



NORTH DAKOTA AGING SERVICES

MENUS

Fall/Winter Lunch 7 day 2023

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PLEASE NOTE THAT ALL RECIPES PAGES HAVE THEIR OWN NUMBERING

INTRODUCTION

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

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

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

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

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



MENU OVERVIEW

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

Menus Best Practice Guide

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

PRINTING RECOMMENDATIONS

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

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

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



MENU PACKET

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

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

Cycle Menu F/W Lunch 7 Day 2023 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LUNCH													
House Salad	1 Cup	Salisbury Steak	3 Oz	House Salad	1 Cup	House Salad	1 Cup	Braised Pork Chop	3 Oz	Herb Roasted Salmon	3 Oz	Breaded Eggplant	2 each
Chicken a L'Orange	3 Oz	Mushroom Gravy	2 fl. oz	Beef Stew	1 Cup	Chicken Fettuccine Alfredo	1 Cup	Roasted Red Potatoes	1/2 Cup	Baked Potato	1 each	Marinara Sauce	2 fl. oz
Brown Rice	1/2 Cup	Mashed Potatoes	1/2 Cup	Seasoned Green Peas	1/2 Cup	Alfredo	1 Cup	Roasted Brussels Sprouts	1/2 Cup	Lemon Asparagus	1/2 Cup	Angel Pasta/Marinara	1/2 Cup
Oriental Blend Vegetables	1/2 Cup	Parslied Carrots	1/2 Cup	Chilled Pears	1/2 Cup	Savory Carrots	1/2 Cup	Seasonal Fresh Fruit	1 Cup	Seasonal Fresh Fruit	1 Cup	Green Beans Oregano	1/2 Cup
Chilled Mandarin Oranges	1/2 Cup	Fresh Honeydew Cubes	1 Cup	Whole Wheat Bread	2 slice	Chilled Peaches	1/2 Cup	Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	Fresh Grapes	1/2 Cup
Whole Wheat Bread	1 slice	Whole Wheat Bread	2 slice	Soft Margarine Cup	2 each	Whole Wheat Bread	1 slice	Soft Margarine Cup	2 each	Soft Margarine Cup	2 each	Whole Wheat Bread	1 slice
Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	1.5 oz FF Italian Dressing	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Sour Cream	1 each	Soft Margarine Cup	1 each
Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Choice of Dressing	1 each			1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz					1% Milk	8 fl. oz						

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LUNCH													
Hamburger on Bun	1 each	Potato Salad	1/2 Cup	Artichoke Salad	1/2 Cup	Coleslaw	1/2 Cup	Spinach Salad	1 Cup	Spanish Eggs	1/4 Cup	House Salad	1 Cup
Sweet Potato Fries	1/2 Cup	Grilled Chicken Breast	3 Oz	Swedish Meatballs	3 each	Fish Fillet Sndw on Bun	1 each	Vegetable Pasta Casserole	1 Cup	Home Fries	4 Oz	Penne Pasta w/Meat Sauce	1 Cup
Corn Cobbette	1 each	Herbed Green Beans	1/2 Cup	Parslied Noodles	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Seasonal Fresh Fruit	1 Cup	Diced Tomatoes	1 each	Seasoned Zucchini	1/2 Cup
Lettuce Tomato Onion	1 each	Chilled Pears	1/2 Cup	Mixed Vegetables	1/2 Cup	Apple Crisp	1/2 Cup	Wheat Bread	1 slice	Fresh Blueberries	1/2 Cup	Seasonal Fresh Fruit	1 Cup
Chilled Pineapple	1/2 Cup	Whole Wheat Bread	2 slice	Chilled Mandarin Oranges	1/2 Cup	Tartar Sauce	1 each	Soft Margarine Cup	1 each	WW English Muffin	1 each	Wheat Bread	1 slice
Ketchup Packet	1 each	Soft Margarine Cup	2 each	Whole Wheat Bread	1 slice	1% Milk	8 fl. oz	Choice of Dressing	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Mustard Pack	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	1 each			1% Milk	8 fl. oz	Jelly	1 each	Choice of Dressing	1 each
Mayonnaise	1 each			1% Milk	8 fl. oz			Cottage Cheese	1 each	1% Milk	8 fl. oz	Parmesan Cheese	1 each
Soft Margarine Cup	1 each											1% Milk	8 fl. oz
1% Milk	8 fl. oz												

Cycle Menu F/W Lunch 7 Day 2023 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LUNCH												PROVIDER CHOICE	
Baked Lemon Cod	3 Oz	Chicken Noodle Casserole	1 Cup	House Salad	1 Cup	Sloppy Joe Filling	1/3 Cup	Beef Pot Roast	3 Oz	Carrot Raisin Salad	1/2 Cup	Black Bean Salad	1/2 Cup
Baked Sweet Potato	1 whole	Seasoned Green Peas	1 Cup	Sweet & Sour Pork	3/4 Cup	Tator Tots	1/2 Cup	Brown Gravy	2 fl. oz	Tuna Salad Sndw on Wheat	1 each	House Salad	1 Cup
Seasoned Mustard Greens	1/2 Cup	Chilled Applesauce	1/2 Cup	Fried Rice	1/2 Cup	Peas & Carrots	1/2 Cup	Mashed Potatoes	1/2 Cup	Potato Salad	1/2 Cup	Italian Pork Burrito	1 each
Fresh Sliced Kiwi	1/2 Cup	Wheat Bread	1 slice	Oriental Blend Vegetables	1/2 Cup	Blushing Pears	1/2 Cup	Broccoli Spears	1/2 Cup	Orange Sections	1/2 Cup	Spanish Rice	1/2 Cup
Whole Wheat Bread	2 slice	Soft Margarine Cup	1 each	Seasonal Fresh Fruit	1 Cup	WW Hamburger Bun	1 each	Chilled Plums	1/2 Cup	1% Milk	8 fl. oz	Tropical Fruit Salad	125 mL
Soft Margarine Cup	2 each	1% Milk	8 fl. oz	Whole Wheat Bread	1 slice	Soft Margarine Cup	1 each	Whole Wheat Bread	2 slice			Margarine	1 each
1% Milk	8 fl. oz			Soft Margarine Cup	1 each	Ketchup Packet	1 each	Soft Margarine Cup	2 each			Choice of Dressing	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								

*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"

Cycle Menu F/W Lunch 7 Day 2023 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
PROVIDER CHOICE													
LUNCH													
House Salad	1 Cup	Roast Turkey	3 Oz	House Salad	1 Cup	Beef Stuffed Cabbage Roll	1 each	Tuna Noodle Casserole	1 Cup	Italian Wedding Soup	6 fl. oz	Pork Loin Roast	3 Oz
Stuffed Shells & Sauce	2 each	Mashed Potatoes	1/2 Cup	Beef Stroganoff	1 Cup	Mashed Potatoes	1/2 Cup	Mixed Vegetables	1/2 Cup	Broccoli Slaw	1/2 Cup	Pork Gravy	2 fl. oz
Steamed Spinach	1/2 Cup	Parslied Carrots	1/2 Cup	Parslied Noodles	1/2 Cup	Herbed Green Beans	1/2 Cup	Banana Split Dessert	1 (2x3)	Cottage Cheese & Fruit	1 each	Mashed Potatoes	1/2 Cup
Seasonal Fresh Fruit	1 Cup	Chilled Apple Slices	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Heavenly Hash	1/2 Cup	Whole Wheat Bread	1 slice	Hard Boiled Egg	1 each	Lemon Asparagus	1/2 Cup
Wheat Bread	1 slice	Whole Wheat Bread	2 slice	Chilled Peaches	1/2 Cup	Whole Wheat Bread	2 slice	Soft Margarine Cup	1 each	Tomato Slices	2 each	Chilled Applesauce	1/2 Cup
Parmesan Cheese	1 each	Soft Margarine Cup	2 each	Whole Wheat Bread	1 slice	Soft Margarine Cup	2 each	1% Milk	8 fl. oz	Cornbread	1 (2x3)	Whole Wheat Bread	2 slice
Choice of Dressing	1 each	Poultry Gravy	2 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz			Soft Margarine Cup	1 each	Soft Margarine Cup	2 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Choice of Dressing	1 each					Indv Wheat Crackers	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 >=1400mg 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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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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Apple, Red Delicious	5 each	12.5 each	25 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.

Applesauce JcPk Cnd (Chilled Applesauce)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Applesauce, Unswt	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Portion 1/2 cup servings.
3					CCP -- Maintain <40F/4C.

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Mushrooms, Fresh	13 Oz	2 lb	4 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	3/4 Cup	2 Cup	1 Qt	2 Qt		Combine vegetables.
3 Tomato, Fresh	13 Oz	2 lb	4 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Diced	
Artichoke, Hearts Cnd	13 Oz	2 lb	4 lb	8 lb		
4						CCP -- Maintain <40F/4C.

Sauce Vinaigrette (Vinaigrette)



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SERVING SIZE	ALLERGENS
1 fl. oz	Contains: Garlic, Allergen Sulphites

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1/3 Cup	1 Cup	2 Cup	1 Qt		Combine Vinegar and Seasoning in mixer bowl.
Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
2 Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3 Oil, Vegetable	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Combine Oils. Slowly add to Vinegar mixture. Mix on low speed until Oil is blended in.
Oil, Vegetable	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt		
4 Parsley, Dried	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		Add Herbs to Vinaigrette. *Chill <40F. Stir before using.
Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	

Sauce Vinaigrette (Vinaigrette)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chives, Dry	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
5							CCP -- Maintain <40F/4C.
6							NOTES: Fresh Herbs may be substituted for dry. 1 Tbsp fresh = 1 tsp dry.

Asparagus Seasoned f/Frz (Lemon Asparagus)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Lemon RTS 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Steam or boil vegetables until tender.(8-10 minutes) Add seasoning and mix well.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Asparagus, Cuts Frz 2 lb	5 lb	10 lb	20 lb	
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.

Banana Split Dessert (Banana Split Dessert)



Health & Human Services



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
5 Min	375.0 °F	Bake & Chill	Spatula	1 (2x3)	⚠️ Contains: AllergenMilk, Pineapple, Cherry, Bananas, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	39 g	3 g	17 g	30 mg	210 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Crumbs, Graham Cracker	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz		Graham Cracker Crust: Mix Crumbs, Sugar, & Margarine. Pat Crumb mixture evenly into baking pans; bake.
2 Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
Margarine, Solids	4.5 Oz	11 Oz	1 lb 6 Oz	2 lb 12 Oz	Melted	
3 Sugar, Powdered	3/4 Cup	2 Cup	1 Qt	2 Qt		Banana Split: Mix Powdered Sugar and Cream Cheese together and spread over crust. Layer the following ingredients in order: Pineapple Bananas Whipped Topping Garnish with Cherry halves.
Cream Cheese, Bulk	3 Oz	8 Oz	1 lb	2 lb		

Banana Split Dessert (Banana Split Dessert)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Pineapple, Crushed JcPk	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Drained	
Banana Whole Fresh	2.5 each	6.25 each	12.5 each	25 each	Peeled & Sliced	
Topping, Whip Non-Dairy Bag Frz	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Prepared	
Cherries, Maraschino	1.5 Oz	3.5 Oz	7 Oz	14.5 Oz	Halved	
4						CCP -- Maintain <40F/4C; discard unused product.
5						Note: Chopped Nut garnish can be added for Regular Diet/Texture if desired.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Bean Black Salad (Black Bean Salad)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beans Black f/Dry	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Cook beans the day before service and chill. DO NOT OVERCOOK.
Pepper, Green Fresh	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		
2 Onion, Red/Burmuda	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		Fine chop the pepper & onion. Place in a bowl & add cherry tomato halves.
Tomato, Cherry Fresh	1 1/3 Cup	3 1/3 Cup	1 3/4 Qt	3 1/4 Qt		
3 Molasses, Blackstrap	5 g	5 g	5 g	5 g		
Mustard, Yellow Prepared	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
Salt, Iodized	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
Sauce, Hot	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Vinegar, White	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		

Bean Black Salad (Black Bean Salad)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
4							Whisk together wine vinegar, oil, molasses, mustard, salt & pepper sauce.
5							Combine chilled beans, vegetables, & oil mixture. Gently mix. Chill prior to service.
6							CCP -- Maintain <40F/4C.

