175	260	103.84	50	10.95	0.4	8.97	81.8	10	0.16	2
<b>Lunch TOTAL</b>	<b>765</b>	<b>98</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>42</b>	<b>29.5</b>	<b>640</b>	<b>5.5</b>	<b>1665</b>	<b>735</b>	<b>652.01</b>	<b>426.69</b>	<b>99.02</b>	<b>5.8</b>	<b>260.13</b>	<b>255.78</b>	<b>95</b>	<b>0.99</b>	<b>6.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>790</b>	<b>105</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>38</b>	<b>29</b>	<b>620</b>	<b>7</b>	<b>1325</b>	<b>800</b>	<b>622</b>	<b>290</b>	<b>42</b>	<b>4</b>	<b>100</b>	<b>171</b>	<b>100</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Noodles Parslied	120	20	1	0	0	1	0	4	3	20	1.25	100	125	66.82	23.32	0.32	0.4	5.68	63.08	25	0.15	0.5
1/2cup Green Beans Herb f/Frz	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1cup Spinach Orange Salad w/Dressing	110	22	0	0	0	21	0	0	3	20	0.4	100	15	9.72	42.65	4.5	0	40.07	18.69	0	0.01	0
3/4cup Beef Burgundy f/Cubes	120	5	1	0	0	1	0	17	3.5	20	2	350	160	167.57	5.45	1.15	0.2	1.76	4.31	50	0.17	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Berries Mixed Fresh w/Whip Topping	80	14	4	0	0	9	0	2	3.5	20	0.5	150	10	24.51	2.57	32.22	0	10.7	17.35	0	0	2.5
1 Each 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
<b>Lunch TOTAL</b>	<b>790</b>	<b>105</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>38</b>	<b>29.0</b>	<b>620</b>	<b>6.75</b>	<b>1325</b>	<b>800</b>	<b>621.64</b>	<b>290.14</b>	<b>42.05</b>	<b>3.8</b>	<b>100.33</b>	<b>171.09</b>	<b>100</b>	<b>0.6</b>	<b>9.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>835</b>	<b>115</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>34</b>	<b>32</b>	<b>570</b>	<b>4</b>	<b>1630</b>	<b>695</b>	<b>586</b>	<b>341</b>	<b>71</b>	<b>5</b>	<b>113</b>	<b>118</b>	<b>65</b>	<b>2</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 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 Cabbage Roll Stuffed Hmd	340	41	4	0	0	4	0	14	14	100	2	450	190	179.19	38.64	46.83	0.4	89.8	59.16	40	0.82	4.5
1 2x3 Gelatin Raspberry f/Fresh	90	19	1	0	0	16	0	2	1.5	10	0.2	40	90	30.51	0.61	4.95	0	1.79	4.48	0	0	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Zucchini Seasoned f/Frz	30	4	1	0	0	2	0	2	2	20	0.5	200	20	25.51	27.52	4.81	0.4	5.88	9.09	0	0.13	0
1/2cup Potato Mashed f/Fresh	180	26	2	0	0	3	0	4	8	50	0.5	500	130	84.16	90.41	14.58	1.5	8.79	11.77	5	0.55	1.5
