

**NORTH DAKOTA AGING SERVICES
BURLEIGH COUNTY COUNCIL
ON AGING
APRIL 2023
MENU**



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INTRODUCTION

This menu was developed by Dietary Solutions Inc for the North Dakota Department of Health and Human Services 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 current Dietary Guidelines for Americans, issued by the Secretaries of the Departments of Health and Human Services and Agriculture. Adhering to these criteria ensure the meals provided promote good health and meet nutritional needs of the Older Americans served. Meals are planned to offer a greater variety of vegetable and fruit, whole grains, lean meats/met alternatives and low-fat and fat-free dairy while minimizing added sugar and saturated fat. Computer based nutrient analysis was utilized to ensure that nutrient requirements are met by these menus.

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 MANUAL

A menu manual has been developed to be used along with the individual menus developed. The menu manual is a separate document that contains the below items to be used in coordination with this cycle menu.

MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving size 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.

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 size, and grams of carbohydrate per serving.

ALTERNATE MEALS

A set of ten alternate meals has been provided. These meals are intended to be used to swap out an entire meal from the standard 4-week cycle. This may be desired based on participant preference, product availability or to increase 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.

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.

ADDITIONAL RESOURCES

Food safety resources and production guides have been provided for reference and to be used as guides to promote safe food handling and appropriate portion sizes.

PLEASE SEE THE MENU MANUAL FOR THE RESOURCES LISTED ABOVE

Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	1oz	1 serving
Cheese	1oz	
Cottage cheese	¼ cup	
Egg, large	1ea	
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	4oz or ½ cup	
Fruit	1/2c 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	1slc 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	

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	8fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	3oz	1 serving
Tofu, soy products,	3 ounces	
Cheese	2 ounces	
Cottage cheese	3/4 cup	
Egg, large	1 ea	
Cooked dry beans or peas	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 ounce	
Yogurt or soy yogurt, plain or flavored	8 ounces or 1 cup	
Vegetables	1/2 cup	2 servings
Fruits	1/2 cup or 1 small piece	1 serving
Grains	1oz	2 servings
Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slc bread or 1 small roll	
WGR, pasta or rice	1/2c pasta 1/2c rice	

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Monday		Tuesday		Wednesday		Thursday		Friday	
3rd		4th		5th		6th		7th	
Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	CLOSED	
Chicken Kiev	3oz	Brat with Sauerkraut on	3oz,2T	Beef Stroganoff over	1c	Baked Ham	3oz		
Parslied Potatoes	1/2c	Whole Grain Bun	1	Mashed Potatoes	1/2c	AuGratin Potatoes	1/2c		
Honey Glazed Carrots	1/2c	German Potato Salad	1/2c	Candy Corn Vegetable	1/2c	Peas & Onions	1/2c		
Whole Grain Bread	2 Sl.	Roasted Red Cabbage	1/2c	Strawberry Applesauce	1/2c	Banana	1 each		
Fruit Cocktail	1/2c	Dark Cherries	1/2c	Whole Grain Bread	2 Sl.	Whole Grain Bread	2 Sl.		
Butter	1Tsp.	German Chocolate Cake	2X2	Butter	1 Tsp.	Butter	1 Tsp.		

ALL MEALS HAVE BEEN EVALUATED NUTRITIONALLY AND MEET REQUIREMENTS OF OAA NUTRITION GUIDELINES

All meals include: 1 c 1% milk, 1 c water & 1 c coffee

Record any menu substitutions necessary per policy.

Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.

Canned Fruits: Purchase in extra light syrup (preferred), light syrup or in water or juice

Fresh Fruit may be used in place of canned fruit

VEGETABLES are to be frozen or salt free canned.

Choice of Salad Dressing : should be reduced calorie

Whole Grain Bread can be substituted with Whole Grain Roll of same serving size

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Monday		Tuesday		Wednesday		Thursday		Friday	
10th		11th		12th		13th		14th	
Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz
Italian Pork Ragu w/ Vegetables	1c	Sweet & Sour Chicken w/ Peppers, Onions,& Pineapple	1c	Southwest Chicken Salad	See Recipe	Roast Beef	3oz	Fish & Chips	3oz, 1/2c
Herbed Potato Gnocchi	1/2c	Tossed Salad	1c	Bread- WG	2oz	Mashed Potatoes	1/2c	Powerslaw	1/2c
Capri Vegetable Blend	1/2c	Fried Rice WG	1/2c	Fresh Apple	1	Beef Gravy	2oz	Whipped Gelatin Salad	1/2c
Garlic Lavash Bread WG	2oz Sl.	Vegetable Egg Roll	1	Assorted Petit Fours	2oz	Green Beans	1/2c	Whole Grain Bread	2 Sl.
Pears	1/2c	Mandarin Oranges	1/2c			Watermelon	1/2c	Butter	1 Tsp
		Fortune Cookie	1 each			Whole Grain Bread	2 Sl.		
		Choice of Dressing	2T			Butter	1 Tsp		

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Monday		Tuesday		Wednesday		Thursday		Friday	
17th		18th		19th		20th		21st	
Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz
Chicken Fried Chicken	3oz	Deconstructed Porcupine		Roasted Chicken Drumstick	3oz	Smothered Pork Chop	3oz	Dill Pickle Meatloaf	3oz
Garlic Mashed Potatoes	1/2c	Meatballs	3 oz	Baked Sweet Potato	1 each	Baby Baked Potatoes	1/2c	Homestyle Potatoes &	
Mixed Vegetable Blend	1/2c	Wild Rice Pilaf	1/2c	CA Normandy Vegetables	1/2c	Peas & Carrots	1/2c	Onions	1/2c
Peaches	1/2c	Snap Peas	1/2c	Fresh Orange	1 Each	Applesauce	1/2c	Creamy Vegetable Medley	1/2c
Whole Grain Bread	2 Sl	Chunky Fruit Cup	1/2c	Whole Grain Bread	2 Sl	Whole Grain Bread	2 Sl	Snicker & Apple Salad	1/2c
Butter	1 Tsp	Whole Grain Bread	2 Sl	Butter	1 Tsp	Butter	1 Tsp	Whole Grain Bread	2 Sl
		Butter	1 Tsp						

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Monday		Tuesday		Wednesday		Thursday		Friday	
24th		25th		26th		27th		28th	
Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz	Milk, Low Fat	8oz
Meat Lovers Lasagna	1	Chicken Tenders	3oz	BBQ Ribs	3oz	Stuffed Pepper	1 Each	Seafood & Vegetable	1c
Roll Ups		Potato Wedges	1/2c	Potato Salad	1/2c	Rosemary Potatoes	1/2c	Alfredo	
Scandinavian Vegetables	1/2c	Cucumber Salad	1c	Baked Beans	1/2c	Country Trio Vegetables	1/2c	Buttered Pasta	1/2c
Sauteed Spinach	1/2c	Fresh Pear	1 each	WG Cornbread	1 Sl	Assorted Fruit Cups	1/2c	Steamed Broccoli	1/2c
WG Garlic Toast	1 Sl	Whole Grain Bread	2 Sl	Cinnamon Apples	1/2c	Whole Grain Bread	2 Sl	WG Breadstick	1
Apricots	1/2c	Butter	1 Tsp	Butter	1 Tsp	Butter	1Tsp	Berry Cheesecake Fruit	1/2c
								Salad	

ALL MEALS HAVE BEEN EVALUATED NUTRITIONALLY AND MEET REQUIREMENTS OF OAA NUTRITION GUIDELINES

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Record any menu substitutions necessary per policy.

Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.

Canned Fruits: Purchase in extra light syrup (preferred), light syrup or in water or juice

Fresh Fruit may be used in place of canned fruit

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Choice of Salad Dressing : should be reduced calorie

Whole Grain Bread can be substituted with Whole Grain Roll of same serving size

Nutrient Analysis Burleigh County Council on Aging April 2023

Nutrient	Goal (1/3 of DRI)	Percent of Goal Met
Macronutrients		
90-110% of DRI		
*Calories (kcal)	735	119%
*Protein (g)	31.24	125%
Carbohydrate (g) based on 53% of calories	97.4	107%
*Fat (g) can be less (limit or delete solid fats)	24.5	124%
*Fiber	10.29	118%
Vitamins and Minerals		
80-100% or more of DRI		
*Vitamin A RAE	300	>100%
*Vitamin B-6 (mg)	.60	>100%
*Vitamin B12 (mcg)	.80	>100%
*Vitamin C (mg)	30	>100%
*Vitamin D (mcg) (600 IU or more ideal)	15 (mcg)	>100%
Folate DFE (mcg)	133.3	>100%
*Calcium (mg)	400	>100%
*Magnesium (mg)	140	>100%
Iron (mg)	2.70	>100%
*Potassium (mg) goal: 1567.0 or more ideal	1250	>100%
*Sodium (mg) goal: 800 or less ideal	800-1000	125%
*Zinc (mg)	3.75	>100%

For Planning and Analyzing Menus 1 meal per day Calorie goal +/- 10% of Value below Macronutrients (protein, carbohydrate, fat) balanced (Fat can be lower as long as calories are met) Micronutrient (vitamins & minerals) 80-100% or more daily except sodium. Present sodium goal is 800-1000 mg daily.