Beans Black f/Dry (Black Beans)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	0.0 °F	145 °F	Boil	1/2 Cup	ⓘ Contains: Beans/Legumes

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Black Dry 13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap 2 Qt	1 Gal 2 Cup	2 Gal 3 Cup	5 Gal	
3					Place beans in a large pot or steam-jacketed kettle and cover with water.
4					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5	Salt, Iodized 1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Beans Black f/Dry (Black Beans)



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

Beef Pot Roast Hmd (Beef Pot Roast)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	11 g	21 g	7 g	125 mg	130 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Roast Raw Rnd-Top Inside	2 lb 6 Oz	6 lb	12 lb	24 lb		Cut beef into 3-lb pieces. Divide vegetables among pan(s). Place beef on top of vegetables. Divide spices and seasonings evenly among pans.
Onion, Yellow	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Quartered	
Carrot, Baby Whole Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Chopped	
2 Celery, Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Chopped	
Peppercorns, Black	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Thyme, Fresh	1 1/2 tsp	3 tsp	2 Tbsp	1/4 Cup		
Bay Leaf, Whole	0.6 each	1.5 each	3 each	6 each		
Cloves, Whole	1 each	2.5 each	5 each	10 each		

Beef Pot Roast Hmd (Beef Pot Roast)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Whole Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Chopped	
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
3	LS Soup Broth Beef f/Dry	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Prepared	Prepare broth per separate recipe. Pour broth in pans to cover or almost cover.
4							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
5							Cook Time: 4-6 hrs
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.

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	5 g	2 g	1 g	30 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 1/8 Qt	1 Gal 6 Cup	3 Gal 6 Cup	7 Gal 5 Cup	Heat water and add base, stirring until dissolved. Heat until product reaches >165F/74C for at least 15 sec.
	Base, Beef Dry LS 2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Ground 80-85/20-15 Raw	1 lb 9 Oz	3 lb 14 Oz	7 lb 12 Oz	15 lb 8 Oz		Brown ground beef; drain fat.
3 Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Minced	Add onion, tomato sauce and spices to beef. Simmer to *internal temp 165F/74C held for 15 sec.
Tomato Sauce, Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
Chili Powder, Mild	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Sugar, Granulated Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

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



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							<p>CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.</p>

Beef Stroganoff f/Cubes (Beef Stroganoff)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	155 °F	Simmer	1 Cup	ⓘ Contains: Garlic, Corn, Beef, AllergenWheat, Mushroom, AllergenMilk, AllergenFish, AllergenSoy, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	10 g	25 g	11 g	75 mg	270 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Cubes Raw	2 lb 13 Oz	7 lb 2 Oz	14 lb 4 Oz	28 lb 7 Oz	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz	
2 Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Melted	Cut meat in 1" cubes. Brown meat in margarine. Add onion and seasonings.
	Garlic, Powder	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp	
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 3/4 tsp	
3 Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Make beef stock from water & base. Heat stock; add to meat. Simmer 35-40 min, until meat is tender.
	Base, Beef Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	

Beef Stroganoff f/Cubes (Beef Stroganoff)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
5	Sauce, Worcestershire	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Mix flour, water and worcestershire sauce. Stir until smooth. Add to meat while stirring and cook until thickened.
	Water, Tap	1/2 Cup	1 1/3 Cup	2 2/3 Cup	1 1/4 Qt		
	Flour, All Purpose	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz		
6	Mushrooms, Pieces Cnd	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt		Add mushrooms to meat.
7	Sour Cream, Real Bulk	1 1/8 Cup	2 2/3 Cup	1 1/4 Qt	2 3/4 Qt		Just before serving, add sour cream to meat mixture, stirring constantly. Cook and stir until thickened.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Blueberries f/Fresh (Fresh Blueberries)

SERVING SIZE	ALLERGENS
1/2 Cup	Contains: Blueberry

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Berries under cool, running water. Drain well.
2					CCP - Maintain <40F/4C.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Florets Frz	2 lb	5 lb	10 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 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	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.

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	4 g	4.5 g	75 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Broccoli, Slaw Mix	2 lb 7 Oz	6 lb 2 Oz	12 lb 4 Oz	24 lb 8 Oz		Combine all Ingredients. Mix well. *Chill at <40F/4C for at least 2 hrs before service.
Mayonnaise, Bulk	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
Vinegar, White	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Parsley, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Chopped	
2 Sugar, Granulated Bulk	1 Oz	2.5 Oz	5 Oz	10 Oz		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1.0 tsp	2.0 tsp	1 Tbsp 1 tsp		
Dill, Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Ground	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
3							CCP -- Maintain <40F/4C.

Broccoli Spears f/Frz (Broccoli Spears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	4 g	2 g	75 mg	45 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Broccoli, Spears Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Arrange partially thawed Broccoli Spears all in one direction in cooking pans. Steam for 4 minutes or until tender. Add Seasoning and mix well. CCP - Maintain >140F for only 4 hrs.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup	
Parsley, Dried	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
2					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.

Brussels Sprouts Roasted f/Fresh (Roasted Brussels Sprouts)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Brussels Sprouts, Fresh Oil, Olive Salt, Iodized Pepper, Black Ground	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Trim Brussels sprouts by carefully cutting off brown end and peeling away any yellow outer leaves. Place Brussels sprouts on sheet pans in single layer. Add oil & seasonings and mix well. Roast in oven until browned and tender (approximately 20-30 minutes).
	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		
	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Burrito Italian Pork Roast (Italian Pork Burrito)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: Allergen Sulphites, Onion, Garlic, Peppers Bell, Allergen Milk, Pork & Products, Allergen Soy, Allergen Wheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	28 g	19 g	19 g	200 mg	910 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork Loin Roast	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Sliced Thin	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare roast pork as per separate recipe. Bring tortillas to room temperature. Slice roast pork in 1/2 oz slices.
2 Cheese, Mozzarella Shredded	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Shredded	
Lettuce, Shredded	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
Dressing, Italian Bulk	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt		
Tortilla, Flour 10 in	10 each	25 each	50 each	100 each		
3						For each serving place 2 1/2 oz of roast pork, 1/2 oz shredded mozzarella cheese, 2 oz shredded lettuce and 1 oz ladle dressing in center of each tortilla. Tightly wrap tortilla burrito-style, finishing with seam side down. Cut in half.
4						Place both halves diagonally in center of a 15x15" sheet of clear cello paper. Fold left and right corners of paper over wrap. Fold corner closest to you over wrap and roll to remaining corner.

Burrito Italian Pork Roast (Italian Pork Burrito)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							CCP -- Maintain <40F/4C.

Pork Loin Roast (Pork Loin Roast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
180 Min	350.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	0 g	16 g	10 g	20 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pork, Loin Bnls Pepper, Black Ground Salt, Iodized	2 lb 6 Oz	6 lb	12 lb	24 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
2					Rub each roast with salt and pepper.
3					Place roast with fat side up in roasting pans.
4					Roast for 2-4 hrs. Carve into thin slices. Pour pan drippings over slices to keep moist.
5					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
6					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Pork Loin Roast (Pork Loin Roast)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Cabbage Roll Beef Stuffed RTC (Beef Stuffed Cabbage Roll)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	165 °F	Bake	1 each	ⓘ Contains: AllergenWheat, AllergenSoy, Cabbage, AllergenMilk, Tomato, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	20 g	9 g	5 g	75 mg	580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					CONVECTION OVEN: Cook Frozen product for 1 hour and 10-15 min. Thawed product for 35-40 min. Tent lid. Place product on a baking sheet. During last 10-15 minutes, gently rotate cabbage rolls and spoon with sauce; replace lid.
3					MICROWAVE: Cook thawed product - 1 Cabbage Roll with Sauce 50% Power 4 1/2 - 5 min. Heat loosely covered in a microwave-safe dish; spoon sauce over cabbage roll during cooking.
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 Parsley (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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Carrot, Sliced Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender. (Approximately 8-10 minutes)
3 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add seasonings & margarine. Mix well.
Parsley, Dried	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Carrot 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
100 kcal	18 g	2 g	3 g	50 mg	150 mg

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

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, Celery, Corn, Garlic, AllergenSoy, Onion, AllergenMilk, Citrus, Tomato

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

Carrot Savory f/Frz (Savory Carrots)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Cheese Parmesan Grated PC (Parmesan Cheese)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					

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	ⓘ Contains: AllergenEggs, AllergenMilk, Peppers Bell, Onion, AllergenSoy, Garlic, AllergenWheat, Chicken, Celery, Corn

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Noodles, Egg Dry	9.5 Oz	1 lb 7 Oz	2 lb 14 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.
3 Margarine, Solids	1/4 Cup	2/3 Cup	1 1/3 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	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Diced	
Pepper, Green Fresh	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Diced	
Celery, Fresh	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Diced	
Flour, All Purpose	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		
Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Chicken & Noodles f/Pulled (Chicken Noodle Casserole)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Milk, 2% Bulk	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup		
Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup		
4 Chicken, Meat Pulled Ckd	1 lb 11 Oz	4 lb 4 Oz	8 lb 8 Oz	16 lb 15 Oz	Diced	Combine meat, cooked noodles, and sauce. Scale into 12x20x2" pan(s).
5 Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp 2 tsp	1/2 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	1/2 Cup	1 1/8 Cup	2 1/4 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.

Chicken a la Orange Breast (Chicken 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: AllergenSoy, Chicken, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	3 g	20 g	7 g	10 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Chicken in greased baking pans. *Maintain <40F until ready to use.
2 Margarine, Solids	1/4 Cup	2/3 Cup	1 1/3 Cup	2 3/4 Cup		Melt Margarine.
Juice Orange f/BIB 6 flz	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Prepared	Combine remaining ingredients; mix well. Pour over Chicken.
Orange, Zest	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
3 Juice, Lemon RTS	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	2 3/4 tsp		
Nutmeg, Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
4						Bake at 350F for 30min to *internal temp 165F for 15 sec until Chicken is tender and cooked through.
5						To serve, pour about 3 Tbsp Sauce over Chicken.
6						CCP -- Maintain: >140F for only 4 hrs.

Chicken a la Orange Breast (Chicken a L'Orange)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Cool: Product must reach 140F 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	3 Gal 5 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
3					+CCP - Serve Chilled <40F/4C.	

Chicken Fettuccine Alfredo f/Pulled (Chicken Fettuccine Alfredo)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Meat Pulled Ckd	1 lb 5 Oz	3 lb 4 Oz	6 lb 8 Oz	13 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pasta, Fettuccini Dry	1 lb 3 Oz	3 lb	6 lb	12 lb		Chop chicken to ensure pieces are not too big.
3 Sauce Mix, Alfredo	5 Oz	12 Oz	1 lb 8 Oz	3 lb		Cook pasta in water according to package directions to tender but firm to the bite. Drain.
Water, Tap	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Boiled	
4 Cheese, Parmesan Grated	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Prepare alfredo sauce as per package instructions. If instructions are absent, add mix to boiling water gradually while stirring briskly with a wire whip until smooth. Reduce heat; cover, until thickened, stirring frequently.
5						Combine pasta, sauce and pulled chicken. Place mixture in 2" counter pans. Sprinkle with parmesan cheese. Bake until top is slightly golden.
6						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Fettuccine Alfredo f/Pulled (Chicken Fettuccine Alfredo)



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

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	165 °F	Grill	Tongs	3 Oz	ⓘ Contains: Garlic, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	0 g	20 g	3.5 g	0 mg	110 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Lightly spread oil over chicken. Sprinkle with seasonings.
Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
2 Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
3					Grill chicken.
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Coleslaw f/Shredded Mix (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: AllergenEggs, AllergenMilk, Cabbage, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	11 g	2 g	3 g	75 mg	160 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Milk, 2% Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Vinegar, White	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	
2 Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
Pepper, White	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	
3 Mayonnaise, Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	Combine Salad Dressing and remaining ingredients. Mix to dissolve Sugar. Pour Dressing over Cabbage / Carrot mix. Toss to coat.
4					CCP -- Maintain <40F/4C

Corn Cobbette Frz (Corn Cobbette)

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

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

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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid 2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		
	Baking Mix, Corn Muffin 10 Oz	1 lb 9 Oz	3 lb 2 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						

Cottage Cheese 1% Fat PC (Cottage Cheese)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	5 g	18 g	1.5 g	100 mg	320 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C

Cottage Cheese Fruit Fall Winter Plate (Cottage Cheese & Fruit)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: AllergenMilk, Apples, Cherry, Citrus, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	26 g	13 g	2.5 g	150 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Apple, Red Delicious	2.5 each	6.25 each	12.5 each	25 each	Sliced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Place Apples in Orange Juice to delay browning. Keep Fruit separate. Maintain <40F. Remove Apple from Juice just before placing on Fruit plate.	
	Juice Orange f/BIB 6 flz	1 fl. oz	2.5 fl. oz	5 fl. oz	10 fl. oz		Prepared
2 Lettuce, Green Leaf	10 leaf	25 leaf	50 leaf	100 leaf		Place 1 Lettuce Leaf on each plate & place 1/2 cup of Cottage Cheese in center of Lettuce. Maintain <40F.	
3 Cottage Cheese, 2% Fat	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		Top Cottage Cheese with Cherry and arrange 2 of the 1/8th sections of Apple plus 1/4 cup Oranges & Pears around Cottage Cheese. Refrigerate finished plates at <40F until ready to serve.	
	Cherries, Maraschino	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
	Pears, Sliced JcPk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Drained
Orange, Mandarin JcPk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Drained		
4						CCP -- Keep chilled at 40F.	