<b>Lunch TOTAL</b>	<b>835</b>	<b>115</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>34</b>	<b>32.0</b>	<b>570</b>	<b>4.3</b>	<b>1630</b>	<b>695</b>	<b>586.06</b>	<b>340.78</b>	<b>71.23</b>	<b>5.3</b>	<b>112.78</b>	<b>118.1</b>	<b>65</b>	<b>1.69</b>	<b>9.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>110</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>49</b>	<b>30</b>	<b>850</b>	<b>9</b>	<b>2075</b>	<b>955</b>	<b>743</b>	<b>1152</b>	<b>78</b>	<b>5</b>	<b>875</b>	<b>430</b>	<b>120</b>	<b>1</b>	<b>11</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup 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 Each Roll Onion RTS	180	30	1	0	0	3	0	7	3.5	125	2.25	100	270	69.17	0.57	0.11	0	6.01	57.27	5	0	1
1cup Turkey Mornay f/Pulled	210	10	2	0	0	4	0	24	8	150	1.25	400	190	255.49	115.37	29.47	1.5	68.61	35.61	75	0.38	2.5
1cup Spinach w/Garlic Butter	90	7	4	0	0	1	0	5	7	175	4.5	950	210	82.26	815.7	46.02	0	790.44	317.14	20	0	4
1/2cup Pear Halves Ginger Cinnamon Nutmeg Whip	140	29	2	0	0	22	0	1	3	30	0.75	150	25	30.04	18.59	1.91	0.4	2.7	2.47	0	0.13	1
<b>Lunch TOTAL</b>	<b>855</b>	<b>110</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>49</b>	<b>29.5</b>	<b>850</b>	<b>9.35</b>	<b>2075</b>	<b>955</b>	<b>743.36</b>	<b>1152.27</b>	<b>77.52</b>	<b>5.3</b>	<b>875.13</b>	<b>430.31</b>	<b>120</b>	<b>0.82</b>	<b>10.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>745</b>	<b>112</b>	<b>16</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>42</b>	<b>17</b>	<b>550</b>	<b>8</b>	<b>1675</b>	<b>870</b>	<b>659</b>	<b>697</b>	<b>40</b>	<b>4</b>	<b>66</b>	<b>178</b>	<b>85</b>	<b>1</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 cup Vegetable Mix Italian Blend f/Frz	150	24	8	0	0	6	0	6	4	50	1.75	350	95	93.1	425.28	5.82	0.6	48.54	34.98	0	0.26	0.5
1/2cup Fruit Salad w/Cherry Filling	80	20	1	0	0	0	0	1	0	20	0.4	175	10	19.14	38.51	4.52	0	0	4.19	0	0	0
3oz Chicken Cacciatore Thighs Bnls	130	11	2	0	0	5	0	16	3	50	2.25	450	340	158.4	16.75	23.73	0	5.83	18.61	65	0.01	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 Pasta Angel Hair in Marinara Sc	160	28	2	0	0	3	0	5	3	40	2	200	140	72.1	33.12	6.3	0.4	5.58	81.3	0	0.16	0.5
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
<b>Lunch TOTAL</b>	<b>745</b>	<b>112</b>	<b>16</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>0</b>	<b>42</b>	<b>17.0</b>	<b>550</b>	<b>7.5</b>	<b>1675</b>	<b>870</b>	<b>659.26</b>	<b>697.26</b>	<b>40.42</b>	<b>4.0</b>	<b>65.75</b>	<b>178.43</b>	<b>85</b>	<b>0.61</b>	<b>4.0</b>