RECIPES

STANDARD ITEMS





Applesauce

Recipe Summary Card

Source: Custom

Yield: 1 (0.500 cup(s))

No. Ingredients: 1

Category: Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Applesauce, Unsweetened, Canned	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Serve unsweetened applesauce using a #8 scoop.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

Nutrients Per Serving

Kilocalories	51.240	kcal
Protein	0.207	g
Carbohydrate	13.749	g
Fat, Total	0.122	g
Cholesterol	0.000	mg
Saturated Fat	0.010	g
Sodium	2.440	mg
Vitamin A (RE)	2.440	RE
Vitamin C	1.220	mg
Calcium	4.880	mg
Iron	0.281	mg
Dietary Fiber, Total	1.342	g



Choice of Cold Cereal

Recipe Summary Card**Source:** Custom**Yield:** 25 (2.000 cup(s))**No. Ingredients:** 1**Category:** Grain, Cold Cereal**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
100% Natural Cereal, plain, Quaker	1.563 gallon(s)	3.125 gallon(s)	4.688 gallon(s)	6.250 gallon(s)

Instructions

WASH HANDS.

1. Serving size = 1 cup of dry cereal

Nutrients Per Serving

Kilocalories	404.160	kcal
Protein	10.128	g
Carbohydrate	70.704	g
Fat, Total	11.155	g
Cholesterol	1.920	mg
Saturated Fat	1.190	g
Sodium	48.000	mg
Vitamin A (RE)	0.000	RE
Vitamin C	0.192	mg
Calcium	104.640	mg
Iron	2.698	mg
Dietary Fiber, Total	9.792	g



Choice of Fruit Juice

Recipe Summary Card**Source:** Custom**Yield:** 1 (4.000 fluid ounce(s))**No. Ingredients:** 3**Category:** Beverage, Fruit Juice**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Apple juice, 100%	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)
Juice, Orange	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)
Cranberry juice blend, 100% juice	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

Serve 4oz 100% juice of choice

Nutrients Per Serving

Kilocalories	174.840	kcal
Protein	1.190	g
Carbohydrate	42.358	g
Fat, Total	0.558	g
Cholesterol	0.000	mg
Saturated Fat	0.086	g
Sodium	14.880	mg
Vitamin A (RE)	24.800	RE
Vitamin C	109.740	mg
Calcium	37.200	mg
Iron	0.533	mg
Dietary Fiber, Total	0.744	g



Choice of Fruit

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 serving(s))

No. Ingredients: 1

Category: Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Fruit of Choice	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

Wash hands. Wash all fresh, unpackaged produce under cool, running water, drain well.
Prepare and serve.

**1 Serving = 1/2 cup canned fruit, one cup raw Fruit,
or one whole piece**

Nutrients Per Serving

Kilocalories	31.860	kcal
Protein	0.478	g
Carbohydrate	8.045	g
Fat, Total	0.124	g
Cholesterol	0.000	mg
Saturated Fat	0.034	g
Sodium	15.930	mg
Vitamin A (RE)	5.310	RE
Vitamin C	15.930	mg
Calcium	5.310	mg
Iron	0.150	mg
Dietary Fiber, Total	0.708	g



Choice of Hot Cereal

Recipe Summary Card**Source:** Custom**Yield:** 25 (1.000 serving(s))**No. Ingredients:** 3**Category:** Grain, Hot Cereal**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
WG Oatmeal, Rolled Oats Cereal, Regular, Quick or Instant, Prepared	1.000 pound(s)	2.000 pound(s)	3.000 pound(s)	4.000 pound(s)
Water, Tap	12.000 ounce(s)	1.500 pound(s)	2.250 pound(s)	3.000 pound(s)
	3.000 quart(s)	1.500 gallon(s)	2.250 gallon(s)	3.000 gallon(s)

Instructions**WASH HANDS**

1. Measure water into steam-jacketed kettle or heavy stockpot and bring to a rolling boil.
2. Stir dry cereal gradually into water using wire whip.
3. Stir until some thickening is apparent.
4. Reduce heat and cook until cereal reaches desired consistency. Cereal should be thick and creamy but not sticky.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 145F, HELD FOR 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

5. Serve using a 8 oz ladle.

Notes: Granular cereals (such as farina or cornmeal): Mix with a little cold water before adding boiling water. The cold water must be calculated as part of the total amount of liquid. Be careful not to scorch.

Nutrients Per Serving

Kilocalories	22.544	kcal
Protein	0.765	g
Carbohydrate	4.087	g
Fat, Total	0.326	g
Cholesterol	0.000	mg
Saturated Fat	0.061	g
Sodium	5.969	mg
Vitamin A (RE)	0.000	RE
Vitamin C	0.000	mg
Calcium	18.631	mg
Iron	0.874	mg
Dietary Fiber, Total	0.472	g



Choice of Salad Dressing

Recipe Summary Card**Source:** Custom**Yield:** 1 (1.000 tablespoon(s))**No. Ingredients:** 3**Category:** Accompaniment, Salad Dressing**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Salad Dressing, Italian, lite	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)
Salad Dressing, French, lite	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)
KRAFT Salad Dressing, Classic Ranch, Lite	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

WASH HANDS.

1. Serve 1 Tbsp of choice of dressing. (or menued portion)

Nutrients Per Serving

Kilocalories	137.320	kcal
Protein	0.199	g
Carbohydrate	8.288	g
Fat, Total	11.606	g
Cholesterol	5.000	mg
Saturated Fat	1.658	g
Sodium	421.731	mg
Vitamin A (RE)	15.906	RE
Vitamin C	0.059	mg
Calcium	6.231	mg
Iron	0.089	mg
Dietary Fiber, Total	0.384	g



Ketchup

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 tablespoon(s))

No. Ingredients: 1

Category: Accompaniment, Condiment

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Ketchup or Tomato Catsup	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Wash Hands
Serve 1T

Nutrients Per Serving

Kilocalories	15.150	kcal
Protein	0.156	g
Carbohydrate	4.110	g
Fat, Total	0.015	g
Cholesterol	0.000	mg
Saturated Fat	0.002	g
Sodium	136.050	mg
Vitamin A (RE)	7.695	RE
Vitamin C	0.615	mg
Calcium	2.250	mg
Iron	0.053	mg
Dietary Fiber, Total	0.045	g



Margarine

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 item(s))

No. Ingredients: 1

Category: Accompaniment, Condiment

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Margarine	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Serve one Margarine PC per serving

Nutrients Per Serving

Kilocalories	101.097	kcal
Protein	0.023	g
Carbohydrate	0.099	g
Fat, Total	11.380	g
Cholesterol	0.000	mg
Saturated Fat	2.142	g
Sodium	132.963	mg
Vitamin A (RE)	50.351	RE
Vitamin C	0.028	mg
Calcium	4.230	mg
Iron	0.008	mg
Dietary Fiber, Total	0.000	g



Mayo

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 tablespoon(s))

No. Ingredients: 1

Category: Accompaniment, Condiment

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Mayonnaise, Regular	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Wash Hands
Serve 1 T

Nutrients Per Serving

Kilocalories	93.840	kcal
Protein	0.132	g
Carbohydrate	0.079	g
Fat, Total	10.329	g
Cholesterol	5.796	mg
Saturated Fat	1.615	g
Sodium	87.630	mg
Vitamin A (RE)	1.794	RE
Vitamin C	0.000	mg
Calcium	1.104	mg
Iron	0.029	mg
Dietary Fiber, Total	0.000	g



Milk

Recipe Summary Card

Source: Custom

Yield: 1 (8.000 fluid ounce(s))

No. Ingredients: 1

Category: Beverage, Milk Drink

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Milk, Low Fat, 1%	1.563 gallon(s)	3.125 gallon(s)	4.688 gallon(s)	6.250 gallon(s)

Instructions

Serve 8oz portion.

CCP: Internal temperature must remain 41F or below.

Nutrients Per Serving

Kilocalories	102.480	kcal
Protein	8.223	g
Carbohydrate	12.176	g
Fat, Total	2.367	g
Cholesterol	12.200	mg
Saturated Fat	1.545	g
Sodium	107.360	mg
Vitamin A (RE)	141.520	RE
Vitamin C	0.000	mg
Calcium	305.000	mg
Iron	0.073	mg
Dietary Fiber, Total	0.000	g



Parmesan

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 tablespoon(s))

No. Ingredients: 1

Category: Accompaniment, Condiment

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Cheese, Parmesan, Grated	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Wash Hands.
Serve 1 T.

Nutrients Per Serving

Kilocalories	21.000	kcal
Protein	1.421	g
Carbohydrate	0.696	g
Fat, Total	1.392	g
Cholesterol	4.300	mg
Saturated Fat	0.769	g
Sodium	90.200	mg
Vitamin A (RE)	6.631	RE
Vitamin C	0.000	mg
Calcium	42.650	mg
Iron	0.025	mg
Dietary Fiber, Total	0.000	g



Sour Cream

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 tablespoon(s))

No. Ingredients: 1

Category: Accompaniment, Dip, Dairy Based

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Sour Cream	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

WASH HANDS.