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

Crisp Apple Hmd (Apple 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, Apples, AllergenSoy, Cinnamon, AllergenMilk, Citrus

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Apple Slices, Unsweetened Cnd	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Mix sugar, lemon juice and fruit.
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
3 Cereal, Oatmeal Quick	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	Combine remaining ingredients and mix until crumbly. Spread evenly over fruit. Bake 350F/177C for 40-50 min checking periodically to avoid excessive browning. Serve 1/2 cup.
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	

Crisp Apple Hmd (Apple Crisp)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Cinnamon, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 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.

Dressing Italian Fat Free PC (FF Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	ⓘ 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.

Egg Scrambled Spanish f/Frz (Spanish Eggs)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	Thawed	Combine egg, milk and pepper. Beat until blended. Refrigerate egg mixture until ready to cook.
2 Milk, 2% Bulk	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Steamer: Pour egg mixture into each pan. Sprinkle cheese and chili peppers on top and stir to distribute. Steam for 6-8 min at 5 lb pressure. Batch cook. Serve with 1 oz of picante sauce.
3 Pepper, Chile Green Cnd	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Drained	
Cheese, Cheddar Shredded	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz		
Sauce, Salsa Mild RTS	1 1/3 Cup	3 1/3 Cup	1 3/4 Qt	3 1/4 Qt		

Egg Scrambled Spanish f/Frz (Spanish Eggs)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Oven: Pour egg mixture into baking pans. Sprinkle cheese and chili peppers over egg mixture stirring to distribute. Bake in preheated 350F/176C conventional (325F/162C convention) oven for 20 min, stirring once during baking process. Serve with 1 oz of picante sauce.
5							Grill: Spray grill with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches. Sprinkle cheese and chili peppers onto egg as eggs begin to thicken, turn to incorporate (keep uncooked mixture refrigerated), continue cooking, turning spatula, for 3-5 min. Serve with 1 oz of picante sauce.
6							Eggs: Cook to internal temp of 145F/62C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Eggplant Breaded f/RTC (Breaded Eggplant)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	22 g	6 g	12 g	50 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Eggplant, Brd Frz	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare per manufacturer's instructions to *internal temp 145F for 15 sec.
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.

Fish Cod Lemon Bake (Baked Lemon Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	145 °F	Bake	Off-Set Spatula	3 Oz	ⓘ Contains: AllergenFish, AllergenMilk, Citrus, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	1 g	12 g	8 g	20 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Fish, Cod	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 13 Oz	Portion fish into serving size pieces onto baking sheet and sprinkle with seasonings. Melt margarine combine with lemon juice. Drizzle over fish. Bake until Fish flakes easily.
Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	
2 Juice, Lemon RTS	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3					Season with salt & pepper to taste after cooking if desired.
4					Fish: Cook to internal temp of 145F/63C held for 15 sec.

Fish Cod Lemon Bake (Baked Lemon Cod)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Fish Fillet Brd on Bun f/RTB (Fish Fillet Sndw on Bun)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	ⓘ Contains: AllergenWheat, AllergenFish, AllergenShellfish, AllergenEggs, AllergenCrustacean

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	41 g	17 g	12 g	100 mg	700 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish Fillet Brd for Sndw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Prepare fish as per separate recipe.
3 Bun Hamburger White	10 each	25 each	50 each	100 each	Sandwich Service: Place fish between bun and serve immediately.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Fish Fillet Brd for Sndw (Breaded Fish Fillet)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: AllergenFish, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	15 g	12 g	10 g	20 mg	440 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish, Brd Square 3z RTC	10 each	25 each	50 each	100 each	CCP -- Cook fish to internal temp of 145F/63C held for 15 sec.
3					CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.
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 temp of 165F/74C held 15 sec within 2 hrs - one time only.

Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: Apples, Bananas, Allergen Sulphites, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
Banana Whole Fresh	2 each	5 each	10 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	2 whole	5 whole	10 whole	20 whole		
Apple Whole Fresh	2 whole	5 whole	10 whole	20 whole	Sliced	
3						Chill <40F/4C.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	Contains: Citrus

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Apple Whole Fresh (Apple Whole Fresh)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Fruit Heavenly Hash (Heavenly Hash)

SERVING SIZE	ALLERGENS
1/2 Cup	Contains: Pineapple, Bananas, Peach, AllergenSoy, Citrus, Cherry, Pear

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Topping, Whip Non-Dairy Bag Frz	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		Whip topping per manufacturer's instructions.
3 Marshmallows, Mini	3/4 Cup	2 Cup	1 Qt	2 Qt		Mix fruit cocktail and marshmallows.
Fruit Cocktail, JcPk	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Drained	
4 Banana Whole Fresh	3/4 Cup	2 Cup	1 Qt	2 Qt	Diced	Combine all fruits and mix lightly. Chill.
Orange, Mandarin JcPk	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Diced	
5						Stir in whipped topping just before serving.
6						CCP -- Maintain <40F/4C; discard unused product.
7						Notes: Whipped topping f/dry powder may be substituted for whipped topping f/frz.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Fruit Salad Tropical LS (Tropical Fruit Salad)

SERVING SIZE	ALLERGENS
125 mL	ⓘ Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	34 g	1 g	0 g	20 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C; discard unused product.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Lettuce, Iceberg 1 lb	2 lb 8 Oz	5 lb	10 lb	Separated	Peel and slice onion and tomato crosswise in slices. Separate lettuce into individual leaves.
	Tomato, Fresh 9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	Sliced	
	Onion, Yellow 5 Oz	12 Oz	1 lb 8 Oz	3 lb	Sliced	
4						Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.
5						CCP -- Maintain <40F/4C

Garnish Tomato Diced f/Fresh (Diced Tomatoes)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Tomato, Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Wash and trim Tomatoes. Cut out stems. Dice Tomatoes. Serve as garnish.
3					CCP -- Maintain <40F/4C

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

Gravy Brown Hmd (Brown Gravy)



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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Blend Flour into melted Margarine to make a roux.
Margarine, Solids	1.5 Oz	3.5 Oz	7.5 Oz	14.5 Oz	
Flour, All Purpose	1 Oz	2.5 Oz	4.5 Oz	9.5 Oz	
3					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.
Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
4					Add Pepper and Kitchen Bouquet; mix well.
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Gravy Brown Hmd (Brown Gravy)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Gravy Mushroom Semi_scratch (Mushroom Gravy)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	2 fl. oz	ⓘ Contains: AllergenMilk, Mushroom, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	2 g	2 g	40 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Soup, Cream of Mushroom Cnd Cond LS	1 lb 1 Oz	2 lb 10 Oz	5 lb 3 Oz	10 lb 6 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 2% Bulk	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt		Combine soup and Milk. Add to Flour. Cook and stir until smooth; about 10 min. *Maintain >140F.
3 Mushrooms, Pieces Cnd	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Drained	Stir in Mushrooms and cook to *internal temp >165F for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Gravy Pork Hmd (Pork Gravy)



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SERVING SIZE	ALLERGENS
2 fl. oz	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk, Pork & Products, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	0 g	2 g	10 mg	370 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Oz	2 Oz	4 Oz	7.5 Oz	Make roux by stirring Flour into melted Margarine.
2 Flour, All Purpose	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	
Base, Ham Paste	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Make stock from Pork Base and 1st Hot Water. Whip roux into hot Stock. Simmer, stirring constantly until thickened.
3 Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup	
Cornstarch	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	Combine Corn Starch and 2nd Water. Add Kitchen Bouquet and simmer to internal temp 155F for 15 sec; until thickened.
4 Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup	
Sauce, Browning Flavor Enhancer	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	1/3 Cup	

Gravy Pork Hmd (Pork Gravy)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Pepper, White	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Gravy Poultry Hmd (Poultry Gravy)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	3 g	0 g	4.5 g	0 mg	130 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Water, Tap	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	Heat Water and Chicken Base to boiling point.
Base, Chicken Paste LS G-F	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Add Flour to melted Margarine and make roux. Add to hot stock, stir until thickened.
3 Flour, All Purpose	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Margarine, Solids	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Salt, Iodized	1/2 tsp	1.0 tsp	2.0 tsp	1 Tbsp 1 tsp	Add Seasonings and simmer until thick and smooth.
4 Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	
Seasoning, Poultry	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2 tsp	

Gravy Poultry Hmd (Poultry Gravy)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Parsley, Dried	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
5						Portion using 2 oz ladle.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Green Beans Herb f/Frz (Herbed Green Beans)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: AllergenSoy, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	
3 Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	Add seasonings and mix well.
Rosemary, Dried Whole	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Green Beans Herb f/Frz (Herbed Green Beans)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	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.

Green Beans Herb Frz (Herbed Green Beans)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenSoy, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Steam or boil vegetables until tender. (8-10 minutes)
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
2 Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Rosemary, Dried Whole	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3					Add seasonings and mix well.

Green Beans Herb Frz (Herbed Green Beans)



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

Green Beans Oregano Frz (Green Beans Oregano)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender. (8-10 minutes)
3 Oregano, Dry	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Add seasonings and mix.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 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.

Greens Mustard w/Veg Base f/Frz (Seasoned Mustard Greens)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	3 g	3 g	2 g	100 mg	40 mg

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

Hamburger on WW Bun (Hamburger on Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	20 g	16 g	15 g	75 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef Patty Baked	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Cooked	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bun Hamburger White Wheat RTS	10 each	25 each	50 each	100 each		Prepare meat per separate recipe.
3						Sandwich Serving: at time of service, place 1 (3oz cooked) patty on 1 bun. Serve immediately.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						Discard unused product.

Beef Patty Baked (Baked Beef Patty)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Garlic, Powder 1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Season beef patties. Place on sheet pans & bake for 20 min.
	Paprika 1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
	Beef, Patty Raw 1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	
3					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	19 g	5 g	3 g	75 mg	100 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Use as desired.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Lettuce, Iceberg	0.8 head	2 head	4 head	8 head	Diced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1cup Lettuce in serving bowl or plate. Top with Tomatoes and Cucumbers.	
	Lettuce, Romaine Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb		Diced
	Tomato, Grape Fresh	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Cucumber, Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Peeled & Sliced

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Kiwi f/Fresh (Fresh Sliced Kiwi)

SERVING SIZE	ALLERGENS
1/2 Cup	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh	12.5 each	31.25 each	62.5 each	125 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Peel and Slice Fruit in serving Dishes. CCP-Maintain at <40F.

Margarine Pat PC (Margarine)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	0 g	4 g	0 mg	35 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C; discard unused product.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

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

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Meatballs Swedish w/Sauce (Swedish Meatballs)



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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, AllergenMilk, Garlic

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bread White	6.5 Oz	1 lb	2 lb	4 lb	Soak bread in milk for 1 hr.	
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
3	Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.	
	Potato, Russet/Baking Fresh	3 Oz	8 Oz	1 lb	2 lb		Grated Fine
	Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Chopped Fine
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 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)



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

Bread White (White Bread)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 12 Oz	37 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3					CCP -- Maintain <40F/4C

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

Muffin English WW RTS (WW English Muffin)

COOK METHOD	SERVING SIZE	ALLERGENS
Thaw	1 each	ⓘ Contains: AllergenSoy, AllergenWheat

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Mustard PC (Mustard Pack)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

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, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Bring water and salt to a boil.
	Water, Tap 2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal		
3	Noodles, Egg Dry 9.5 Oz	1 lb 8 Oz	3 lb	6 lb		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	Parsley, Dried 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Stir in margarine and parsley.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
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.