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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>825</b>	<b>120</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>39</b>	<b>27</b>	<b>530</b>	<b>6</b>	<b>1625</b>	<b>1120</b>	<b>661</b>	<b>293</b>	<b>39</b>	<b>4</b>	<b>45</b>	<b>105</b>	<b>120</b>	<b>1</b>	<b>6</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 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 Squash Yellow Casserole f/Frz	160	19	2	0	0	2	0	5	8	30	2	250	250	64.1	89.77	9.31	1	16	42.72	35	0.43	1.5
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
1/2cup Potato Mashed Chive f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.61	12.43	22.15	0.2	3.67	12.55	0	0.08	0
3oz Chicken Thighs Garlic & Sage	140	2	0	0	0	0	0	14	8	20	1	200	190	132.08	5.88	1.08	0	11.5	4.13	65	0.01	1.5
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
<b>Lunch TOTAL</b>	<b>825</b>	<b>120</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>39</b>	<b>26.5</b>	<b>530</b>	<b>5.8</b>	<b>1625</b>	<b>1120</b>	<b>661.24</b>	<b>293.24</b>	<b>39.25</b>	<b>4.2</b>	<b>44.84</b>	<b>105.34</b>	<b>120</b>	<b>0.7</b>	<b>5.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>995</b>	<b>126</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>41</b>	<b>42</b>	<b>710</b>	<b>9</b>	<b>1650</b>	<b>1220</b>	<b>681</b>	<b>346</b>	<b>128</b>	<b>4</b>	<b>138</b>	<b>227</b>	<b>100</b>	<b>1</b>	<b>12</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Green Beans 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
1/2cup Crisp Blueberry & Strawberry	180	31	3	0	0	19	0	2	6	20	1	75	50	31.57	58.63	34.8	0.8	15.05	12.66	0	0.41	1
1/2cup Broccoli Cauliflower Salad f/Fresh	110	8	3	0	0	2	0	3	9	50	0.75	400	115	68.67	20.43	78.52	0	72.33	72.09	0	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3/4cup Tortellini Cheese w/Meat Sauce	410	44	3	0	0	7	0	21	17	175	4.5	550	720	274.89	45.65	10.52	0	7.84	67.03	75	0.68	7
1 Each Breadstick Garlic RTS	130	24	0	0	0	0	0	4	2	75	1.5	75	170	45.32	0	0	0	0	41.8	5	0	0
<b>Lunch TOTAL</b>	<b>995</b>	<b>126</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>41</b>	<b>41.5</b>	<b>710</b>	<b>8.6</b>	<b>1650</b>	<b>1220</b>	<b>681.4</b>	<b>345.86</b>	<b>127.57</b>	<b>4.2</b>	<b>137.52</b>	<b>226.96</b>	<b>100</b>	<b>1.4</b>	<b>11.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>47</b>	<b>32</b>	<b>680</b>	<b>6</b>	<b>1495</b>	<b>860</b>	<b>667</b>	<b>730</b>	<b>18</b>	<b>5</b>	<b>111</b>	<b>235</b>	<b>115</b>	<b>1</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Chicken & Noodles f/Pulled	360	30	1	0	0	3	0	28	14	100	2.5	350	180	236.48	107.4	3.71	2	11.22	84.82	90	0.52	3.5
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 Fruit Cocktail f/JcPk	50	14	1	0	0	12	0	1	0	10	0.3	125	5	15.93	17.06	3.07	0	2.96	3.41	0	0	0
1/2cup Vegetable Mix 5 Way Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
1cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