1. Portion 1 tbsp or menued portion of sour cream into sauce cup.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41F

Nutrients Per Serving

Kilocalories	23.760	kcal
Protein	0.293	g
Carbohydrate	0.556	g
Fat, Total	2.322	g
Cholesterol	7.080	mg
Saturated Fat	1.217	g
Sodium	3.720	mg
Vitamin A (RE)	14.880	RE
Vitamin C	0.108	mg
Calcium	12.120	mg
Iron	0.008	mg
Dietary Fiber, Total	0.000	g



Syrup

Recipe Summary Card

Source: Custom

Yield: 1 (1.000 serving(s))

No. Ingredients: 1

Category: Accompaniment, Syrup

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Syrup, Pancake, Reduced Calorie	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)

Instructions

Wash Hands

1. Serve PC or menued portion of bulk item

Nutrients Per Serving

Kilocalories	46.777	kcal
Protein	0.000	g
Carbohydrate	12.630	g
Fat, Total	0.000	g
Cholesterol	0.000	mg
Saturated Fat	0.000	g
Sodium	50.462	mg
Vitamin A (RE)	0.000	RE
Vitamin C	0.000	mg
Calcium	2.835	mg
Iron	0.009	mg
Dietary Fiber, Total	0.000	g



Tartar Sauce

Recipe Summary Card**Source:** Custom**Yield:** 1 (1.000 tablespoon(s))**No. Ingredients:** 1**Category:** Accompaniment, Condiment**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Sauce, Tartar	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Wash Hands
 Serve 1T

Nutrients Per Serving

Kilocalories	30.384	kcal
Protein	0.144	g
Carbohydrate	1.915	g
Fat, Total	2.405	g
Cholesterol	1.008	mg
Saturated Fat	0.480	g
Sodium	96.048	mg
Vitamin A (RE)	0.000	RE
Vitamin C	0.331	mg
Calcium	3.744	mg
Iron	0.036	mg
Dietary Fiber, Total	0.072	g



Whole Grain Bread

Recipe Summary Card**Source:** Custom**Yield:** 3.469 (2.000 ounce(s))**No. Ingredients:** 3**Category:** Grain**Manufacturer:** (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Bread, 100% Whole Wheat	25 slices	50 slice(s)	75 slice(s)	100 slice(s)
Bread, multigrain				
Bread, Raisin, Enriched				

Instructions

May use any whole grain bread. 1 slice= 1oz
 Whole grain roll may be substituted - serving size is 2 oz

Nutrients Per Serving

Kilocalories	153.377	kcal
Protein	5.425	g
Carbohydrate	27.390	g
Fat, Total	3.007	g
Cholesterol	0.254	mg
Saturated Fat	0.711	g
Sodium	153	mg
Vitamin A (RE)	0.000	RE
Vitamin C	0.031	mg
Calcium	39.664	mg
Iron	1.447	mg
Dietary Fiber, Total	3.427	g

RECIPES BURLEIGH COUNTY COUNCIL ON AGING

APRIL 2023

(In menu order)





Chicken Kiev DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Poultry, Chicken
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken Kiev	25.000 piece(s)	50.000 piece(s)	75.000 piece(s)	100.000 piece(s)

Instructions

WASH HANDS.

1. Place frozen chicken kiev on baking sheet pans.

2. Cook chicken. CONVENTIONAL OVEN: Preheat oven to 350°F. Cook for 35-40 Minutes.

CONVECTION OVEN: Preheat oven to 350°F. Cook for 25-35 Minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM TEMPERATURE OF 165F, HELD FOR 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Serve 1 each

Nutrients Per Serving

Kilocalories	380.000 kcal
Protein	21.000 g
Carbohydrate	12.000 g
Fat, Total	28.000 g
Cholesterol	95.000 mg
Saturated Fat	10.000 g
Sodium	560.000 mg
Vitamin A (RE)	100.000 RE
Vitamin C	1.200 mg
Calcium	20.000 mg
Iron	1.080 mg
Dietary Fiber, Total	0.000 g



Parslied Potato

Recipe Summary Card

Source: Custom

No. Ingredients: 3

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
GOLD Potatoes, Baby	8.500 pound(s)	17.000 pound(s)	25.500 pound(s)	34.000 pound(s)
Margarine	2.000 fluid ounce(s)	4.000 fluid ounce(s)	6.000 fluid ounce(s)	1.000 cup(s)
Parsley Flakes, Dried	3.000 ounce(s)	6.000 ounce(s)	1.125 cup(s)	1.500 cup(s)

Instructions

WASH HANDS.

1. Wash Potatoes

2. Cut potatoes

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F, HELD FOR A MINIMUM OF 15 SECONDS.

3. Place in counter pans.

4. Pour margarine over potatoes, distribute uniformly.

5. Sprinkle with parsely.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

6. Roast at 375F until tender.

7. Serve 7 potatoes per person

Nutrients Per Serving

Kilocalories	126.410 kcal
Protein	2.828 g
Carbohydrate	24.763 g
Fat, Total	1.841 g
Cholesterol	0.000 mg
Saturated Fat	0.346 g
Sodium	50.197 mg
Vitamin A (RE)	8.753 RE
Vitamin C	0.454 mg
Calcium	18.429 mg
Iron	1.447 mg
Dietary Fiber, Total	4.189 g



Glazed Carrots DS

Recipe Summary Card

Source: Custom

No. Ingredients: 3

Category: Vegetable

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Baby Carrots	3.545 pound(s)	7.090 pound(s)	10.634 pound(s)	14.179 pound(s)
Honey	1.493 fluid ounce(s)	2.985 fluid ounce(s)	4.478 fluid ounce(s)	5.970 fluid ounce(s)
Margarine	1.493 fluid ounce(s)	2.985 fluid ounce(s)	4.478 fluid ounce(s)	5.970 fluid ounce(s)

Instructions

WASH HANDS.

- Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
- Cook vegetables in a steamer for 9-10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

- Melt honey and butter. Add to cooked carrots in steam table pan. Mix thoroughly.
- Serve using a 4 oz spoodle

Nutrients Per Serving

Kilocalories	42.204 kcal
Protein	0.422 g
Carbohydrate	7.378 g
Fat, Total	1.442 g
Cholesterol	0.000 mg
Saturated Fat	0.271 g
Sodium	66.142 mg
Vitamin A (RE)	893.563 RE
Vitamin C	1.688 mg
Calcium	21.236 mg
Iron	0.584 mg
Dietary Fiber, Total	1.870 g



Fruit Cocktail

Recipe Summary Card

Source Custom

No. Ingredients: 1

Category: Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Fruit Cocktail, Canned in Extra Light Syrup	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

4. Serve using a 4 oz spoodle

Nutrients Per Serving

Kilocalories	55.350 kcal
Protein	0.492 g
Carbohydrate	14.305 g
Fat, Total	0.086 g
Cholesterol	0.000 mg
Saturated Fat	0.012 g
Sodium	4.920 mg
Vitamin A (RE)	28.659 RE
Vitamin C	3.690 mg
Calcium	9.840 mg
Iron	0.369 mg
Dietary Fiber, Total	1.353 g



Brat with Kraut on Bun DS

Recipe Summary Card

Source: Custom

No. Ingredients: 4

Category: Combination Food, Sandwich
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Bratwurst	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)
WG Hot Dog Bun	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)
Sauerkraut, Low Sodium, Canned	3.000 pound(s)	6.000 pound(s)	9.000 pound(s)	12.000 pound(s)

Instructions

WASH HANDS.

- Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
- Cook vegetables in steamer for 3-5 minutes (5-6 psi) or 3-4 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

Place bratwursts in hotel pans sprayed with cooking spray.

- Bake at 350F for 10-15 minutes or until heated through.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 140°F PER MANUFACTURER'S RECOMMENDATION.

- Transfer to full pans to hold for service.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

- Serve 1 bratwurst on a bun with 2oz Sauerkraut

Nutrients Per Serving

Kilocalories	380.065 kcal
Protein	15.078 g
Carbohydrate	23.678 g
Fat, Total	25.070 g
Cholesterol	66.340 mg
Saturated Fat	5.790 g
Sodium	1090.066 mg
Vitamin A (RE)	1.479 RE
Vitamin C	8.013 mg
Calcium	64.371 mg
Iron	3.379 mg
Dietary Fiber, Total	3.010 g



German Potato Salad DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable, Starchy
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Potato salad, German style	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Serve a #8 scoop hot or cold.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41F.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	91.000 kcal
Protein	2.135 g
Carbohydrate	14.350 g
Fat, Total	2.800 g
Cholesterol	4.375 mg
Saturated Fat	1.044 g
Sodium	154.000 mg
Vitamin A (RE)	0.000 RE
Vitamin C	9.100 mg
Calcium	7.875 mg
Iron	0.271 mg
Dietary Fiber, Total	1.400 g



Roasted Red Cabbage

Recipe Summary Card
Source: Custom

No. Ingredients: 7

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Cabbage, Red, Shredded	6.500 pound(s)	13.000 pound(s)	19.500 pound(s)	26.000 pound(s)
Vegetable Oil	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)
Salt	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Black Pepper	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Granulated Garlic	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Thyme, Dried Ground	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley Flakes, Dried	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)

Instructions

- Wash Hands
- Wash all raw vegetables.
- Place in clean container and coat with vegetable oil. Mix well.
- Mix all seasonings and combine with cabbage. Mix well.
- Place cabbage on pan coated with non stick spray. Roast at 450F for 8-12 minutes.
- Serve 1/2c

Nutrients Per Serving

Kilocalories	66.290 kcal
Protein	1.729 g
Carbohydrate	8.889 g
Fat, Total	3.460 g
Cholesterol	0.000 mg
Saturated Fat	0.270 g
Sodium	311.119 mg
Vitamin A (RE)	131.822 RE
Vitamin C	67.277 mg
Calcium	54.616 mg
Iron	1.030 mg
Dietary Fiber, Total	2.528 g

Dark Cherries DS

Recipe Summary Card		Category: Fruit		
Source Custom	No. Ingredients: 1	Manufacturer: (None)		
Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Cherries	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

Wash Hands.
Wash Cherries.
Serve 1/2c.