Noodles Parslied (Parslied Noodles)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange, Mandarin JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pasta Angel Hair Buttered Sauce Marinara	1 1/4 Qt	3 1/8 Qt	1 Gal 4 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.
	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	

Pasta Angel Hair Buttered (Angel Hair Pasta)



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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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 1/4 Qt	3 1/4 Qt	1 Gal 4 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 11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
3	Margarine, Solids 2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Melted	Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized 1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Pasta Angel Hair Buttered (Angel Hair Pasta)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Sauce Marinara (Marinara Sauce)

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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Saute onions, pepper, and celery in oil until tender.
Onion, Yellow	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Pepper, Green Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Celery, Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Oil, Vegetable	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp		Add remaining ingredients. Bring to boil. Simmer for 30 min. Remove bay leaf.
3						
Sugar, Granulated Bulk	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Tomato, Diced Cnd	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
Tomato Paste, Cnd	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		
Water, Tap	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		

Sauce Marinara (Marinara Sauce)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Oregano, Dry	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Basil, Dried Leaves	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Bay Leaf, Whole	0.4 each	1 each	2 each	4 each		
Parsley, Dried	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/4 tsp	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.

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Pork, Ground Raw	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Beef, Ground 80-85/20-15 Raw	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz	
	Onion, Yellow	1.5 Oz	4 Oz	7.5 Oz	15 Oz	
2	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Brown meats and drain off fat. Immediately add onion and cook for 5 minutes.
	Tomato Puree, Cnd	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup	
	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal	
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Parsley, Dried	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
Basil, Dried Leaves	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

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



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Marjoram, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Thyme, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Garlic, Powder	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
3	Pasta, Penne	1 lb	2 lb 8 Oz	5 lb	10 lb		Add granulated garlic, pepper, tomato puree, first measure water, salt and herbs. Simmer about 1 hour.
	Water, Tap	1 Gal 1 Cup	3 Gal	6 Gal	12 Gal		
4							Heat second measure water to a rolling boil. Slowly add pasta, stirring until water returns to a boil. Cook 10-12 minutes or until tender, stirring occasionally. Drain well, rinse with cool water, and drain again.
5							Stir into meat sauce and scale into lightly sprayed medium half-steamtable pans.
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Pasta Stuffed Shells f/RTB w/Sauce (Stuffed Shells & Sauce)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	Bake	2 each	ⓘ Contains: AllergenMilk, AllergenEggs, AllergenSoy, AllergenWheat, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	37 g	12 g	13 g	250 mg	1080 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Put shells in shallow baking pan(s). Cover with spaghetti sauce.
Sauce, Marinara	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	
Pasta, Shells Stuffed No Sauce 2.25z	20 each	50 each	100 each	200 each	
3					Sprinkle cheese over shells. Cover and bake.
Cheese, Parmesan Grated	1.5 Oz	4 Oz	8 Oz	1 lb	
4					Note: Parmesan Cheese can be served on the side instead of baking it with shells.
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 Vegetable Cass f/Fresh Veg (Vegetable Pasta Casserole)



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COOK TIME	COOK TEMP	SERVING SIZE	ALLERGENS
35 Min	325.0 °F	1 Cup	ⓘ Contains: Peppers Bell, Carrots, AllergenMilk, Broccoli, AllergenWheat, AllergenEggs, Mushroom, Onion, Tomato, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	41 g	12 g	8 g	225 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Carrot, Fresh Broccoli, Florets Fresh	3 Oz	8 Oz	1 lb	2 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep-Finely mince Onion. Cut Carrots in thin juliene strips 1 1/2" long. Dice Green Pepper. Cut Broccoli crowns in smaller pieces. Brush and cut fresh Mushrooms into quarters. Steam Broccoli and Carrots until tender crisp. Hold for later step.
	3 Oz	8 Oz	1 lb	2 lb		
2 Oil, Vegetable Onion, Yellow Mushrooms, Fresh Pepper, Green Fresh Garlic, Whole Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Saute Onion, Green Pepper and Mushrooms in Oil until tender. Add minced Garlic and cook 5 min longer. Add Diced Tomatoes, Tomato Puree and Base. Simmer for 30 min.
	1 Oz	2 Oz	4 Oz	8 Oz		
	3 Oz	8 Oz	1 lb	2 lb		
	1/3 Cup	1 Cup	2 Cup	1 Qt		
	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

Pasta Vegetable Cass f/Fresh Veg (Vegetable Pasta Casserole)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
	Tomato Puree, Cnd	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
3	Water, Tap	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Combine Flour and Water. Stir into Tomato mixture and cook until slightly thickened. Cook Pasta per package directions until tender but firm to bite. Do not overcook.
	Pasta, Ziti Dry	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb		
	Flour, All Purpose	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4	Basil, Dried Leaves	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Add Steamed Vegetables to Tomato mixture along with Seasonings. Combine Tomato Vegetable mixture with Pasta. Place into steam table pans.
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
5	Cheese, Mozzarella Shredded	6.5 Oz	1 lb	2 lb	4 lb	Shredded	Divide Cheeses evenly between pans sprinkling first Mozzarella Cheese then Parmesan. Bake in 350F oven for 20 min until Cheese is melted and internal temp of 155F held 15 sec.
	Cheese, Parmesan Grated	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Peaches Halves f/Cnd (Chilled Peaches)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Halves JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Lightly drain fruit. Portion using 1/2 cup solid spoodle or #10 scoop.
3					Refrigerate until service.
4					CCP -- Maintain <40F/4C

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

Pears Blushing JcPk Cnd * (Blushing Pears)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Sliced JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drained	Place 1/2 cup pear slices in individual serving bowls.
3 Gelatin, Dry Strawberry	1 Oz	2 Oz	4 Oz	8 Oz		Sprinkle 1/2 tsp dry gelatin on each portion.
4						CCP -- Maintain <40F/4C

Peas & Carrots Seasoned f/Frz (Peas & Carrots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	10 g	3 g	2 g	30 mg	80 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Peas & Carrots, Frz	2 lb	5 lb	10 lb	20 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Parsley, Dried	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
2					Steam or boil vegetables until tender. (8-10 Minutes) Add parsley and 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.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil peas until tender. (8-10 Minutes) Add seasonings and mix well.
Peas, Green Frz	2 lb	5 lb	10 lb	20 lb	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Paprika	1/2 tsp	1 tsp	2 tsp	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.

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	10 g	4.5 g	50 mg	230 mg

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

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

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

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

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

Plums Chilled JcPk Cnd (Chilled Plums)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Plums, JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drained	Portion using 1/2 Cup solid spoodle or #10 scoop.
3						CCP -- Maintain <40F/4C.

Pork Chop Braised f/Bnls (Braised Pork Chop)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Flour, All Purpose Paprika Pepper, Black Ground Garlic, Powder	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 2 tsp	
	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/4 tsp	
	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
2 Pork Chop, Bnls Raw	10 each	25 each	50 each	100 each	Combine flour with spices.
3 Base, Chicken Paste LS G-F Water, Tap	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Dredge meat in above mixture. Brown dredged meat on lightly oiled 375F/190C grill. Place browned meat in pan; slightly overlap meat in each pan.
	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
4					Heat water and base to dissolve base. Pour over meat.
5					Cover pans tightly, bake 45-60 min until meat is tender.

Pork Chop Braised f/Bnls (Braised Pork Chop)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	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						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pork Loin Roast (Pork Loin Roast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
180 Min	350.0 °F	145 °F	Bake	3 Oz	⚠️ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	0 g	16 g	10 g	20 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pork, Loin Bnls Pepper, Black Ground Salt, Iodized	2 lb 6 Oz	6 lb	12 lb	24 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
2					Rub each roast with salt and pepper.
3					Place roast with fat side up in roasting pans.
4					Roast for 2-4 hrs. Carve into thin slices. Pour pan drippings over slices to keep moist.
5					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
6					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Pork Loin Roast (Pork Loin Roast)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	145 °F	Saute	3/4 Cup	ⓘ Contains: AllergenSoy, Peppers Bell, Garlic, AllergenWheat, Pineapple, AllergenSulphites, Pork & Products, Corn, Onion, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	15 g	14 g	8 g	30 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pork, Loin Bnls 1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Cubed	Pour soy sauce over meat and mix lightly. Let stand at least 1 hr. Refrigerate while marinating.
	Sauce, Soy Bulk LS 1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
3	Base, Chicken Paste LS G-F 1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Brown meat. Drain fat. Combine base and water and add to meat. Simmer until meat is tender approximately 1 hr.
	Water, Tap 3/4 Cup	2 Cup	1 Qt	2 Qt		
	Pan Coating, Spray 0.5 Oz	0.5 Oz	0.5 Oz	0.5 Oz		
4	Cornstarch 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Combine sugar and cornstarch.
	Sugar, Brown Light 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		

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



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Juice Pineapple f/Frz Conc 6 flz	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Add drained pineapple juice, vinegar and soy sauce to cornstarch mixture. Mix until smooth. Add to meat while stirring. Cook slowly until thickened.
	Sauce, Soy Bulk LS	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
	Vinegar, White	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
6	Pineapple, Chunks JcPk	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Drained	Approximately 15 min before serving, add peppers, onion and pineapple; cook gently.
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Sliced	
	Pepper, Green Fresh	6.5 Oz	1 lb	2 lb	4 lb	Julienne	
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.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Pineapple Conc Frz	12.25 fl. oz	30.63 fl. oz	61.25 fl. oz	Dilute in cool water; stirring well. Refrigerate <40F/4C.
	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	
3					CCP -- Keep chilled at 40F/4C.

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	55 g	5 g	1.5 g	20 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
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.	

Potato Home Fries (Home Fries)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	375.0 °F	Bake	4z Spoodle	4 Oz	ⓘ Contains: Potatoes, Onion, Garlic, AllergenSoy, AllergenMilk, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	3 g	4 g	30 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Potato, Russet/Baking Fresh	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	Peeled & Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Pan Coating, Spray	5 g	5 g	5 g	5 g		
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Sliced Thin	
	Seasoning Mix Chef	0.5 Oz	1.5 Oz	3 Oz	6 Oz		
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
2						Spray 1 sheet tray for every 25 portions with non stick cooking spray. Divide potatoes onto sheet trays. Top evenly with onions, seasoning and margarine. Toss on sheet tray using two spatulas to combine onion, seasoning and margarine with potatoes. Make sure the layer is even. Place in oven and bake for 20-25 minutes until nicely browned. Remove from oven and pan up as needed for service.	
3						Serve: Using a 4 oz. spoodle, portion onto a pre-heated plate. Serve immediately with appropriate accompaniments.	

Potato Home Fries (Home Fries)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Seasoning Mix Chef (Chef Seasoning)

COOK TIME	SERVING SIZE	ALLERGENS
2 Min	0.5 Oz	ⓘ Contains: Garlic, Citrus, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	50 mg	450 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Salt, Kosher	0.5 Oz	1 Oz	2 Oz	4 Oz	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine all ingredients well. Store in tightly sealed container. Discard after 6 months.
Pepper, Black Ground	0.5 Oz	0.5 Oz	1 Oz	2 Oz	
Seasoning, Mrs. Dash	0.5 Oz	1 Oz	2 Oz	4 Oz	
Seasoning, Pepper Lemon	0.5 Oz	1 Oz	1.5 Oz	3 Oz	
Basil, Dried Leaves	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Thyme, Dried Leaves	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
Paprika, Spanish	0.5 Oz	0.5 Oz	1 Oz	1.5 Oz	

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add Potato Flakes. Stir constantly using wire whip.
3 Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4						CCP -- Maintain >140F for only 4 hrs.
5						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Potato Mashed Herbed f/Inst (Mashed Potatoes)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add Potato Flakes. Stir constantly using wire whip.
Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3 Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Rosemary, Dried Whole	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Thyme, Dried Leaves	1/2 tsp	1 tsp	2 tsp	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.