<b>Lunch TOTAL</b>	<b>855</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>47</b>	<b>31.5</b>	<b>680</b>	<b>6.4</b>	<b>1495</b>	<b>860</b>	<b>667.05</b>	<b>730.38</b>	<b>18.18</b>	<b>5.4</b>	<b>110.58</b>	<b>235.23</b>	<b>115</b>	<b>0.83</b>	<b>8.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>910</b>	<b>107</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>49</b>	<b>37</b>	<b>865</b>	<b>6</b>	<b>2250</b>	<b>1165</b>	<b>850</b>	<b>442</b>	<b>145</b>	<b>6</b>	<b>112</b>	<b>168</b>	<b>160</b>	<b>2</b>	<b>15</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3 Each Meatballs Porcupine w/Sauce	290	18	2	0	0	3	0	18	17	50	3	500	590	195.1	45.58	6.8	0.6	3.81	26.85	110	0.91	6
1/2cup Broccoli Florets & Cheese Sauce f/Frz	180	11	3	0	0	5	0	11	12	300	1	350	230	221.46	194.14	45.61	1.5	103.67	45.97	30	0.46	6
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup Potato Mashed Garlic f/Fresh	170	32	2	0	0	4	0	4	3.5	50	0.5	600	95	97.93	43.77	18.17	0.8	3.58	14.16	5	0.22	1
<b>Lunch TOTAL</b>	<b>910</b>	<b>107</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>49</b>	<b>36.5</b>	<b>865</b>	<b>5.8</b>	<b>2250</b>	<b>1165</b>	<b>849.81</b>	<b>441.54</b>	<b>145.1</b>	<b>5.9</b>	<b>111.81</b>	<b>168.28</b>	<b>160</b>	<b>1.59</b>	<b>14.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>770</b>	<b>111</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>45</b>	<b>24</b>	<b>780</b>	<b>5</b>	<b>1650</b>	<b>1100</b>	<b>759</b>	<b>220</b>	<b>36</b>	<b>5</b>	<b>31</b>	<b>335</b>	<b>45</b>	<b>0</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
6fl. oz Soup Potato Bacon Hmd	130	21	2	0	0	5	0	5	4	125	0.4	400	170	107.33	61.88	6.36	1.5	4.56	15.62	10	0.2	1.5
1/2cup Banana & Pineapple Chunks f/Cnd	60	16	1	0	0	12	0	1	0	10	0.3	175	5	9.75	2.04	8.12	0	0.32	8.6	0	0	0
1 Each Crackers Wheat Rectangle	70	11	1	0	0	2	0	2	2.5	20	0.4	50	105	45.3	0	0	0	2.13	5.7	0	0.01	0
1 Each Pizza Flatbread Chicken BBQ Indv RTB	300	41	5	0	0	4	0	17	10	200	1.5	225	700	211.1	0	15.73	0	0	13.11	20	0.26	4
1/2cup Salad Edamame Corn RTC	110	9	5	0	0	2	0	11	4.5	75	2.25	400	10	151.94	13.49	5.48	0	24	279.6	0	0.01	0.5
<b>Lunch TOTAL</b>	<b>770</b>	<b>111</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>45</b>	<b>23.5</b>	<b>780</b>	<b>4.95</b>	<b>1650</b>	<b>1100</b>	<b>759.06</b>	<b>220.06</b>	<b>35.69</b>	<b>4.5</b>	<b>31.26</b>	<b>334.93</b>	<b>45</b>	<b>0.48</b>	<b>7.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>780</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>52</b>	<b>25</b>	<b>780</b>	<b>6</b>	<b>1875</b>	<b>1000</b>	<b>780</b>	<b>1056</b>	<b>17</b>	<b>4</b>	<b>636</b>	<b>222</b>	<b>125</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Spinach Seasoned w/Nutmeg f/Frz	60	6	4	0	0	1	0	5	3	175	2.25	350	125	57.01	702.24	2.5	0.4	615.55	137.31	0	0.13	0.5
1/2cup Gelatin Peach w/Peaches	90	23	1	0	0	20	0	2	0	10	0.3	125	70	33.56	15.18	2.88	0	1.36	2.82	0	0	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
3oz Fish Lemon Pepper f/RTB	100	0	0	0	0	0	0	22	1	20	0.4	450	190	233.6	0	0	0	0	0	85	0	0