Nutrients Per Serving	
Kilocalories	38.750 kcal
Protein	0.775 g
Carbohydrate	9.440 g
Fat, Total	0.233 g
Cholesterol	0.000 mg
Saturated Fat	0.053 g
Sodium	2.325 mg
Vitamin A (RE)	99.433 RE
Vitamin C	7.750 mg
Calcium	12.400 mg
Iron	0.248 mg
Dietary Fiber, Total	1.240 g



German Chocolate Cake DS

Recipe Summary Card

Source Custom

No. Ingredients: 1

Category: Sweets

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
\ Sheet Cake, German Chocolate Iced (FS)	25.000 serving(s)	50.000 serving(s)	75.000 serving(s)	100.000 serving(s)

Instructions

1. Remove wrap from frozen cakes.
 2. Loosen cake from side of tray with knife.
 3. Flatten tray, pull long sides down first and cut frozen.
 4. Dip knife into water after each cut.
 5. Cut each cake 6 x 6 and serve, and serve 1/36th each, 2 x 2 2/3" piece per portion.
 6. Cover and refrigerate unused portions.
- CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F

Nutrients Per Serving

Kilocalories	280.000 kcal
Protein	4.000 g
Carbohydrate	40.000 g
Fat, Total	12.000 g
Cholesterol	35.000 mg
Saturated Fat	4.000 g
Sodium	430.000 mg
Vitamin A (RE)	20.000 RE
Vitamin C	0.000 mg
Calcium	40.000 mg
Iron	1.800 mg
Dietary Fiber, Total	1.000 g



Ground Beef Stroganoff

Recipe Summary Card
Source: Custom

No. Ingredients: 8

Category: Combination Food, Dish, Meat
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Ground Beef	4.625 pound(s)	9.250 pound(s)	13.875 pound(s)	18.500 pound(s)
All purpose flour	2.250 ounce(s)	4.500 ounce(s)	6.750 ounce(s)	9.000 ounce(s)
Onions, Chopped	14.000 ounce(s)	1.750 pound(s)	2.625 pound(s)	3.500 pound(s)
Garlic Powder	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley	1.340 fluid ounce(s)	2.680 fluid ounce(s)	4.020 fluid ounce(s)	5.360 fluid ounce(s)
Black Pepper	0.500 teaspoon(s)	1.000 teaspoon(s)	1.500 teaspoon(s)	2.000 teaspoon(s)
Water	1.380 quart(s)	2.760 quart(s)	1.035 gallon(s)	1.380 gallon(s)
Condensed cream mushroom soup	3.908 pound(s)	7.815 pound(s)	11.723 pound(s)	15.630 pound(s)

Instructions

Brown ground beef. Drain. Sprinkle flour over beef and stir. Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes. Combine dry milk and water of beef stock. Whip until well blended. Add liquid and undiluted soup to beef mixture. Stir until well blended. Bring to a boil. Reduce heat and cover. Simmer for 40-45 minutes. Pour into serving pans. Hold for 30 minutes at 180-190 degrees F to allow sufficient time for mixture to thicken. Portion 1c.

Nutrients Per Serving

Kilocalories	250.595 kcal
Protein	17.132 g
Carbohydrate	8.388 g
Fat, Total	16.117 g
Cholesterol	55.717 mg
Saturated Fat	5.413 g
Sodium	539.718 mg
Vitamin A (RE)	1.364 RE
Vitamin C	1.120 mg
Calcium	21.334 mg
Iron	1.864 mg
Dietary Fiber, Total	0.879 g



Potatoes, Mashed DS

Recipe Summary Card

Source: Custom

No. Ingredients: 4

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
. Potatoes, Mashed, Dehydrated Granules, Dry	1.000 pound(s)	2.000 pound(s)	3.000 pound(s)	4.000 pound(s)
Water	1.750 quart(s)	3.500 quart(s)	1.313 gallon(s)	1.750 gallon(s)
Milk, Non Fat Skim or Fat Free	1.000 pint(s)	1.000 quart(s)	1.500 quart(s)	2.000 quart(s)
Margarine	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)

Instructions

WASH HANDS.

1. Pour hot water and milk into mixer bowl.
2. Add instant potato granules, margarine or butter.
3. Mix 1/2 minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of a mixer is recommended.)
4. Pour approximately 1 gal 2 qt into steamtable pan (12"x20"x2 1/2").
5. Portion with No. 8 scoop (1/2 cup).

CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

SPECIAL TIP:

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary.
Increase or decrease the quantity of liquid as need for a fluffy product

Nutrients Per Serving

Kilocalories	98.422 kcal
Protein	2.157 g
Carbohydrate	16.511 g
Fat, Total	2.845 g
Cholesterol	0.392 mg
Saturated Fat	0.550 g
Sodium	54.284 mg
Vitamin A (RE)	24.403 RE
Vitamin C	6.720 mg
Calcium	34.351 mg
Iron	0.206 mg
Dietary Fiber, Total	1.288 g



Candy Corn Vegetable DS

Recipe Summary Card
Source Custom

No. Ingredients: 10

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Squash, Winter, Butternut	1.875 pound(s)	3.750 pound(s)	5.625 pound(s)	7.500 pound(s)
Turnips	1.875 pound(s)	3.750 pound(s)	5.625 pound(s)	7.500 pound(s)
Carrots, raw	1.875 pound(s)	3.750 pound(s)	5.625 pound(s)	7.500 pound(s)
Parsnips, Sliced	1.875 cup(s)	1.875 pint(s)	1.406 quart(s)	1.875 quart(s)
Vegetable Oil	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)
Salt	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Black Pepper	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Garlic Powder	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Thyme, Dried Ground	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley Flakes, Dried	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)

Instructions

Wash Hands.

1. Wash all fresh produce.
2. Place vegetable in clean container and coat with oil. Mix well.
3. Mix seasonings together and combine with vegetables. Mix well.
4. Place vegetables on sheet pan (sprayed with non stick spray) and roast 450F for 8-12 minutes.

(Cook time may vary)

Serve 1/2c

Nutrients Per Serving

Kilocalories	75.956 kcal
Protein	1.124 g
Carbohydrate	11.406 g
Fat, Total	3.451 g
Cholesterol	0.000 mg
Saturated Fat	0.273 g
Sodium	327.897 mg
Vitamin A (RE)	929.958 RE
Vitamin C	18.038 mg
Calcium	42.880 mg
Iron	0.587 mg
Dietary Fiber, Total	2.783 g



Strawberry Applesauce DS

Recipe Summary Card

Source Custom

No. Ingredients: 2

Category: Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Applesauce, Unsweetened, Canned	2.500 quart(s)	1.250 gallon(s)	1.875 gallon(s)	2.500 gallon(s)
Strawberries	1.000 pint(s)	1.000 quart(s)	1.500 quart(s)	2.000 quart(s)

Instructions

WASH HANDS

Wash and prepare all raw produce.

Combine applesauce and strawberries together and puree in food processor until desired consistency is reached.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

2. Serve #8 scoop or menued portion

Nutrients Per Serving

Kilocalories	44.678 kcal
Protein	0.243 g
Carbohydrate	11.884 g
Fat, Total	0.132 g
Cholesterol	0.000 mg
Saturated Fat	0.010 g
Sodium	2.067 mg
Vitamin A (RE)	2.182 RE
Vitamin C	7.750 mg
Calcium	5.747 mg
Iron	0.272 mg
Dietary Fiber, Total	1.304 g



Glazed Ham DS

Recipe Summary Card

Source: Custom

No. Ingredients: 5

Category: Meat

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Sugar, Brown	5.714 fluid ounce(s)	1.429 cup(s)	1.071 pint(s)	1.429 pint(s)
Cornstarch	1.071 tablespoon(s)	1.071 fluid ounce(s)	1.607 fluid ounce(s)	2.143 fluid ounce(s)
Syrup, Corn, Light	1.905 ounce(s)	3.810 ounce(s)	5.714 ounce(s)	7.619 ounce(s)
Juice, Pineapple, Unsweetened, Canned	1.071 tablespoon(s)	1.071 fluid ounce(s)	1.607 fluid ounce(s)	2.143 fluid ounce(s)
Ham, Low Sodium, Cured, Lean and Fat, Cooked	4.286 pound(s)	8.571 pound(s)	12.857 pound(s)	17.143 pound(s)

Instructions

WASH HANDS.