Potato Mashed Herbed f/Inst (Mashed Potatoes)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb		Peel potatoes & cut into wedges.
Oil, Olive	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		Combine all ingredients except potatoes in a bowl.
Cheese, Parmesan Grated	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4 Thyme, Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Parsley, Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		

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



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
6							CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding

Potato Salad f/Fresh (Potato Salad)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
0.0 °F	Chill	#8 scoop	1/2 Cup	ⓘ Contains: AllergenEggs, Onion, Mustard, Celery, Citrus, AllergenSulphites, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	29 g	4 g	5 g	20 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Peeled & Cubed	Steam or boil potatoes until tender; drain, dice & chill. Keep chilled until ready for service.
3 Oil, Vegetable	1 Tbsp 2 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup		Make a marinade of oil, vinegar, lemon juice and seasonings. Add to warm potatoes and mix gently.
Vinegar, White	1 Tbsp 2 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup		
Juice, Lemon RTS	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp		
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Salt, Iodized	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
Sugar, Granulated Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4 Egg Boiled Hard Whole RTS	2 each	5 each	10 each	20 each	Chopped	Chill eggs until ready to use.

Potato Salad f/Fresh (Potato Salad)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Onion, Yellow	1.5 Oz	4 Oz	8 Oz	16 Oz	Chopped Fine	Mix celery and onion with relish and dressing.
	Celery, Fresh	2 each	5 each	10 each	20 each	Chopped Fine	
	Pickle Relish, Sweet	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		
	Mayonnaise, Bulk	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup		
	Mustard, Yellow Prepared	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
6							Add mixture to potatoes and mix lightly.
7							CCP -- Maintain <40F/4C.

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.

Potato Sweet Bkd f/Fresh (Baked Sweet Potato)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fresh	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Select small even-sized Sweet Potatoes or Yams. Scrub and arrange on baking sheet. Bake 50-60 min, or until tender, at 400F. CCP -Maintain >140F for no more than 4 hrs.
2					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
3					CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.

Potato Sweet Fries (Sweet Potato Fries)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1/2 Cup	ⓘ Contains: Potatoes, Sweet

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Sweet Fries	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Prepare product as per package instructions.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Potato Tator Tots f/RTB (Tator Tots)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1/2 Cup	Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	23 g	2 g	7 g	20 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Tater Tots Frz	1 lb 13 Oz	4 lb 9 Oz	9 lb 1 Oz	18 lb 3 Oz	Prepare product as per package instructions.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Rice, Brown Raw Salt, Iodized Margarine, Solids Water, Tap	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
2					Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed. CCP -- Cook to minimum internal temp 145F/63C held for 15 seconds. Fluff with fork.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Rice 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	2.5 lbs.	6.25 lbs.	12.5 lbs.	25 lbs.	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

Rice Spanish w/Veg Base (Spanish Rice)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		Saute onion, celery, and bell pepper in oil.
2 Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	
3 Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
4 Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Rice Spanish w/Veg Base (Spanish Rice)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Combine tomatoes, base, and water; mix well.
	Tomato, Diced Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
	Base, Vegetable Paste LS G-F	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
6							Pour Tomato Mixture over Rice.
7							Steam or bake 25-30 min. Stir before serving.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Salmon Herb Roasted (Herb Roasted Salmon)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	145 °F	Roast	Spatula	3 Oz	ⓘ Contains: AllergenSoy, AllergenFish, Citrus, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
120 kcal	2 g	13 g	8 g	20 mg	60 mg	

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salmon, Fillet Raw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz		Place salmon on baking pan. Combine remaining ingredients and brush over fish.
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted	
Juice, Lemon RTS	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/2 Cup		
Lemon, Zest	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
Chives, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Chopped	
Dill, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Chopped	
3						Fish: Cook to internal temp of 145F/63C held for 15 sec.

Salmon Herb Roasted (Herb Roasted Salmon)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Sauce Marinara (Marinara Sauce)



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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Saute onions, pepper, and celery in oil until tender.
Onion, Yellow	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Pepper, Green Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Celery, Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	
Oil, Vegetable	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp		Add remaining ingredients. Bring to boil. Simmer for 30 min. Remove bay leaf.
3						
Sugar, Granulated Bulk	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Tomato, Diced Cnd	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
Tomato Paste, Cnd	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		
Water, Tap	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		

Sauce Marinara (Marinara Sauce)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Oregano, Dry	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Basil, Dried Leaves	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Bay Leaf, Whole	0.4 each	1 each	2 each	4 each		
Parsley, Dried	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/4 tsp	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.

Sauce Tartar PC (Tartar Sauce)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	2 g	0 g	2 g	0 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Soup Italian Wedding w/Meatballs (Italian Wedding Soup)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	ⓘ Contains: AllergenWheat, Beef, Corn, AllergenMilk, Carrots, Celery, Spinach, AllergenSoy, AllergenEggs, Onion, Chicken, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	10 g	6 g	7 g	50 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Soup Broth Chicken f/Base	1 1/8 Qt	2 3/4 Qt	1 Gal 2 Cup	2 Gal 5 Cup	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	3/4 tsp	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp		
1 Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	
Onion, Yellow	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Diced Small	
Celery, Fresh	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Diced Small	
Carrot, Fresh	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Diced Small	

Soup Italian Wedding w/Meatballs (Italian Wedding Soup)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
2	Pasta, Orzo	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Thaw frozen Meatballs at <40F. Preprep: Wash & trim Vegetables. Mince Garlic. Dice Onions, Celery & Carrots into 1/4 inch pieces. Chop cleaned Spinach. Prepare Chicken Broth as per separate recipe. Combine Oil, Garlic, Onion, Celery & Carrot. Cover Vegetables directly with a piece of foil; then cover pot with a lid. Cook over low heat & allow ingredients to SWEAT; that is, soften without browning & cook in their own juices.
	Thyme, Dried Leaves	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Bay Leaf, Ground	1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
3	Meatball, Beef Ckd .5z	20 each	50 each	100 each	200 each		Add Chicken Broth, Thyme, Basil, Bay Leaves, & Orzo. Simmer for 45 minutes.
4	Spinach, Fresh	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Chopped	Meatballs should be 1/2 oz or less. If necessary, Meatballs may be cut in half. CCP - Maintain <40F until cooked.
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 1/8 tsp		
5							Add Spinach, Meatballs, Salt & Pepper. Simmer for 10-20 minutes. *Internal temp of Meatballs must reach 165F 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.

Soup Italian Wedding w/Meatballs (Italian Wedding Soup)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							Cook Time: 55-65 min

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Base, Chicken Paste LS G-F 2 Tbsp	1/3 Cup	2/3 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 3/4 Qt	1 Gal 1 Cup	2 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.

Spinach Salad w/Egg (Spinach Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	ⓘ Contains: Onion, AllergenEggs, Celery, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	4 g	1.5 g	100 mg	80 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spinach, Fresh	1 lb 12 Oz	4 lb 6 Oz	8 lb 12 Oz	17 lb 8 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg Boiled Hard Whole RTS	2 each	5 each	10 each	20 each	Chopped	Cut spinach in bite size pieces.
3 Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Chopped	Combine all ingredients and mix lightly.
Celery, Fresh	1.5 Oz	4 Oz	8 Oz	1 lb	Chopped	
4						CCP -- Maintain <40F/4C

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Spinach, Chopped Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 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	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Add seasonings and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 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.	

Steak Salisbury f/Hmd Patty (Salisbury Steak)



Health & Human Services



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	5 g	15 g	16 g	40 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	Mix all ingredients in mixer. Avoid over mixing. CCP -- Maintain <40F/4C until ready to bake.
Bread Crumbs, Plain	1/3 Cup	1 Cup	2 Cup	1 Qt		
Milk, 2% Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
2 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		

Steak Salisbury f/Hmd Patty (Salisbury Steak)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Portion 1/4 cup for each patty into baking pans and flatten slightly. CCP -- Maintain <40F/4C if not baking immediately. Bake at for 25-35 min. Transfer to steam table pans, overlapping slightly.
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 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							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.

Stew Beef f/Cubes (Beef Stew)



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COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1 Cup	ⓘ Contains: Carrots, Onion, Garlic, Corn, Beef, AllergenWheat, Celery, Potatoes, Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	21 g	19 g	3.5 g	40 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Cubes Raw	2 lb	5 lb	10 lb	20 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown beef in kettle or oven.
	Water, Tap	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	
Carrot, Fresh	13.5 Oz	2 lb 1 Oz	4 lb 2 Oz	8 lb 4 Oz	Cubed	
Celery, Fresh	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Chopped	
2 Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Cubed	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	

Stew Beef f/Cubes (Beef Stew)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Potato, Red Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Peeled & Cubed	
3	Flour, All Purpose	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Mix flour and 2nd water until smooth. Add to meat and continue to cook and stir until thickened.
	Water, Tap	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
4							Cook to internal temp of 165F/74C held for 15 sec. Serve 1 cup portion.
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.
7							Cook Time: 2-3 hours

Tomato Slices f/Fresh (Tomato Slices)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	2 each	⚠ Contains: Tomato

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Tomato, Fresh	3.33 each	8.34 each	16.67 each	33.34 each	Wash and trim tomatoes. Cut tomatoes into 6 slices, about 1/4" thick each. Serve 2 slices of tomato for each portion.
3					CCP -- Maintain <40F/4C

Tuna Noodle Casserole (Tuna Noodle Casserole)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2 Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Prepare noodles per package instructions; rinse and drain.	
3	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melted	Melt margarine. Add onions and celery. Sauté until tender. Add flour, pepper and garlic to flour mixture. Stir and cook 5-10 min.
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced	
	Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced	
	Flour, All Purpose	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp			

Tuna Noodle Casserole (Tuna Noodle Casserole)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Base, Chicken Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Stir in Base. Add water and milk; stir constantly with wire whisk until thickened. Add tuna and noodles to sauce. Fold peas into sauce. Scale 13 lbs mixture in greased 12x20x2" pan(s).
	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Milk, 2% Bulk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
	Tuna, Chunk Light WtrPk Bulk	1 lb 10 Oz	4 lb	8 lb	16 lb	Drained	
	Peas, Green Frz	6.5 Oz	1 lb	2 lb	4 lb		
5	Cheese, Cheddar Shredded	1/3 Cup	1 Cup	2 Cup	1 Qt		Sprinkle with 1 cup cheese per pan. Garnish with sprinkling of paprika. Bake.
	Paprika	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Tuna Salad Sndw on Wheat (Tuna Salad Sndw on Wheat)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: AllergenFish, Onion, AllergenWheat, AllergenEggs, Celery, AllergenSulphites, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	31 g	16 g	6 g	100 mg	480 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Tuna Salad Hmd	3 1/4 Cup	2 Qt	1 Gal	2 Gal	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	20 slice	50 slice	100 slice	200 slice		Prepare filling as per separate recipe.
3						Place 1/3 cup tuna salad on 1 slice of bread; top with a second slice of bread. Cut into desired sections and serve immediately or wrap and chill until time of service.
4						CCP -- Maintain <40F/4C

Tuna Salad Hmd (Tuna Salad)



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COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	#8 scoop	1/2 Cup	ⓘ Contains: AllergenEggs, Citrus, Celery, AllergenFish, Onion, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	6 g	15 g	6 g	30 mg	320 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg Boiled Hard Whole RTS	3.6 each	9 each	18 each	36 each	Chopped	Combine all ingredients and mix well.
Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Chopped Fine	
Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Chopped Fine	
2 Tuna, Chunk Light WtrPk Bulk	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	Drained	
Juice, Lemon RTS	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Pepper, White	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Onion, Powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Mayonnaise, Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
Pickle Relish, Sweet	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		

Tuna Salad Hmd (Tuna Salad)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							CCP -- Maintain <40F/4C.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.

Turkey Roast f/Bnls (Roast Turkey)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Turkey, Roast Whole Bnls Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Roast turkey, approximately 45-60 min. Let rest for at least 10 minutes before slicing. Slice turkey and layer in shallow pan(s).
3	Base, Chicken Paste LS G-F	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Make broth by combining base and water and heat. Pour broth over turkey. Serve 3 oz per portion.
	Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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

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

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

Vegetable Mix Oriental Blend (Oriental Blend Vegetables)

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

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

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

Zucchini Seasoned f/Fresh (Seasoned Zucchini)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	2 g	2 g	20 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						WASH ALL PRODUCE under cool, running water. Drain well.	
3	Zucchini, Fresh	2 lb	5 lb	10 lb	20 lb	Chopped	Steam or boil vegetables until tender, (8-10 Minutes).
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Gently stir in margarine and seasoning.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



NUTRIENT ANALYSIS

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

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

Nutrient Analysis
North Dakota Department
on Aging
Cycle Menu
Fall/Winter 7day Lunch
2023

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	660 kcal
Protein (g)	30 (g)	39 (g)
Carbohydrate	NA	95 (g)
Fat	30-35% of calories, less is acceptable	29%
Fiber (g)	9 (g)	10 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	651.46 mcg
Vitamin B-6	.6 mg	1.1 mg
Vitamin B12	.8 mcg	2.78 mcg
Vitamin C	30 mcg	49.62 mcg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1650 mg
Sodium	<1100mg average over one month	980 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, and National Academies.