1/2cup Potato Au Gratin f/Fresh	220	26	2	0	0	3	0	7	10	150	0.75	450	170	147.3	114.07	11.82	1	5.71	20.78	20	0.46	4
2 Slice Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
<b>Lunch TOTAL</b>	<b>780</b>	<b>95</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>52</b>	<b>25.0</b>	<b>780</b>	<b>6.05</b>	<b>1875</b>	<b>1000</b>	<b>779.85</b>	<b>1056.04</b>	<b>17.32</b>	<b>4.4</b>	<b>635.75</b>	<b>221.51</b>	<b>125</b>	<b>0.98</b>	<b>7.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>760</b>	<b>95</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>40</b>	<b>30</b>	<b>575</b>	<b>6</b>	<b>1700</b>	<b>945</b>	<b>767</b>	<b>617</b>	<b>61</b>	<b>5</b>	<b>125</b>	<b>212</b>	<b>100</b>	<b>1</b>	<b>7</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Orange Sections Refrigerated	40	11	2	0	0	8	0	1	0	40	0.1	175	0	12.61	9.91	47.93	0	0	27.03	0	0	0
1/2cup Green Beans Almondine f/Frz	140	9	4	0	0	2	0	5	11	75	1.25	250	130	91.99	56.2	3.72	0.6	38.72	27.58	0	0.27	1
1 Each Margarine 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 2x3~ Sq Cornbread Spoonbread f/Corn Bread Mix	160	21	2	0	0	6	0	3	8	30	0.75	75	250	137.38	55.37	0.78	0.6	4.56	31.74	25	0.3	2.5
1 #8 sc. Rice Brown Pilaf	120	25	1	0	0	0	0	3	1	20	0.5	100	10	76.54	0.08	0.08	0	0.23	5.77	5	0	0
1cup Salad Trinity Tossed	25	5	2	0	0	2	0	2	0	30	1	300	10	43.93	286.53	6.43	0	72.9	94.06	0	0	0
3/4cup Beef Goulash Hungarian	150	11	0	0	0	5	0	17	4.5	30	2.25	400	400	169.96	25.6	1.69	0.4	3.19	13.58	50	0.25	1.5
<b>Lunch TOTAL</b>	<b>760</b>	<b>95</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>40</b>	<b>30.0</b>	<b>575</b>	<b>5.95</b>	<b>1700</b>	<b>945</b>	<b>766.85</b>	<b>617.29</b>	<b>60.64</b>	<b>4.6</b>	<b>124.9</b>	<b>212.11</b>	<b>100</b>	<b>1.0</b>	<b>7.0</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
<b>PROVIDER CHOICE</b>																							
<b>DAILY TOTAL</b>	<b>1475</b>	<b>186</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>60</b>	<b>0</b>	<b>52</b>	<b>62</b>	<b>780</b>	<b>10</b>	<b>1700</b>	<b>2355</b>	<b>899</b>	<b>475</b>	<b>41</b>	<b>6</b>	<b>70</b>	<b>280</b>	<b>190</b>	<b>1</b>	<b>25</b>	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
1/2cup Peas Green w/Paprika f/Cnd	90	14	5	0	0	5	0	5	2	30	1.25	200	20	73.75	50.27	10.51	0.4	25.57	48.24	0	0.13	0	
3/4cup Sausage Polish & Sauerkraut	420	15	2	0	0	9	0	17	32	50	2.25	400	1290	179.99	6.84	17.52	0	28.66	23.04	80	0	12	
1 Each Bun Hot Dog Whole Wheat	120	21	2	0	0	3	0	6	1.5	100	1.5	100	200	66.22	11.61	0.56	0	2.92	36.12	0	0.01	0	
1/2cup Cobbler Apple f/Cnd Filling Hmd	240	51	2	0	0	24	0	2	4.5	75	1.25	100	210	90.61	47.66	2.59	0.8	4.94	21.17	10	0.27	1	
1cup Knoephla Soup	480	72	3	0	0	6	0	13	16	175	4	500	490	253.91	174.9	9.86	1.5	2.12	139.08	80	0.56	10	
<b>Lunch TOTAL</b>	<b>1475</b>	<b>186</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>60</b>	<b>0</b>	<b>52</b>	<b>61.5</b>	<b>780</b>	<b>10.35</b>	<b>1700</b>	<b>2355</b>	<b>898.92</b>	<b>474.88</b>	<b>41.05</b>	<b>5.7</b>	<b>69.51</b>	<b>280.0</b>	<b>190</b>	<b>1.15</b>	<b>25.0</b>	