- Place ham, fat side up, on rack in roasting pan. Do not cover.
- Bake at 325°F until the ham reaches an internal temperature of 145°F (approx 18 minutes per pound).
- Remove ham from oven about 30 minutes before it is done cooking. Drain fat.
- Prepare glaze:
 - Combine ingredients for glaze.
 - Spoon glaze over ham.
- Return ham to oven. Bake at 325F.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH 145F HELD FOR A MINIMUM OF 3 MINUTES.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Serve 3oz.

Nutrients Per Serving

Kilocalories	157.160 kcal
Protein	17.349 g
Carbohydrate	6.327 g
Fat, Total	6.460 g
Cholesterol	45.102 mg
Saturated Fat	2.163 g
Sodium	756.054 mg
Vitamin A (RE)	0.003 RE
Vitamin C	0.067 mg
Calcium	10.011 mg
Iron	1.098 mg
Dietary Fiber, Total	0.004 g



Potatoes, Au Gratin 2

Recipe Summary Card
Source Custom

No. Ingredients: 3

Category: Combination Food, Dish, Vegetable, Starchy Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Potatoes Mix, Au Gratin, Dry	1.250 pound(s)	2.500 pound(s)	3.750 pound(s)	5.000 pound(s)
Water	2.813 quart(s)	1.406 gallon(s)	2.109 gallon(s)	2.813 gallon(s)
Margarine	2.500 fluid ounce(s)	5.000 fluid ounce(s)	7.500 fluid ounce(s)	1.250 cup(s)

Instructions

WASH HANDS.

1. Spray 12x20x2" pans with cooking spray.
2. Place potato slices in pan and sprinkle cheese sauce over them.
3. Bring water to a boil, add margarine and pour over potato slices.
4. Bake uncovered in Conventional Oven at 400F for 45 minutes or in Convection Oven at 300F for 45 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

5. Serve using a #8 scoop

Nutrients Per Serving

Kilocalories	98.425 kcal
Protein	1.569 g
Carbohydrate	18.007 g
Fat, Total	2.667 g
Cholesterol	0.000 mg
Saturated Fat	0.428 g
Sodium	506.837 mg
Vitamin A (RE)	10.070 RE
Vitamin C	0.944 mg
Calcium	4.036 mg
Iron	0.283 mg
Dietary Fiber, Total	0.782 g



Peas and Onions DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable, Green Peas
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Peas and Onions, Frozen	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 6-7 minutes (5-6 psi) or 2-6 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle.

Nutrients Per Serving

Kilocalories	48.060 kcal
Protein	2.733 g
Carbohydrate	9.276 g
Fat, Total	0.220 g
Cholesterol	0.000 mg
Saturated Fat	0.039 g
Sodium	41.881 mg
Vitamin A (RE)	37.349 RE
Vitamin C	9.612 mg
Calcium	15.791 mg
Iron	1.057 mg
Dietary Fiber, Total	2.403 g

Banana DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Banana	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

Serve one banana.

Nutrients Per Serving

Kilocalories	105.020 kcal
Protein	1.286 g
Carbohydrate	26.951 g
Fat, Total	0.389 g
Cholesterol	0.000 mg
Saturated Fat	0.132 g
Sodium	1.180 mg
Vitamin A (RE)	7.080 RE
Vitamin C	10.266 mg
Calcium	5.900 mg
Iron	0.307 mg
Dietary Fiber, Total	3.068 g



Italian Pork Ragu

Recipe Summary Card

Source: Custom

No. Ingredients: 16

Category: Meat, Pork
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Margarine	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Vegetable Oil	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Pork, Diced, Raw, Lean	4.167 kilogram(s)	8.333 kilogram(s)	12.500 kilogram(s)	16.667 kilogram(s)
Black Pepper	1.042 teaspoon(s)	2.083 teaspoon(s)	1.042 tablespoon(s)	1.389 tablespoon(s)
. Onions, Chopped	1.042 quart(s)	2.083 quart(s)	3.125 quart(s)	1.042 gallon(s)
Pepper, Bell or Sweet, Red	1.042 quart(s)	2.083 quart(s)	3.125 quart(s)	1.042 gallon(s)
Garlic Clove	12.500 item(s)	25.000 item(s)	37.500 item(s)	50.000 item(s)
Wine, Red Table	250.000 milliliter(s)	500.000 milliliter(s)	750.000 milliliter(s)	1.000 liter(s)
Paste, Tomato, Canned	6.250 fluid ounce(s)	1.563 cup(s)	1.172 pint(s)	1.563 pint(s)
Tomatoes, Red	4.167 item(s)	8.333 item(s)	12.500 item(s)	16.667 item(s)
Bay Leaves	8.333 item(s)	16.667 item(s)	25.000 item(s)	33.333 item(s)
Oregano	2.083 teaspoon(s)	1.389 tablespoon(s)	1.042 fluid ounce(s)	1.389 fluid ounce(s)
Thyme, Dried Ground	2.083 teaspoon(s)	1.389 tablespoon(s)	1.042 fluid ounce(s)	1.389 fluid ounce(s)
. Sauce, Worcestershire	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Chicken Stock	500.000 milliliter(s)	1.000 liter(s)	1.500 liter(s)	2.000 liter(s)
Cheese, Parmesan, Grated	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)

Instructions

Season the pork with salt and pepper, then brown in a pan and add chopped onion. Cook until softened, then add red pepper and garlic, followed by red wine.

Next in goes tomato puree, sugar, bay leaves, oregano, thyme, tinned tomatoes, Worcestershire sauce and stock. Stir, bring to the boil (transfer to slow cooker now if you've been using a pan).

Cook on high for 4-5 hours or low for 7-8 hours.

Discard the bay leaves and shred the meat. Add in a little more salt and pepper if needed and serve.

Nutrients Per Serving

Kilocalories	292.251 kcal
Protein	37.795 g
Carbohydrate	8.698 g
Fat, Total	11.505 g
Cholesterol	106.325 mg
Saturated Fat	3.097 g
Sodium	288.326 mg
Vitamin A (RE)	118.101 RE
Vitamin C	39.248 mg
Calcium	44.536 mg
Iron	2.263 mg
Dietary Fiber, Total	1.877 g



Herbed Potato Gnocchi DS

Recipe Summary Card
Source Custom

No. Ingredients: 5

Category: Grain, Pasta
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Gnocchi/Potato, Frozen, Raw (FS)	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)
Margarine	1.172 cup(s)	1.172 pint(s)	1.758 pint(s)	1.172 quart(s)
Garlic Clove	18.750 item(s)	37.500 item(s)	56.250 item(s)	75.000 item(s)
Thyme, Dried Ground	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Cheese, Parmesan, Grated	12.500 ounce(s)	1.563 pound(s)	2.344 pound(s)	3.125 pound(s)

Instructions

Prepare your ingredients first: smash and mince garlic, take thyme leaves off sprigs, cut butter, and open package of Parmesan cheese if needed.

Bring a large pot of salted water to boil, stir the water with a wooden spoon, and add gnocchi while water is swirling. (This will help keep gnocchi from sticking.)

Let gnocchi boil until they all float at the top and give it another minute. Pour water and gnocchi through a fine strainer and let excess water drain off.

When gnocchi is almost done boiling, preheat a saute pan over medium-high heat.

Melt butter and start to saute garlic. When garlic starts to golden, add thyme and saute just a couple of seconds until fragrant.

Carefully add gnocchi, season with some salt, and toss everything to mix. Sear, stirring once in a while, until sides of gnocchi get golden. (If you like it crispier, sear it a little longer until browned.)

Grate Parmesan cheese over the top, stir, and serve. Serve 1/2c

Nutrients Per Serving

Kilocalories	285.641 kcal
Protein	8.752 g
Carbohydrate	33.238 g
Fat, Total	13.045 g
Cholesterol	24.690 mg
Saturated Fat	3.807 g
Sodium	721.201 mg
Vitamin A (RE)	59.242 RE
Vitamin C	1.695 mg
Calcium	151.386 mg
Iron	1.915 mg
Dietary Fiber, Total	2.807 g



Capri vegetable

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetables, Capri	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
2. Cook vegetables in steamer for 10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

3. Serve using a 4 oz spoodle

Nutrients Per Serving

Kilocalories	20.000 kcal
Protein	0.333 g
Carbohydrate	3.333 g
Fat, Total	0.000 g
Cholesterol	0.000 mg
Saturated Fat	0.000 g
Sodium	16.667 mg
Vitamin A (RE)	166.667 RE
Vitamin C	0.800 mg
Calcium	13.333 mg
Iron	0.000 mg
Dietary Fiber, Total	1.333 g



Garic Lavash Bread DS

Recipe Summary Card

Source Custom

No. Ingredients: 5

Category: Baked Product, Breads

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetable Oil	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Garlic Clove, Chopped	9.375 item(s)	18.750 item(s)	28.125 item(s)	37.500 item(s)
Parsley Flakes, Dried	6.250 fluid ounce(s)	1.563 cup(s)	1.172 pint(s)	1.563 pint(s)
Black Pepper	1.563 fluid ounce(s)	3.125 fluid ounce(s)	4.688 fluid ounce(s)	6.250 fluid ounce(s)
Tortilla, Whole Grain	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

Mix oil, garlic, parsley and pepper in small bowl. Working in batches, lightly brush 1 side of lavash with garlic oil. Place lavash oiled side down on grill. Brush other side with garlic oil. Cook until golden brown and crisp, about 2 minutes per side.