Daily Nutrient Analysis: Monday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	630	82	10	0	0	33	0	42	19	520	4	1620	685	652	738	63	5	107	149	85	1	4
Lunch																						
1/2cup Vegetable Mix Oriental Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.44	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1 cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1/2cup Oranges Mandarin Chilled JcPk Cnd	45	12	1	0	0	11	0	1	0	20	0.4	175	10	12.43	53.45	42.51	0	0	6.21	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
3oz Chicken a la Orange Breast	160	3	0	0	0	1	0	20	7	10	0.4	350	85	184.5	60.13	9.17	0.8	5.9	12.08	65	0.37	1.5
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	0
1 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
Lunch TOTAL	630	82	10	0	0	33	0	42	19.0	520	3.9	1620	685	651.85	737.94	62.97	4.6	106.58	148.51	85	0.82	3.5

Daily Nutrient Analysis: Tuesday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	770	96	10	0	0	37	0	39	33	610	5	1675	1015	650	1049	44	4	47	109	80	2	9
Lunch																						
2fl. oz Gravy Mushroom Semi_scratch *	40	5	1	0	0	2	0	2	2	40	0.3	75	115	39.38	12.26	0.22	0.4	0.41	7.3	5	0.01	0.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1/2cup Carrot Parsley *	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
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.71	5.1	30.62	0	4.93	32.32	0	0	0
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 Steak Salisbury f/Hmd Patty	220	5	0	0	0	1	0	15	16	40	1.75	250	230	138.9	8.44	0.49	0.2	1.84	11.72	55	0.91	6
2 Slice Bread Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	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
Lunch TOTAL	770	96	10	0	0	37	0	39	32.5	610	5.0	1675	1015	649.65	1048.65	44.14	4.2	47.07	109.37	80	1.51	9.0

Daily Nutrient Analysis: Wednesday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	665	99	14	0	0	42	0	43	16	600	7	1875	1185	735	869	34	3	122	198	75	1	4
Lunch																						
1 cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
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 Stew Beef f/Cubes	180	21	3	0	0	3	0	19	3.5	40	2.25	650	120	203.1	319.48	7.41	0	12.97	24.24	50	0.17	1.5
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
2 Slice Bread Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
1 Each Dressing Italian Fat Free PC	20	4	0	0	0	4	0	0	0	20	0.2	50	490	46.36	1.7	0.17	0	0.68	5.1	5	0	0
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
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
Lunch TOTAL	665	99	14	0	0	42	0	43	16.0	600	6.95	1875	1185	735.14	869.47	34.32	3.4	122.12	197.76	75	0.68	4.0

Daily Nutrient Analysis: Thursday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	735	104	11	0	0	37	0	43	20	615	6	1520	945	648	1226	16	3	96	255	85	0	6
Lunch																						
1 cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1/2cup Peaches Halves f/Cnd	60	16	2	0	0	13	0	1	0	10	0.4	175	10	22.17	24.78	4.69	0	2.22	3.91	0	0	0
1 cup Chicken Fettuccine Alfredo f/Pulled	390	46	2	0	0	2	0	26	10	125	3	300	440	260.34	21.43	0	0	2.35	133.2	60	0.02	3.5
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
1/2cup Carrot Savory f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	70	29.04	786.2	2.73	0.4	16.23	10.5	5	0.13	0
1 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
Lunch TOTAL	735	104	11	0	0	37	0	43	20.0	615	6.0	1520	945	648.07	1225.75	15.8	3.4	96.03	255.1	85	0.34	5.5

Daily Nutrient Analysis: Friday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	730	92	11	0	0	25	0	43	27	595	5	1975	735	692	280	123	4	233	133	85	0	6
Lunch																						
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0
3oz Pork Chop Braised f/Bnls	180	6	0	0	0	0	0	19	9	20	0.75	350	55	186.16	4.39	0.09	0.6	0.42	2.66	60	0.06	2.5
1/2cup Brussels Sprouts Roasted f/Fresh	100	11	5	0	0	3	0	4	6	75	1.75	500	180	81.58	44.85	100.24	0	212.42	71.96	0	0	1
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
Lunch TOTAL	730	92	11	0	0	25	0	43	26.5	595	4.7	1975	735	691.85	279.89	123.36	3.6	233.03	132.51	85	0.45	6.0

Daily Nutrient Analysis: Saturday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	770	108	10	0	0	26	0	39	28	560	4	2240	540	679	363	76	4	97	209	75	1	7
Lunch																						
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1/2cup Asparagus Seasoned f/Frz	30	2	1	0	0	0	0	3	2	20	0.75	175	20	44.58	54.73	22.22	0.4	74.64	122.53	0	0.13	0
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
1 Each Sour Cream PC	60	2	0	0	0	1	0	1	6	30	0	40	10	21.55	35.15	0.26	0	0.43	1.7	20	0.23	3
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
3oz Salmon Herb Roasted	120	2	1	0	0	0	0	13	8	20	0.75	350	60	123.75	45.46	8.41	0.6	4.9	16.82	35	0.26	1
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
Lunch TOTAL	770	108	10	0	0	26	0	39	28.0	560	4.2	2240	540	679.13	363.12	76.04	4.0	96.79	209.13	75	1.0	6.5

Daily Nutrient Analysis: Sunday, Week 1, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	720	111	10	0	0	42	0	29	24	610	8	1300	840	440	278	26	4	73	141	20	0	5
Lunch																						
1/2cup Green Beans Oregano Frz *	40	6	3	0	0	2	0	2	2	50	0.75	150	20	26.69	37.65	3.73	0.4	37.75	21.31	0	0.13	0
1/2cup 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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
2 Each Eggplant Breaded f/RTC	210	22	0	0	0	2	0	6	12	50	1.5	0	190	0	0	0	0	0	0	0	0	2.5
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
2fl. oz Sauce Marinara	35	8	2	0	0	3	0	2	0.5	50	2	250	210	23.9	20.12	12.6	0	5.94	12.03	0	0	0
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
Lunch TOTAL	720	111	10	0	0	42	0	29	24.0	610	7.6	1300	840	439.91	277.89	26.27	3.8	73.34	141.17	20	0.48	5.0

Daily Nutrient Analysis: Monday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	655	94	7	0	0	37	0	31	24	485	4	1355	655	449	682	30	3	25	81	70	1	7
Lunch																						
1 Each Hamburger on WW Bun *	270	20	2	0	0	1	0	16	15	75	2.5	175	140	95.09	5.21	2.4	0	1.16	4.3	45	0.7	4.5
1 Each Garnish Lettuce Tomato Onion *	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
1/2cup Pineapple Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
1 Each Mayonnaise PC	30	2	0	0	0	1	0	0	2.5	0	0	0	80	1.56	0.6	0	0	5.06	0.72	5	0.01	0
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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Potato Sweet Fries	60	14	1	0	0	0	0	1	0	20	0.4	225	140	24.95	465.5	5.16	0	0	12.47	0	0	0
1 Each Corn Cobbette Frz	70	18	2	0	0	0	0	3	0.5	0	0.5	200	5	58.51	0	3.74	0	0	24.19	0	0	0
1 Each Mustard PC	0	0	0	0	0	0	0	0	0	0	0.1	10	65	5.94	0.28	0.02	0	0.08	0.38	0	0	0
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
Lunch TOTAL	655	94	7	0	0	37	0	31	23.5	485	4.3	1355	655	449.36	681.89	29.77	3	25.25	81.16	70	0.89	6.5

Daily Nutrient Analysis: Tuesday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	665	90	10	0	0	34	0	43	21	530	4	1625	800	657	286	21	4	64	84	125	0	4
Lunch																						
3oz Chicken Grilled Breast Bnls Sknls	110	0	0	0	0	0	0	20	3.5	0	0.4	300	110	181.69	9.91	0	0	0.85	7.75	65	0.01	0.5
1/2cup Potato Salad f/Fresh	170	29	2	0	0	5	0	4	5	20	0.75	500	230	77.88	18.99	15.19	0.4	11.01	17.65	40	0.01	1
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
2 Slice Bread Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
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
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
Lunch TOTAL	665	90	10	0	0	34	0	43	20.5	530	3.9	1625	800	656.99	286.0	20.97	3.6	63.83	84.03	125	0.49	4.0

Daily Nutrient Analysis: Wednesday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	900	96	12	0	0	36	0	42	44	615	6	1675	1020	695	525	57	5	58	189	105	1	11
Lunch																						
1/2cup Vegetable Mix 4 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
1/2cup Oranges Mandarin Chilled JcPk Cnd	45	12	1	0	0	11	0	1	0	20	0.4	175	10	12.43	53.45	42.51	0	0	6.21	0	0	0
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
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
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 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3 Each Meatballs Swedish w/Sauce	290	17	1	0	0	4	0	18	17	125	2.25	400	350	201.64	35.28	1.4	0.8	1.71	30.56	60	0.95	7
Lunch TOTAL	900	96	12	0	0	36	0	42	43.5	615	6.25	1675	1020	694.96	525.04	57.17	4.6	57.77	188.89	105	1.48	10.5

Daily Nutrient Analysis: Thursday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	755	105	10	0	0	45	0	33	28	595	5	1335	1150	556	294	87	4	104	175	60	1	6
Lunch																						
1/2cup Coleslaw f/Shredded Mix	70	11	3	0	0	3	0	2	3	75	0.75	300	160	31.9	10.16	47.65	0	5.81	64.94	5	0.01	0.5
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 Fish Fillet Brd on Bun f/RTB	340	41	2	0	0	4	0	17	12	100	2.25	300	700	206.46	16.78	0.68	0	2.5	63.34	35	0.11	2.5
1/2cup Crisp Apple Hmd	180	33	2	0	0	23	0	2	6	20	0.75	150	55	32.04	58.83	1.54	0.8	7.29	6.61	0	0.41	1
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 Sauce Tartar PC	25	2	0	0	0	1	0	0	2	0	0	10	85	2.04	1.32	0.28	0	6.05	0.6	5	0	0
Lunch TOTAL	755	105	10	0	0	45	0	33	27.5	595	4.6	1335	1150	556.23	294.48	86.57	4.2	104.32	175.09	60	0.66	5.5

Daily Nutrient Analysis: Friday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	655	86	8	0	0	31	0	46	19	835	7	1660	1090	734	706	56	3	426	337	85	0	6
Lunch																						
1cup Pasta Vegetable Cass f/Fresh Veg	280	41	3	0	0	5	0	12	8	225	3.5	450	290	209.73	115.35	20.74	0	32.17	116.26	15	0.03	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
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
1 Each Cottage Cheese 1% Fat PC	100	5	1	0	0	4	0	18	1.5	100	0.2	125	320	189.94	15.59	0	0	0.14	17.01	10	0	1
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 Spinach Salad w/Egg	35	4	2	0	0	1	0	4	1.5	100	2.5	500	80	58.15	388.18	22.69	0.4	384.77	160.66	40	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
Lunch TOTAL	655	86	8	0	0	31	0	46	18.5	835	7.4	1660	1090	734.09	706.1	56.37	3.4	425.97	337.16	85	0.22	5.5

Daily Nutrient Analysis: Saturday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	625	90	10	0	0	38	0	30	21	740	4	1470	880	659	402	37	5	41	123	220	1	7
Lunch																						
1 Each Garnish Tomato Diced f/Fresh	10	3	1	0	0	1	0	1	0	10	0.2	150	5	13.61	23.81	7.77	0	4.48	8.5	0	0	0
1/2cup Blueberries f/Fresh	40	11	2	0	0	7	0	1	0	0	0.2	75	5	8.52	2.13	6.89	0	13.71	4.26	0	0	0
1 Each Muffin English WW RTS	120	23	4	0	0	5	0	5	1	175	1.5	125	210	159.89	0	0	0	0.57	27.78	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/4cup Egg Scrambled Spanish f/Frz	150	5	1	0	0	3	0	11	10	175	1.25	250	320	182.1	151.39	6.84	1.5	2.19	55.3	200	0.17	4.5
4oz Potato Home Fries	140	25	2	0	0	2	0	3	4	30	1	450	190	57.75	41.31	14.14	0.6	14.48	12.89	0	0.26	0.5
1 Each Jelly Assorted 0.5z PC	40	10	0	0	0	7	0	0	0	0	0.1	20	5	2.69	0	1.25	0	0	1.56	0	0	0
Lunch TOTAL	625	90	10	0	0	38	0	30	20.5	740	4.35	1470	880	659.0	402.24	36.9	5.1	40.73	122.64	220	0.61	7.0