\*Meals labeled as "Provider Choice" are intended to be served on a one time per month basis.

\*Only one labeled meal may be used per month as they vary from the standard nutritional requirements.

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



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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>110</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>36</b>	<b>18</b>	<b>660</b>	<b>7</b>	<b>1685</b>	<b>1200</b>	<b>769</b>	<b>681</b>	<b>120</b>	<b>3</b>	<b>226</b>	<b>387</b>	<b>45</b>	<b>0</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Seafood Fettucini Alfredo f/Mix	340	55	2	0	0	6	0	15	7	125	2.25	225	710	338.17	12.59	0	0	1.17	129.67	25	0.02	2.5
8oz Salad Garden	50	12	4	0	0	6	0	4	0.5	75	1.75	650	30	80.42	419.18	16.74	0	131.74	165.58	0	0	0
1 Slice Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
1 Each Fruit Cup Strawberry Blueberry	35	9	2	0	0	6	0	1	0	20	0.5	175	5	27.22	1.13	66.68	0	2.49	27.22	0	0	0
<b>Lunch TOTAL</b>	<b>685</b>	<b>110</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>36</b>	<b>17.5</b>	<b>660</b>	<b>6.6</b>	<b>1685</b>	<b>1200</b>	<b>768.74</b>	<b>681.39</b>	<b>119.91</b>	<b>3.4</b>	<b>226.36</b>	<b>386.66</b>	<b>45</b>	<b>0.34</b>	<b>4.5</b>

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

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>680</b>	<b>95</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>42</b>	<b>20</b>	<b>490</b>	<b>6</b>	<b>1655</b>	<b>960</b>	<b>626</b>	<b>363</b>	<b>182</b>	<b>3</b>	<b>81</b>	<b>131</b>	<b>85</b>	<b>0</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Pear Slices JcPk Cnd	60	17	2	0	0	12	0	0	0	20	0.4	125	10	15.24	0	2.03	0	0.38	1.27	0	0	0
1fl. oz Sauce Sweet & Sour	35	9	0	0	0	7	0	0	0	0	0.1	30	90	3.92	1.04	0.16	0	0.12	0.99	0	0	0
1/2cup Vegetable Mix Asian f/Indv Frz	45	7	3	0	0	2	0	3	2	40	0.75	225	30	52.92	56.12	22.73	0.4	46.88	25.65	0	0.13	0
1 Each Egg Roll Vegetable 1.5z	90	14	1	0	0	3	0	3	3	30	1	100	210	30.62	20.84	2.85	0	16.76	30.2	0	0.02	0
1/2cup Rice Fried w/Egg Frz Bulk	120	23	1	0	0	0	0	3	2	10	0.5	75	270	34.87	15.04	2.6	0	1.91	4.1	15	0.01	0
1cup Asian Pepper Steak	230	12	3	0	0	5	0	24	10	40	3	700	240	254.47	127	151.88	0	14.33	56.21	55	0.03	2
<b>Lunch TOTAL</b>	<b>680</b>	<b>95</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>42</b>	<b>19.5</b>	<b>490</b>	<b>5.85</b>	<b>1655</b>	<b>960</b>	<b>625.68</b>	<b>362.69</b>	<b>182.25</b>	<b>3.4</b>	<b>80.63</b>	<b>130.72</b>	<b>85</b>	<b>0.19</b>	<b>3.5</b>



## ALTERNATE MEALS

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<b>PROVIDER CHOICE</b>		<b>PROVIDER CHOICE</b>		<b>PROVIDER CHOICE</b>	
Garden Salad	1 Cup	BBQ Beef	2 Oz	Grilled Bratwurst	1 each	BBQ Pork Ribs	3 Oz	RS Ham	3 Oz
Sweet & Sour Pork	1 Cup	Glazed Sweet Potatoes	1/2 Cup	Baked Potato	1 whole	Baked Beans	1/2 Cup	Mashed Sweet Potatoes	1/2 Cup
Fried Rice	1/2 Cup	Seasoned Green Peas	1/2 Cup	Balsamic Brussels		Au Gratin Potatoes	4 Oz	Stewed Tomatoes	1/2 Cup
Fresh Whole Pear	1 each	Hot Spiced Apples	1/2 Cup	Sprouts	1/2 Cup	Fresh Cantaloupe	1 Cup	Banana	1 each
Whole Wheat Bread	1 slices	WW Hamburger Bun	1 each	Winter Fresh Fruit Salad	1 Cup	Whole Wheat Bread	2 slices	Whole Wheat Bread	2 slices
1.5 oz FF Italian Dressing	1 each	Margarine Cup	1 each	Whole Wheat Bread	2 slices	Margarine Cup	1 each	Margarine Cup	1 each
Margarine Cup	1 each	1% Milk	8 fl. oz	Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz			Sour Cream	1 each				
				1% Milk	8 fl. oz				