Lavash may also be baked in a 450 F oven.

Nutrients Per Serving

Kilocalories	198.697 kcal
Protein	2.967 g
Carbohydrate	16.271 g
Fat, Total	13.726 g
Cholesterol	0.000 mg
Saturated Fat	3.466 g
Sodium	400.250 mg
Vitamin A (RE)	774.710 RE
Vitamin C	1.482 mg
Calcium	59.615 mg
Iron	1.510 mg
Dietary Fiber, Total	1.480 g



Pears

Recipe Summary Card
 Source Custom

No. Ingredients: 1

Category: Fruit
 Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Pears, Canned in Juice	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)

Instructions

Wash Hands.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Serve 4oz spoodle.

CCP: Cold foods held for later service must not exceed a maximum internal temperature of 41F.

Nutrients Per Serving

Kilocalories	37.421 kcal
Protein	0.340 g
Cholesterol	0.000 mg
Sodium	3.402 mg
Vitamin C	3.402 mg
Calcium	6.804 mg
Iron	0.227 mg



Sweet and Sour Chicken DS

Recipe Summary Card

Sourc Custom

No. Ingredients: 11

Category: Combination Food

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken	3.333 pound(s)	6.667 pound(s)	10.000 pound(s)	13.333 pound(s)
Sugar, Brown	1.042 pint(s)	1.042 quart(s)	1.563 quart(s)	2.083 quart(s)
Apple Cider Vinegar	1.042 pint(s)	1.042 quart(s)	1.563 quart(s)	2.083 quart(s)
Ketchup or Tomato Catsup	1.042 pint(s)	1.042 quart(s)	1.563 quart(s)	2.083 quart(s)
Sauce, Soy (Shoyu), Low Sodium	3.333 fluid ounce(s)	6.667 fluid ounce(s)	1.250 cup(s)	1.667 cup(s)
Vegetable Oil	1.667 fluid ounce(s)	3.333 fluid ounce(s)	5.000 fluid ounce(s)	6.667 fluid ounce(s)
Onions, Chopped	1.250 quart(s)	2.500 quart(s)	3.750 quart(s)	1.250 gallon(s)
Pepper, Bell or Sweet, Green	1.250 quart(s)	2.500 quart(s)	3.750 quart(s)	1.250 gallon(s)
Garlic Clove	1.667 item(s)	3.333 item(s)	5.000 item(s)	6.667 item(s)
Ginger, Ground	0.833 teaspoon(s)	1.667 teaspoon(s)	2.500 teaspoon(s)	1.111 tablespoon(s)
Pineapple,, Canned in 100 % Pineapple Juice	1.667 pint(s)	1.667 quart(s)	2.500 quart(s)	3.333 quart(s)

Instructions

WASH HANDS.

WASH ALL FRESH, UNPACKAGED PRODUCE UNDER RUNNING WATER. DRAIN WELL.

1. In a bowl, combine the brown sugar, vinegar, ketchup and soy sauce. Pour half into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 30 minutes. Set remaining marinade aside.

CCP: REFRIGERATE AT 41F OR BELOW.

2. Drain and discard marinade from pork. In a large skillet, cook chicken in oil for 3 minutes. Add the onion, green pepper, garlic and ginger; saute until chicken is tender. Add reserved marinade. Bring to a boil; cook for 1 minute. Stir in the pineapple.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165F, HELD FOR 15 SECONDS.

3. Serve 1c or menued portion.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	194.463 kcal
Protein	14.220 g
Carbohydrate	26.533 g
Fat, Total	3.797 g
Cholesterol	42.336 mg
Saturated Fat	0.649 g
Sodium	408.925 mg
Vitamin A (RE)	31.037 RE
Vitamin C	31.801 mg
Calcium	32.428 mg
Iron	1.038 mg
Dietary Fiber, Total	1.424 g



Tossed Salad

Recipe Summary Card

Source: Custom

No. Ingredients: 3

Category: Vegetable

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Romaine lettuce, raw	1.500 pound(s)	3.000 pound(s)	4.500 pound(s)	6.000 pound(s)
Tomatoes, Red	1.000 pound(s)	2.000 pound(s)	3.000 pound(s)	4.000 pound(s)
Cucumber, Peeled	2.000 pound(s)	4.000 pound(s)	6.000 pound(s)	8.000 pound(s)

Instructions

Wash Hands.

Wash all fresh produce under cool, running water. Drain well.

1. Wash and drain lettuce thoroughly. Cut or tear into bite size pieces. Place in mixing bowl.

2. Core and dice tomatoes.

3. Peel and dice cucumbers

4. Combine all ingredients.

5. Serve 1 cup portion.

CCP: FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41F

CCP: Food held for later service must maintain a maximum internal temperature of 41F

Nutrients Per Serving

Kilocalories	12.066 kcal
Protein	0.752 g
Carbohydrate	2.518 g
Fat, Total	0.168 g
Cholesterol	0.000 mg
Saturated Fat	0.048 g
Sodium	8.437 mg
Vitamin A (RE)	168.918 RE
Vitamin C	6.777 mg
Calcium	23.768 mg
Iron	0.374 mg
Dietary Fiber, Total	1.315 g



Rice, Fried DS

Recipe Summary Card

Source Custom

No. Ingredients: 7

Category: Combination Food, Dish, Rice
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetable Oil	1.000 fluid ounce(s)	2.000 fluid ounce(s)	3.000 fluid ounce(s)	4.000 fluid ounce(s)
Chopped Onion	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Chopped Celery	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Egg	1.375 pound(s)	2.750 pound(s)	4.125 pound(s)	5.500 pound(s)
White Rice, Enriched, Cooked	5.063 pound(s)	10.125 pound(s)	15.188 pound(s)	20.250 pound(s)
Frozen Peas	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Soy Sauce	5.340 fluid ounce(s)	1.335 cup(s)	1.001 pint(s)	1.335 pint(s)

Instructions

Heat oil. Add onions and celery. Cook for 5 minutes. Add beaten eggs. Cook over medium heat, stirring frequently, for 10-15 minutes or until set. Add rice, peas, and soy sauce. Stir to combine. Cover. Cook over low heat until heated through, 8-10 minutes. Place in serving pans. Serve 1c

Nutrients Per Serving

Kilocalories	180.835 kcal
Protein	6.353 g
Carbohydrate	29.446 g
Fat, Total	3.720 g
Cholesterol	92.805 mg
Saturated Fat	0.988 g
Sodium	492.432 mg
Vitamin A (RE)	61.557 RE
Vitamin C	2.198 mg
Calcium	25.745 mg
Iron	2.137 mg
Dietary Fiber, Total	0.983 g



Egg Roll DS

Recipe Summary Card		Category: Unspecified
Source Custom	No. Ingredients: 1	Manufacturer: (None)
Ingredient	25 Servings	50 Servings
Egg Roll	25.000 item(s)	50.000 item(s)
		75 Servings
		75.000 item(s)
		100 Servings
		100.000 item(s)

Instructions

WASH HANDS.

1. Preheat Convection Oven to 350F.
2. Cook from Frozen 15-16 minutes or until internal temperature reaches 135F.
3. Serve 1 Each or menued portion.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving	
Kilocalories	166.920 kcal
Protein	4.641 g
Carbohydrate	24.781 g
Fat, Total	5.437 g
Cholesterol	0.000 mg
Saturated Fat	0.888 g
Sodium	382.200 mg
Vitamin A (RE)	514.020 RE
Vitamin C	5.226 mg
Calcium	39.000 mg
Iron	1.521 mg
Dietary Fiber, Total	1.872 g



Mandarin Oranges

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Mandarin Oranges, Canned, Juice Pack, Drained	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

Wash hands.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Serve using a 4oz spoodle.

CCP: Cold foods held for later service must not exceed a maximum internal temperature of 41F.

Nutrients Per Serving

Kilocalories	35.910 kcal
Protein	0.709 g
Carbohydrate	8.892 g
Fat, Total	0.038 g
Cholesterol	0.000 mg
Saturated Fat	0.004 g
Sodium	4.725 mg
Vitamin A (RE)	124.740 RE
Vitamin C	32.036 mg
Calcium	11.340 mg
Iron	0.255 mg
Dietary Fiber, Total	1.134 g



Fortune Cookie DS

Recipe Summary Card

Source Custom

No. Ingredients: 1

Category: Sweets

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Fortune Cookie	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

Serve one per person.