Daily Nutrient Analysis: Sunday, Week 2, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	640	84	8	0	0	30	0	33	23	550	6	1695	810	564	447	43	4	88	266	65	1	7
Lunch																						
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
1cup Pasta Penne w/Meat Sauce	330	39	3	0	0	4	0	16	12	50	3.5	500	210	190.67	13.85	5.48	0.2	7.53	118	40	0.36	4.5
1/2cup Zucchini Seasoned f/Fresh	30	3	1	0	0	2	0	2	2	20	0.4	250	120	34.59	27.52	16.24	0.4	5.97	21.79	0	0.13	0
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each 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 Cheese Parmesan Grated PC	15	0	0	0	0	0	0	1	1	30	0	10	65	21.94	9.17	0	0	0.06	0.21	5	0.03	0.5
Lunch TOTAL	640	84	8	0	0	30	0	33	22.5	550	6.1	1695	810	563.68	447.11	43.03	3.6	88.32	266.02	65	0.71	7.0

Daily Nutrient Analysis: Monday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	625	87	14	0	0	29	0	37	21	660	4	1850	715	615	1721	102	5	368	145	55	1	4
Lunch																						
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
1/2cup Greens Mustard w/Veg Base f/Frz	35	3	3	0	0	0	0	3	2	100	1.25	150	40	22.25	339.64	12.52	0.4	306.12	63.57	5	0.13	0
1/2cup Kiwi f/Fresh	50	14	3	0	0	8	0	2	0	40	0.3	300	5	30.12	3.54	82.13	0	35.71	22.15	0	0	0
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	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 Cod Lemon Bake	120	1	0	0	0	0	0	12	8	20	0.3	300	150	136.15	81.76	3.54	2	8.33	6.23	30	0.53	1.5
Lunch TOTAL	625	87	14	0	0	29	0	37	20.5	660	4.45	1850	715	615.02	1721.44	101.83	5.4	367.65	144.79	55	1.04	4.0

Daily Nutrient Analysis: Tuesday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	775	94	11	0	0	37	0	50	25	540	7	1190	680	659	521	38	6	73	210	110	1	7
Lunch																						
1/2cup Applesauce JcPk Cnd	50	14	1	0	0	11	0	0	0	0	0.3	100	5	6.1	1.22	1.22	0	0.61	3.66	0	0	0
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
1cup Peas Green w/Paprika f/Frz	170	25	8	0	0	9	0	10	4.5	50	3	300	230	149.58	228.3	32.66	0.6	54.9	96.3	0	0.26	1
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup 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	76.06	90	0.52	3.5
Lunch TOTAL	775	94	11	0	0	37	0	50	25.0	540	6.9	1190	680	658.85	520.52	37.65	5.6	73.25	209.62	110	0.97	6.5

Daily Nutrient Analysis: Wednesday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	655	93	11	0	0	39	0	35	20	530	4	1620	1135	574	630	47	4	103	149	75	0	5
Lunch																						
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
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 Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
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 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 Slice Bread Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
1/2cup Vegetable Mix Oriental Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.44	212.58	2.91	0.4	23.38	17.26	0	0.13	0
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 Pork Sweet & Sour f/Loin	190	15	1	0	0	12	0	14	8	30	1	400	390	148.77	5.38	19.91	0.4	1.63	10.98	40	0	2.5
Lunch TOTAL	655	93	11	0	0	39	0	35	19.5	530	4.2	1620	1135	574.41	629.57	46.68	3.8	102.67	149.02	75	0.33	4.5

Daily Nutrient Analysis: Thursday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1



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	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	700	94	11	0	0	36	0	32	27	540	5	1320	1120	576	648	15	3	35	88	55	1	8
Lunch																						
1/2cup Potato Tator Tots f/RTB	160	23	2	0	0	0	0	2	7	20	0.5	250	390	69.27	0	3.3	0	3.05	18.97	0	0	1.5
1/2cup Pears Blushing JcPk Cnd *	70	18	2	0	0	14	0	1	0	20	0.4	125	20	17.48	0	1.9	0	0.36	1.26	0	0	0
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
1/3cup Beef Sloppy Joe Filling f/ Tomato Sauce	140	3	1	0	0	2	0	9	10	20	1.5	225	160	87.91	11.8	2.39	0	1.93	7.46	35	0.58	4
1 Each Bun Hamburger Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.84	0	0	0	4.45	23.94	0	0.01	0
1/2cup Peas & Carrots Seasoned f/Frz	60	10	3	0	0	4	0	3	2	30	1	150	80	44.66	450.28	7.38	0.4	19.41	23.65	0	0.13	0
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
Lunch TOTAL	700	94	11	0	0	36	0	32	26.5	540	5.0	1320	1120	576.42	647.5	15.27	3.4	34.71	88.26	55	0.9	7.5

Daily Nutrient Analysis: Friday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	730	97	12	0	0	32	0	46	25	680	8	1610	805	716	540	64	4	145	117	80	1	6
Lunch																						
2fl. oz Gravy Brown Hmd	40	3	0	0	0	0	0	1	3.5	0	0	10	65	3.1	34.06	0	0.6	3.86	0.73	0	0.24	0.5
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
3oz Beef Pot Roast Hmd	190	11	3	0	0	2	0	21	7	125	4.5	450	130	211	136.82	5.09	0	14.03	30.71	60	0	2.5
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 Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Plums Chilled Jcpk Cnd	50	14	1	0	0	12	0	0	0	10	0.2	175	5	15.72	55.64	3.27	0	5.2	3.63	0	0	0
1/2cup Broccoli Spears f/Frz	50	7	3	0	0	2	0	4	2	75	0.75	225	45	62.63	77.08	45.52	0.4	102.51	34.1	0	0.14	0
Lunch TOTAL	730	97	12	0	0	32	0	46	24.5	680	7.55	1610	805	715.65	540.35	64.07	4.2	145.1	116.93	80	0.84	5.5

Daily Nutrient Analysis: Saturday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	650	102	10	0	0	41	0	32	17	560	5	1775	970	529	978	72	4	63	157	125	0	4
Lunch																						
1 Each Tuna Salad Sndw on Wheat	240	31	2	0	0	5	0	16	6	100	3	200	480	151.04	26.75	0.66	0.8	11.32	55.96	65	0.02	1
1/2cup Potato Salad f/Fresh	170	29	2	0	0	5	0	4	5	20	0.75	500	230	77.88	18.99	15.19	0.4	11.01	17.65	40	0.01	1
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
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	100	18	4	0	0	10	0	2	3	50	0.75	500	150	54.16	780.18	7.99	0	40.02	43.76	5	0	0.5
Lunch TOTAL	650	102	10	0	0	41	0	32	16.5	560	4.7	1775	970	529.33	978.48	71.77	4.2	62.6	156.7	125	0.03	4.0

PROVIDER CHOICE

Daily Nutrient Analysis: Sunday, Week 3, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	875	116	9	0	0	26	0	37	34	680	6	1770	1510	671	444	31	3	110	223	65	1	9
Lunch																						
1 Each Burrito Italian Pork Roast	360	28	2	0	0	6	0	19	19	200	2.5	350	910	275.06	26.78	1.23	0.4	27.05	53.29	45	0.04	6
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
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 Pat PC	35	0	0	0	0	0	0	0	4	0	0	0	35	0.25	0	0	0	3.75	0.05	0	0.74	1
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
125ml Fruit Salad Tropical LS	130	34	2	0	0	0	0	1	0	20	0.75	200	15	19.96	46.57	5.54	0	0	6.65	0	0	0
1/2cup Rice Spanish w/Veg Base	120	23	1	0	0	2	0	3	2	40	0.75	150	70	48.29	7.24	8.02	0	4.69	7.75	5	0.01	0
1/2cup Bean Black Salad	90	10	2	0	0	1	0	3	5	30	0.75	300	220	52.22	11.01	7.74	0	6.47	59.3	0	0.02	0
Lunch TOTAL	875	116	9	0	0	26	0	37	33.5	680	5.85	1770	1510	671.4	443.99	30.9	3.4	109.93	222.57	65	0.81	8.5

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

PROVIDER CHOICE

Daily Nutrient Analysis: Monday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	625	85	12	0	0	33	0	32	22	905	6	1895	1650	651	1190	26	3	711	291	45	0	8
Lunch																						
1cup Fruit Fresh Fall/Winter	30	9	1	0	0	6	0	0	0	20	0.1	125	0	7.81	3.23	12.88	0	0.52	9.19	0	0	0
2 Each Pasta Stuffed Shells f/RTB w/Sauce	310	37	4	0	0	8	0	12	13	250	2	600	1080	255.93	123.41	2.47	0	25.18	27.22	25	0.29	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
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
1/2cup 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
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 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 Cheese Parmesan Grated PC	15	0	0	0	0	0	0	1	1	30	0	10	65	21.94	9.17	0	0	0.06	0.21	5	0.03	0.5
Lunch TOTAL	625	85	12	0	0	33	0	32	21.5	905	6.45	1895	1650	650.56	1190.44	26.27	3.4	710.5	290.71	45	0.46	7.5

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

Daily Nutrient Analysis: Tuesday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	650	84	10	0	0	28	0	38	24	520	4	1235	860	607	1085	16	5	47	67	85	1	5
Lunch																						
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1/2cup Carrot Parsley *	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 Apple Slices f/Fresh	40	11	2	0	0	8	0	0	0	0	0.1	100	5	8.58	2.34	3.59	0	1.72	2.34	0	0	0
2fl. oz Gravy Poultry Hmd	50	3	0	0	0	0	0	0	4.5	0	0.1	10	130	4.15	46.21	0.02	0.6	5.67	0.97	5	0.33	1
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
3oz Turkey Roast f/Bnls	110	0	0	0	0	0	0	17	4.5	10	0.75	175	90	141.67	13.17	0	0.4	0.09	5.44	60	0.05	1
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
Lunch TOTAL	650	84	10	0	0	28	0	38	23.5	520	3.6	1235	860	607.06	1084.57	16.42	4.6	47.37	66.78	85	0.97	4.5

Daily Nutrient Analysis: Wednesday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	685	85	11	0	0	36	0	48	24	595	7	1845	870	736	551	52	4	169	213	130	1	7
Lunch																						
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
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1/2cup Peaches Halves f/Cnd	60	16	2	0	0	13	0	1	0	10	0.4	175	10	22.17	24.78	4.69	0	2.22	3.91	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1/2cup 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
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
1cup Beef Stroganoff f/Cubes	230	10	1	0	0	3	0	25	11	75	3	550	270	260.44	45.07	2.05	0.4	3.52	10.81	85	0.52	4.5
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
Lunch TOTAL	685	85	11	0	0	36	0	48	23.5	595	7.25	1845	870	736.1	551.25	51.86	4.2	169.07	212.59	130	0.99	7.0

Daily Nutrient Analysis: Thursday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	655	102	12	0	0	34	0	32	20	595	3	1025	1165	461	292	30	3	57	73	35	1	5
Lunch																						
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
2 Slice Bread Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	0
1/2cup Green Beans Herb Frz *	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1/2cup Fruit Heavenly Hash	60	14	1	0	0	11	0	1	1	10	0.3	125	10	11.91	23.18	15.33	0	1.2	4.74	0	0	0.5
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 Each Cabbage Roll Beef Stuffed RTC	160	20	3	0	0	5	0	9	5	75	0	0	580	0	0	0.43	0	0	0	15	0	1.5
Lunch TOTAL	655	102	12	0	0	34	0	32	19.5	595	2.95	1025	1165	460.84	292.16	29.58	3.4	56.54	73.0	35	0.55	4.5