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

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

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

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

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

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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
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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
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Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)	34
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Orange Pineapple & Banana (Oranges, Pineapples & Bananas)	65
Banana Whole Fresh (Banana)	66
Milk 1% 8 flz PC (1% Milk)	68
Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)	69
Greens Collard f/Frz (Collard Greens)	71
Crisp Pineapple Hmd (Pineapple Crisp)	73
Cornbread f/Mix (Cornbread)	75
Milk 1% 8 flz PC (1% Milk)	76
Meatloaf No Sauce (Meatloaf)	77
Potato Mashed f/Inst Granules (Mashed Potatoes)	79
Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)	80
Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)	81
Banana Whole Fresh (Banana)	82



Gravy Brown f/Mix (Brown Gravy)

84

Milk 1% 8 flz PC (1% Milk)

85

# Lettuce Tossed Salad (Garden Salad)

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

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

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

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

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

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

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

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

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

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

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

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

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

# Rice Fried w/Soy Sauce (Fried Rice)

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

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

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

# Rice Fried w/Soy Sauce (Fried Rice)

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

# Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

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

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

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



# Potato Baked (Baked Potato)

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

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

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

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

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

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

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

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

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

# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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



# Beans Baked f/Cnd (Baked Beans)

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

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

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

# Beans Baked f/Cnd (Baked Beans)

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

# Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

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

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

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

# Ham Ckd Bnls RS (RS Ham)

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

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

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

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

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

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

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

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

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



# Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)

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

# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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

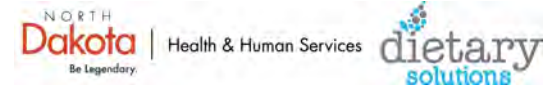
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

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

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

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

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



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

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

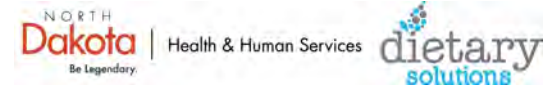
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
490 kcal	70 g	23 g	14 g	400 mg	1000 mg

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

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

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





# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

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

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

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

# Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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

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

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

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



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

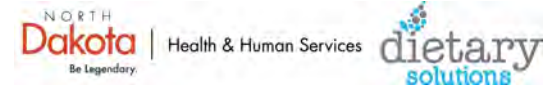
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining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

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

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

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

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



# Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

# Meatballs Swedish w/Sauce (Swedish Meatballs)

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



# Noodles Parslied (Parslied Noodles)

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

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

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

# Noodles Parslied (Parslied Noodles)

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

# Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

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

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

# Beef Kabobs Marinated (Marinated Beef Kabob)

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

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

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

# Beef Kabobs Marinated (Marinated Beef Kabob)

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



# Marinade Beef (Beef Marinade)

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

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

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

# Marinade Beef (Beef Marinade)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)

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

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

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

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

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

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

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

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

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

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

# Greens Collard f/Frz (Collard Greens)

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

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

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

# Greens Collard f/Frz (Collard Greens)

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

# Crisp Pineapple Hmd (Pineapple Crisp)

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

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

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

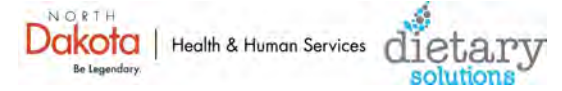
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp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



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# Gravy Brown f/Mix (Brown Gravy)

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

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

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

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

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

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

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

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

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# Spinach Salad w/Chicken (Spinach/Chicken Salad)

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

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

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

# Spinach Salad w/Chicken (Spinach/Chicken Salad)

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

# Dressing Asian Style (Asian Style Dressing)

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

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

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

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

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

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

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

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

# Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

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



# Strawberries f/Fresh (Fresh Strawberries)

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

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

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

# Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

# Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	☐Contains: Orange, Citrus

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

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

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

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

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

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



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

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

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

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

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

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

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

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

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

# Potato Fries French f/Prepared (French Fries)

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

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

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

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

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

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

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

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

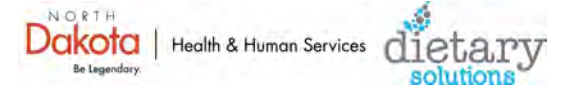
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours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