Nutrients Per Serving

Kilocalories	30.240 kcal
Protein	0.336 g
Carbohydrate	6.720 g
Fat, Total	0.216 g
Cholesterol	0.160 mg
Saturated Fat	0.054 g
Sodium	2.480 mg
Vitamin A (RE)	0.048 RE
Vitamin C	0.000 mg
Calcium	0.960 mg
Iron	0.115 mg
Dietary Fiber, Total	0.128 g



Southwest Chicken Salad DS

Recipe Summary Card

Source: Custom

No. Ingredients: 14

Category: Combination Food, Salad, Meat

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)
Vegetable Oil	3.125 fluid ounce(s)	6.250 fluid ounce(s)	1.172 cup(s)	1.563 cup(s)
Chili Powder	1.563 fluid ounce(s)	3.125 fluid ounce(s)	4.688 fluid ounce(s)	6.250 fluid ounce(s)
Paprika	1.302 fluid ounce(s)	2.604 fluid ounce(s)	3.906 fluid ounce(s)	5.208 fluid ounce(s)
Cumin	1.563 tablespoon(s)	1.563 fluid ounce(s)	2.344 fluid ounce(s)	3.125 fluid ounce(s)
Garlic Powder	1.563 teaspoon(s)	1.042 tablespoon(s)	1.563 tablespoon(s)	1.042 fluid ounce(s)
Tomatoes	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Black Beans	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Pepper, Bell or Sweet, Red	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Corn, Yellow, Fresh, Cooked	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Avocado	3.125 item(s)	6.250 item(s)	9.375 item(s)	12.500 item(s)
Yogurt, Greek Style, Plain	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Lime Juice	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)
Lettuce, Romaine, Shredded	1.563 gallon(s)	3.125 gallon(s)	4.688 gallon(s)	6.250 gallon(s)

Instructions

SOUTHWEST CHICKEN BREASTS

Preheat oven to 400F

Pat the chicken breasts dry

Brush them with olive oil

In a small bowl mix together the chili powder, paprika, cumin and garlic salt

Pour the spice mixture onto a plate

Coat the chicken breasts in the spice mixture

Place the chicken breasts on a foil-lined baking sheet

Put the baking sheet in the oven

Bake for 20-25 minutes* Until internal temp is 165F

CHILI LIME DRESSING

Add the greek yogurt to a small bowl

Mix in the spices and lime juice

Keep mixing until the mixture is completely smooth, set aside

SOUTHWEST CHICKEN SALAD

Add the lettuce (1c) to a large bowl and the tomatoes 1/4c, black beans 1/4c, bell peppers 1/4c, corn, avocado and toss

Add the southwest chicken slices (3oz) toss

Pour over the chili lime dressing, toss to coat

Garnish with lime slices and fresh cilantro (if desired)

Nutrients Per Serving

Kilocalories	422.089 kcal
Protein	27.216 g
Carbohydrate	19.099 g
Fat, Total	27.203 g
Cholesterol	93.199 mg
Saturated Fat	7.263 g
Sodium	275.582 mg
Vitamin A (RE)	633.448 RE
Vitamin C	40.091 mg
Calcium	104.484 mg
Iron	2.830 mg
Dietary Fiber, Total	6.221 g



Garlic Naan Bread DS

Recipe Summary Card

Source Custom

No. Ingredients: 5

Category: Grain

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
WG Naan, Indian flatbread	25.000 piece(s)	50.000 piece(s)	75.000 piece(s)	100.000 piece(s)
Chopped Onions	1.042 pint(s)	1.042 quart(s)	1.563 quart(s)	2.083 quart(s)
Cardamon, Ground	2.083 teaspoon(s)	1.389 tablespoon(s)	1.042 fluid ounce(s)	1.389 fluid ounce(s)
Cumin Seeds	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Margarine	1.042 cup(s)	1.042 pint(s)	1.563 pint(s)	1.042 quart(s)

Instructions

Heat a cast-iron skillet over moderately high heat. Sprinkle each portion with minced garlic and press it into the dough. Brush the dough with melted butter and place in skillet. Cook for about one minute, until the dough puffs up. Flip, cover the pan, and cook for one more minute. Remove from the pan and brush both sides with butter and sprinkle with salt. Place in a towel-lined bowl until ready to serve.

Nutrients Per Serving

Kilocalories	214.027 kcal
Protein	5.246 g
Carbohydrate	23.991 g
Fat, Total	11.048 g
Cholesterol	0.440 mg
Saturated Fat	2.841 g
Sodium	314.489 mg
Vitamin A (RE)	34.938 RE
Vitamin C	1.121 mg
Calcium	44.461 mg
Iron	1.581 mg
Dietary Fiber, Total	2.672 g



Apple Slices

Recipe Summary Card		Category: Fruit		
Source Custom	No. Ingredients: 1	Manufacturer: (None)		
Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Apple, Slices	1.563 gallon(s)	3.125 gallon(s)	4.688 gallon(s)	6.250 gallon(s)

Instructions

WASH HANDS. WASH ALL FRESH, UNPACKAGED PRODUCE UNDER COOL, RUNNING WATER.
 DRAIN WELL
 1. Slice apples into slices.
 2. Serve 1/2c

Nutrients Per Serving

Kilocalories	56.680 kcal
Protein	0.283 g
Carbohydrate	15.053 g
Fat, Total	0.185 g
Cholesterol	0.000 mg
Saturated Fat	0.031 g
Sodium	1.090 mg
Vitamin A (RE)	11.772 RE
Vitamin C	5.014 mg
Calcium	6.540 mg
Iron	0.131 mg
Dietary Fiber, Total	2.616 g

Roast beef DS1

Recipe Summary Card		Category: Meat, Beef		
Source Custom	No. Ingredients: 2	Manufacturer: (None)		
Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Beef, Roast	7.563 pound(s)	15.125 pound(s)	22.688 pound(s)	30.250 pound(s)
Black Pepper	0.063 teaspoon(s)	0.125 teaspoon(s)	0.188 teaspoon(s)	0.250 teaspoon(s)

Instructions

Place roasts on racks in shallow open roasting pans. Allow space in pans between roasts. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle. Roast at 325 degrees F until the thermometer reads 160 degrees F (approximate roasting time 3-1/4 to 4 hr). Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all the meat is cooked. Let roasts stand 15 to 20 minutes; then slice and serve immediately to insure highest quality. Serving size: 3 ounces.

Top with 2oz beef gravy

Nutrients Per Serving	
Kilocalories	218.942 kcal
Protein	30.269 g
Carbohydrate	0.000 g
Fat, Total	9.902 g
Cholesterol	93.610 mg
Saturated Fat	3.798 g
Sodium	69.979 mg
Vitamin A (RE)	0.000 RE
Vitamin C	0.000 mg
Calcium	25.933 mg
Iron	2.538 mg
Dietary Fiber, Total	0.000 g



Beef Gravy DS

Recipe Summary Card

Source: Custom

No. Ingredients: 4

Category: Accompaniment, Gravy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
MINOR'S Beef Base, No Added MSG	0.849 ounce(s)	1.697 ounce(s)	2.546 ounce(s)	3.395 ounce(s)
Water	1.273 quart(s)	2.546 quart(s)	3.819 quart(s)	1.273 gallon(s)
All Purpose Flour	2.970 fluid ounce(s)	5.941 fluid ounce(s)	1.114 cup(s)	1.485 cup(s)
Margarine	5.092 fluid ounce(s)	1.273 cup(s)	1.910 cup(s)	1.273 pint(s)

Instructions

WASH HANDS.

1. In a stock pot bring water to a boil and add beef base.
2. Combine flour and margarine and blend.
3. Add stock gradually, stirring constantly with wire whip
4. Cook until thickened and smooth.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

5. Serve using a 2 oz ladle

Nutrients Per Serving

Kilocalories	49.800 kcal
Protein	0.297 g
Carbohydrate	1.649 g
Fat, Total	4.734 g
Cholesterol	0.109 mg
Saturated Fat	0.888 g
Sodium	214.447 mg
Vitamin A (RE)	20.561 RE
Vitamin C	0.012 mg
Calcium	3.949 mg
Iron	0.100 mg
Dietary Fiber, Total	0.057 g



Green Beans DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Green Beans, Whole, Frozen	3.358 pound(s)	6.716 pound(s)	10.075 pound(s)	13.433 pound(s)

Instructions

WASH HANDS.

- Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
- Cook vegetables in steamer for 10-12 minutes (5-6 psi) or 7-11 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

- Serve using a 4 oz spoodle

Season with salt free seasoning of choice

Nutrients Per Serving

Kilocalories	21.505 kcal
Protein	0.717 g
Carbohydrate	3.584 g
Fat, Total	0.000 g
Cholesterol	0.000 mg
Saturated Fat	0.000 g
Sodium	0.000 mg
Vitamin A (RE)	14.337 RE
Vitamin C	2.581 mg
Calcium	28.673 mg
Iron	0.257 mg
Dietary Fiber, Total	1.434 g



Watermelon DS

Recipe Summary Card

Source Custom

No. Ingredients: 1

Category: Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Watermelon	3.000 quart(s)	1.500 gallon(s)	2.250 gallon(s)	3.000 gallon(s)

Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. After washing outside of melon cut in half and remove seeds.

2. Peel and cut into cubes and place in serving dishes. Chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

3. Serve using a 4 oz spoodle

Nutrients Per Serving

Kilocalories	21.888 kcal
Protein	0.445 g
Carbohydrate	5.508 g
Fat, Total	0.109 g
Cholesterol	0.000 mg
Saturated Fat	0.012 g
Sodium	0.730 mg
Vitamin A (RE)	40.858 RE
Vitamin C	5.910 mg
Calcium	5.107 mg
Iron	0.175 mg
Dietary Fiber, Total	0.292 g

Fish and Chips DS

Recipe Summary Card
Source Custom **No. Ingredients:** 2 **Category:** Combination Food
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Steak Fries_DS	4.500 pound(s)	9.000 pound(s)	13.500 pound(s)	18.000 pound(s)
. Fish, Baked Breaded	6.000 pound(s)	12.000 pound(s)	18.000 pound(s)	24.000 pound(s)

Instructions

WASH HANDS.