Daily Nutrient Analysis: Friday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	865	109	9	0	0	49	0	42	33	610	5	1150	835	656	640	11	7	55	145	90	1	11
Lunch																						
1/2cup Vegetable Mix 4 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 2X3 Banana Split Dessert*	310	39	1	0	0	27	0	3	17	30	0.75	150	210	48.11	131.92	4.01	1.5	14.72	20.58	10	0.84	6
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 Whole Wheat	70	13	2	0	0	1	0	4	1	50	0.75	75	130	60.1	0	0	0	2.21	11.91	0	0.01	0
1cup Tuna Noodle Casserole	280	32	2	0	0	5	0	23	7	150	3	350	300	266.49	111.86	3.7	2.5	9.55	82.7	60	0.31	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
Lunch TOTAL	865	109	9	0	0	49	0	42	32.5	610	5.35	1150	835	655.52	639.96	10.63	7.4	55.16	144.8	90	1.47	10.5

Daily Nutrient Analysis: Saturday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	745	90	8	0	0	48	0	43	30	675	6	1620	1430	849	544	139	5	85	213	275	0	9
Lunch																						
1/2cup Broccoli Slaw f/Broc Slaw Mix	100	13	0	0	0	4	0	4	4.5	75	1.25	400	290	75.47	25.52	104.61	0	21.72	80.36	10	0	1
1 2x3 Cornbread f/Mix	120	20	2	0	0	6	0	3	4	20	1	40	240	146.86	12.68	0.03	0.2	1.43	30.08	20	0	1
2 Each Tomato Slices f/Fresh	5	2	1	0	0	1	0	0	0	0	0.2	100	5	9.92	17.37	5.67	0	3.27	6.2	0	0	0
1 Each Egg Boiled Hard Whole RTS	80	1	0	0	0	1	0	7	5	30	0.75	75	65	86	74.5	0	1.5	0.15	22	190	0	1.5
6fl. oz Soup Italian Wedding w/Meatballs	120	10	1	0	0	2	0	6	7	50	1.25	175	280	89.79	77	2.55	0	32.25	40.92	20	0.16	2
1 Each Crackers Wheat PC	25	5	1	0	0	0	0	1	1	0	0.3	30	55	21.12	0	0	0	1.74	1.79	0	0.01	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each 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 Cottage Cheese Fruit Fall Winter Plate	170	26	3	0	0	21	0	13	2.5	150	0.75	400	350	185.72	153.02	25.65	0	18.74	19.51	15	0.07	1.5
Lunch TOTAL	745	90	8	0	0	48	0	43	29.5	675	5.6	1620	1430	849.32	543.69	138.52	4.7	84.6	213.21	275	0.42	9.0

Daily Nutrient Analysis: Sunday, Week 4, Cycle Menu F/W Lunch 7 Day 2023

Diet: Regular | Texture: Regular | Choice: 1

	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)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	0	1600	1100	0	300	30	3	0	0	200	0	10
DAILY TOTAL	670	81	7	0	0	27	0	39	26	520	4	1345	1235	635	311	34	5	96	175	80	1	6
Lunch																						
2fl. oz Gravy Pork Hmd	30	3	0	0	0	0	0	0	2	10	0.2	20	370	4.75	17.46	0.19	0.4	1.96	0.84	5	0.12	0
1/2cup Applesauce JcPk Cnd	50	14	1	0	0	11	0	0	0	0	0.3	100	5	6.1	1.22	1.22	0	0.61	3.66	0	0	0
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1/2cup Asparagus Seasoned f/Frz	30	2	1	0	0	0	0	3	2	20	0.75	175	20	44.58	54.73	22.22	0.4	74.64	122.53	0	0.13	0
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 Whole Wheat	140	25	3	0	0	2	0	8	2	100	1.5	150	260	120.2	0	0	0	4.42	23.81	0	0.01	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 Pork Loin Roast	160	0	0	0	0	0	0	16	10	20	0.75	300	280	156.89	1.65	0.48	0.6	0.35	0.83	55	0	3.5
Lunch TOTAL	670	81	7	0	0	27	0	39	26.0	520	3.9	1345	1235	634.51	311.49	34.19	4.6	96.08	174.97	80	0.71	6.0



ALTERNATE MEALS

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

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE									
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

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Milk 1% 8 flz PC (1% Milk)

85

Lettuce Tossed Salad (Garden Salad)

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

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

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

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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Pork, Loin Bnls	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/3 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Cubed	
2 Pan Coating, Spray Base, Chicken Paste LS G-F Water, Tap	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.
	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup		
	2 2/3 Cup	1 1/4 Qt	2 Qt	2 3/4 Qt		
3 Sugar, Brown Light Cornstarch	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.
	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		

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

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

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

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

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

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

Rice Fried w/Soy Sauce (Fried Rice)

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

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

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

Rice Fried w/Soy Sauce (Fried Rice)

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

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

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

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

Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	☐Contains: Orange, Citrus

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

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

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

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

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

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

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

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

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

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

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

Potato Baked (Baked Potato)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

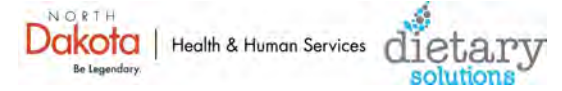
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Remove brussels sprouts from oven, and toss to coat in vinegar mixture while still warm. Serve immediately.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours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

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

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

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

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



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Milk 1% 8 flz PC (1% Milk)

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

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

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

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

Beans Baked f/Cnd (Baked Beans)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	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.
Margarine, Solids	3 Oz	6.5 Oz	9.5 Oz	12.5 Oz		
2 Beans, Baked w/Bacon Cnd	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.
Ketchup, Bulk	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
Vinegar, Cider Apple	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Sugar, Brown Light	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup		
Mustard, Powder	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		

Beans Baked f/Cnd (Baked Beans)

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

Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Ham Ckd Bnls RS (RS Ham)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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



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

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

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

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

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

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

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

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

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

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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

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

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

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

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

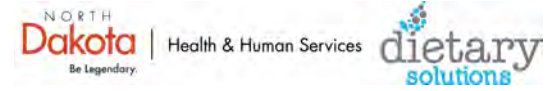
	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining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

Milk 1% 8 flz PC (1% Milk)

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

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

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



Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Noodles Parslied (Parslied Noodles)

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

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

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

Noodles Parslied (Parslied Noodles)

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

Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Brush Kabobs with reserved Marinade. Bake to *internal temperature of >145F/63C held for at least 15 seconds.
4							<p>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.</p> <p>CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.</p> <p>CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.</p>
5							Cook Time: 15-20 min

Marinade Beef (Beef Marinade)

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

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

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

Marinade Beef (Beef Marinade)

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

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

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

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

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

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

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

Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

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

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

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

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

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

Banana Whole Fresh (Banana)

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

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

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



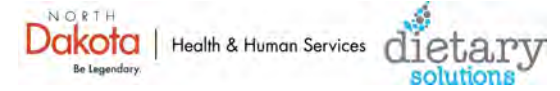
Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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



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

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

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

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

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

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

Greens Collard f/Frz (Collard Greens)

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

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

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

Greens Collard f/Frz (Collard Greens)

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

Crisp Pineapple Hmd (Pineapple Crisp)

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

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

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

Crisp Pineapple Hmd (Pineapple Crisp)

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

Cornbread f/Mix (Cornbread)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

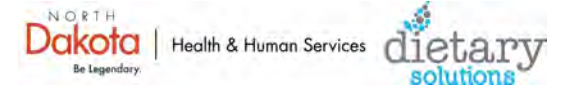
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Brussels Sprouts, Frz	5 lb	10 lb	15 lb	20 lb	Dice bacon. Add to skillet and cook until bacon is browned.
	Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp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

Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

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

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

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



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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Spinach Salad w/Chicken (Spinach/Chicken Salad)

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

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

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

Spinach Salad w/Chicken (Spinach/Chicken Salad)

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

Dressing Asian Style (Asian Style Dressing)

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

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

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

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

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

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

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

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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



Banana Whole Fresh (Banana)

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

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

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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

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

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

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

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

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

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

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

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

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

Potato Fries French f/Prepared (French Fries)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

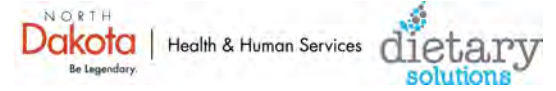
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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



Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

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

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

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)



Health & Human Services



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

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

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



Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Potatoes)

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

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Milk 1% 8 flz PC (1% Milk)

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

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

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

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 3.5 Oz	6.5 Oz	10 Oz	13 Oz		In a stock pot or kettle melt margarine. Add onions and saute until tender.
	Onion, Yellow 1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	Diced	
3	Flour, All Purpose 1 Cup	2 Cup	3 Cup	1 Qt		Add flour and pepper. Stir until blended. Cook 5 min stirring often. Add chicken base. Blend in milk and water stirring constantly. Reduce heat and cook until thickened, stirring often.
	Pepper, Black Ground 1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
	Base, Chicken Paste LS G-F 1 Tbsp 2 tsp	3 Tbsp	1/4 Cup	1/3 Cup		
	Milk, 2% Bulk 2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		
	Water, Tap 1 Qt	2 Qt	3 Qt	1 Gal		

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb		Blend in cheese to soup mixture.
5	Broccoli, Florets Frz	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Coleslaw f/Shredded Mix & Dressing (Coleslaw)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐Contains: AllergenEggs, AllergenMilk, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	8 g	1 g	7 g	30 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
2					Combine Dressing Mix and mix lightly.
3					CCP -- Keep chilled at 40F.

Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Lettuce, Green Leaf	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 Lettuce Leaf on each plate. Top with 1/2 cup of Cheese. Arrange Fruits around Cheese. Cover and chill <40F.
	Cottage Cheese, 2% Fat	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
	Melon, Cantaloupe Fresh	6.25 each	12.5 each	18.75 each	25 each	Peeled & Sliced	
	Strawberries, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Hulled & Sliced	
	Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
2						CCP - Maintain <40F.	

Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g		2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
2 Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
3						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
4						Remove muffins from pan(s) as soon as baked.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)



Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

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

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

Sauce Vinaigrette (Vinaigrette)

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Liver & Onions (Liver & Onions)

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

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

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

Liver & Onions (Liver & Onions)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

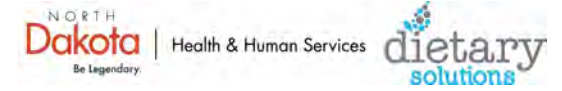
INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Water, Tap	1 3/4 Qt	3 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2 Potato, Mashed Granules Milk Free	1 lb 8 Oz	3 lb	4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

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

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

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

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



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐Contains: Tomato, Cucumber, AllergenSulphites, Carrots, Lemon, Chicken, AllergenEggs, Celery, AllergenWheat, AllergenMilk, Citrus, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
2 Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
2 Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
2 Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3 Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
4						CCP -- Maintain <40F/4C.

Chicken Salad w/Egg & Celery (Chicken Salad)

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

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

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

Bread Banana Whole Grain PC (Whole Grain Banana Bread)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

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

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

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

Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

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

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

Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



MEAL PATTERNS

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

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

Standard Breakfast Meal Pattern

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

Based on USDA Child and Adult Care Food Program 2022

Standard Lunch and Supper Meal Pattern

Food Components	Serving Size	Minimum servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	3 oz	1 serving
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	¾ cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
Vegetables	½ cup	2 servings
Fruits	½ cup or 1 small piece	1 serving
Grains	1 oz	2 servings
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	½ cup pasta ½ cup rice	



CARBOHYDRATE CONTENT

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

Carbohydrate Content Breakfast

15g= 1 Carbohydrate Exchange

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

Carbohydrate Content Lunch and Dinner

15g= 1 Carbohydrate Exchange

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



MILK ALTERNATIVES

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

MILK ALTERNATIVES

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

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

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

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



SUBSTITUTION LISTS

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

SUBSTITUTION LISTS

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

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

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

SUBSTITUTION LISTS

BREADS AND STARCHES:

1oz serving.

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

WG= Whole Grain Rich

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

SUBSTITUTION LISTS

MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

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

SUBSTITUTION LISTS

VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

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

SUBSTITUTION LISTS

FRUITS

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

Light syrup and water are also acceptable.

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

SUBSTITUTION LISTS

FRUITS

Fruit juice must be 100% juice to meet requirements.

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



PRODUCTION GUIDES

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

Production Guides

GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet 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