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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



# Banana Whole Fresh (Banana)

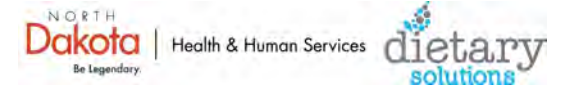
SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: Bananas

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

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



# Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

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

# Strawberries f/Fresh (Fresh Strawberries)

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

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

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

# Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

# Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

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

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

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

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

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

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

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

# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

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

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



# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

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

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

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

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

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

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

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



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

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

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



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

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

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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



# Sauce Vinaigrette (Vinaigrette)

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

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

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

# Sauce Vinaigrette (Vinaigrette)

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

# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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

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

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 3.5 Oz	6.5 Oz	10 Oz	13 Oz		In a stock pot or kettle melt margarine. Add onions and saute until tender.
	Onion, Yellow 1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
3	Flour, All Purpose 1 Cup	2 Cup	3 Cup	1 Qt		Add flour and pepper. Stir until blended. Cook 5 min stirring often. Add chicken base. Blend in milk and water stirring constantly. Reduce heat and cook until thickened, stirring often.
	Pepper, Black Ground 1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Base, Chicken Paste LS G-F 1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Milk, 2% Bulk 2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Water, Tap 1 Qt	2 Qt	3 Qt	1 Gal		

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
5	Broccoli, Florets Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Coleslaw f/Shredded Mix & Dressing (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐Contains: AllergenEggs, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	1 g	7 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
2					Combine Dressing Mix and mix lightly.
3					CCP -- Keep chilled at 40F.



# Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Lettuce, Green Leaf	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 Lettuce Leaf on each plate. Top with 1/2 cup of Cheese. Arrange Fruits around Cheese. Cover and chill <40F.
	Cottage Cheese, 2% Fat	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
	Melon, Cantaloupe Fresh	6.25 each	12.5 each	18.75 each	25 each	Peeled & Sliced	
	Strawberries, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Hulled & Sliced	
	Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
2						CCP - Maintain <40F.	

# Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g		2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
2 Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
3						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
4						Remove muffins from pan(s) as soon as baked.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Banana Whole Fresh (Banana)

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

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

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

# Banana Whole Fresh (Banana)



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# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

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

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

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

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

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

# Sauce Vinaigrette (Vinaigrette)

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

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

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



# Sauce Vinaigrette (Vinaigrette)

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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

## Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

## Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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



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

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

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

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

# Liver & Onions (Liver & Onions)

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

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

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

# Liver & Onions (Liver & Onions)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

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

# Banana Whole Fresh (Banana)

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

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

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



# Banana Whole Fresh (Banana)

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

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

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

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



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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH ALL PRODUCE under cool, running water. Drain well. Wash blueberries the day of service. Do not prep in advance.
3 Raspberries, Red Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
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
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> <b>Lean meat, poultry, or fish</b>	<b>1 oz</b>	<b>1 serving</b>
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
<b>Fruit (Fresh or packed in juice)</b>	<b>½ c or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022

## Standard Lunch and Supper Meal Pattern

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





## CARBOHYDRATE CONTENT

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

## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

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

## Carbohydrate Content Lunch and Dinner

### 15g= 1 Carbohydrate Exchange

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



## MILK ALTERNATIVES

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

## MILK ALTERNATIVES

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

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

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

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



## SUBSTITUTION LISTS

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

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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 Baking Pan	18 x 13 x 1 13-1/2 x 23 x 2	40 - 2 x 2-1/2" pieces 50 - 2 x 2-1/2" pieces	8 x 5 10 x 5	Cakes, bar cookies, oven baking 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