- Place fish fingers on sheet pan sprayed with cooking spray.
- Bake in Conventional Oven 425F for 20 minutes. Bake in Convection Oven 400F for 15 minutes.
 CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 145°F FOR A MINIMUM OF 15 SECONDS.
- Transfer to full pans to hold for service.
 CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Place steak fries on sheet pans.

- Bake at 400F for 8-12 minutes .
 CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F, HELD FOR A MINIMUM OF 15 SECONDS.
 CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.
- Serve 4 oz (approx 8 fries)
 Serve 3oz Fish and 1/2 cup steak fries

Nutrients Per Serving

Kilocalories	373.398 kcal
Protein	18.058 g
Carbohydrate	40.502 g
Fat, Total	16.449 g
Cholesterol	37.013 mg
Saturated Fat	3.672 g
Sodium	883.691 mg
Vitamin A (RE)	12.412 RE
Vitamin C	11.431 mg
Calcium	27.760 mg
Iron	2.820 mg
Dietary Fiber, Total	2.667 g

Power Slaw DS

Recipe Summary Card
Source: Custom

No. Ingredients: 13

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Broccoli, raw	1.500 pound(s)	3.000 pound(s)	4.500 pound(s)	6.000 pound(s)
Carrots, raw	1.000 pound(s)	2.000 pound(s)	3.000 pound(s)	4.000 pound(s)
Kohlrabi	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Brussels sprouts, raw	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Cabbage, red, raw	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Kale	4.000 ounce(s)	8.000 ounce(s)	12.000 ounce(s)	1.000 pound(s)
Vinegar, Apple Cider	4.000 ounce(s)	8.000 ounce(s)	12.000 ounce(s)	1.000 pound(s)
Vegetable Oil	2.000 fluid ounce(s)	4.000 fluid ounce(s)	6.000 fluid ounce(s)	1.000 cup(s)
Honey	1.500 tablespoon(s)	1.500 fluid ounce(s)	2.250 fluid ounce(s)	3.000 fluid ounce(s)
Mustard, Dijon	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Celery Seeds	1.000 teaspoon(s)	2.000 teaspoon(s)	1.000 tablespoon(s)	1.333 tablespoon(s)
Black Pepper	0.500 teaspoon(s)	1.000 teaspoon(s)	1.500 teaspoon(s)	2.000 teaspoon(s)
Salt	0.250 teaspoon(s)	0.500 teaspoon(s)	0.750 teaspoon(s)	1.000 teaspoon(s)

Instructions

- Wash hands.
- Wash all fresh produce.
- Place in clean container.
- Mix- Vinegar, oil, honey, mustard, celery seeds, black pepper and salt. Mix well and pour over slaw mix.
- Chill until serving.
- Serve 1/2c.

Nutrients Per Serving

Kilocalories	42.137 kcal
Protein	1.682 g
Carbohydrate	6.910 g
Fat, Total	1.387 g
Cholesterol	1.123 mg
Saturated Fat	0.408 g
Sodium	80.045 mg
Vitamin A (RE)	374.018 RE
Vitamin C	48.141 mg
Calcium	42.408 mg
Iron	0.639 mg
Dietary Fiber, Total	2.287 g



Whipped Gelatin Salad

Recipe Summary Card

Source: Custom

No. Ingredients: 7

Category: Sweets, Gelatin, Modified

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vanilla Pudding Mix	8.333 ounce(s)	1.042 pound(s)	1.563 pound(s)	2.083 pound(s)
Gelatin Mix, Strawberry, Dry	12.500 ounce(s)	1.563 pound(s)	2.344 pound(s)	3.125 pound(s)
Water	1.563 quart(s)	3.125 quart(s)	1.172 gallon(s)	1.563 gallon(s)
Whipped Topping	2.083 pound(s)	4.167 pound(s)	6.250 pound(s)	8.333 pound(s)
Banana	6.250 item(s)	12.500 item(s)	18.750 item(s)	25.000 item(s)
Strawberries	1.042 quart(s)	2.083 quart(s)	3.125 quart(s)	1.042 gallon(s)
Marshmallows	10.417 ounce(s)	1.302 pound(s)	1.953 pound(s)	2.604 pound(s)

Instructions

In a medium saucepan, whisk together pudding mix, Jello mix, and water. Cook over medium heat and bring to a boil. Remove saucepan from heat and pour into a large mixing bowl. Cover with plastic wrap. Refrigerate until mixture has thickened (overnight or for about 4-6 hours). Once mixture has thickened, beat until creamy with an electric hand mixer. Fold in Cool Whip, marshmallows, and fruit. Chill for about an hour before serving. Serve 1/2c

Nutrients Per Serving

Kilocalories	241.404 kcal
Protein	1.984 g
Carbohydrate	52.046 g
Fat, Total	0.193 g
Cholesterol	0.000 mg
Saturated Fat	0.043 g
Sodium	133.102 mg
Vitamin A (RE)	2.250 RE
Vitamin C	16.679 mg
Calcium	7.442 mg
Iron	0.202 mg
Dietary Fiber, Total	1.259 g



Chicken, Oven Fried

Recipe Summary Card

Source: Axya Systems

No. Ingredients: 8

Category: Combination Food, Dish, Poultry, Breaded
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken	12.000 pound(s)	24.000 pound(s)	36.000 pound(s)	48.000 pound(s)
All purpose Flour	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Dry Milk	4.000 ounce(s)	8.000 ounce(s)	12.000 ounce(s)	1.000 pound(s)
Poultry Seasoning	2.250 teaspoon(s)	1.500 tablespoon(s)	1.125 fluid ounce(s)	1.500 fluid ounce(s)
Black Pepper	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Paprika	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Garlic Powder	2.250 teaspoon(s)	1.500 tablespoon(s)	1.125 fluid ounce(s)	1.500 fluid ounce(s)
Vegetable Oil	6.000 fluid ounce(s)	1.500 cup(s)	1.125 pint(s)	1.500 pint(s)

Instructions

For 100 servings: rinse chicken in cold water. Drain well. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18"x26"x1"), approximately 25 pieces per pan. Bake in a conventional oven at 400 degrees F for 45-55 minutes until golden brown. Transfer to steam table pans for serving.

Nutrients Per Serving

Kilocalories	341.282 kcal
Protein	30.715 g
Carbohydrate	9.679 g
Fat, Total	19.082 g
Cholesterol	118.751 mg
Saturated Fat	4.299 g
Sodium	122.202 mg
Vitamin A (RE)	67.083 RE
Vitamin C	3.495 mg
Calcium	74.648 mg
Iron	1.900 mg
Dietary Fiber, Total	0.340 g



Potatoes, Mashed, Garlic

Recipe Summary Card

Source Axya Systems

No. Ingredients: 4

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Baking Potatoes	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)
Garlic, minced	12.500 item(s)	25.000 item(s)	37.500 item(s)	50.000 item(s)
Black Pepper	1.563 teaspoon(s)	1.042 tablespoon(s)	1.563 tablespoon(s)	1.042 fluid ounce(s)
Milk, nonfat	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)

Instructions

Peel and slice potatoes into 1/4" thick slices. Cook potatoes 20-25 minutes in boiling water until very tender. Meanwhile, spread minced garlic on a sheet pan. Roast at 350° for 10-12 minutes, stirring frequently, do not burn. Set aside. When the potatoes are done, drain them and put back on the stove to evaporate excess water. Add skim milk depending on the consistency you like. Stir in the browned garlic and the black pepper. ©Communicating Food for Health Newsletter.

Nutrients Per Serving

Kilocalories	154.662 kcal
Protein	4.859 g
Carbohydrate	34.245 g
Fat, Total	0.202 g
Cholesterol	0.613 mg
Saturated Fat	0.068 g
Sodium	23.663 mg
Vitamin A (RE)	19.165 RE
Vitamin C	27.682 mg
Calcium	61.627 mg
Iron	1.436 mg
Dietary Fiber, Total	4.114 g



Mixed Vegetables

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Mixed Vegetable Blend	3.250 quart(s)	1.625 gallon(s)	2.438 gallon(s)	3.250 gallon(s)

Instructions

Wash hands.

1. PACKAGING: 2.5# POLY BAG IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR

Serve 4oz zpoodle

Nutrients Per Serving

Kilocalories	61.516 kcal
Protein	2.707 g
Carbohydrate	12.388 g
Fat, Total	0.142 g
Cholesterol	0.000 mg
Saturated Fat	0.029 g
Sodium	33.124 mg
Vitamin A (RE)	405.059 RE
Vitamin C	3.028 mg
Calcium	23.660 mg
Iron	0.776 mg
Dietary Fiber, Total	4.164 g



Peaches

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Peaches, Canned in Juice	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)

Instructions

Wash Hands.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Serve 4oz spoodle.

CCP: Cold foods held for later service must not exceed internal temperature of 41F.

Nutrients Per Serving

Kilocalories	0.000 kcal
Protein	0.680 g
Cholesterol	0.000 mg
Sodium	13.608 mg
Vitamin A (RE)	12.474 RE
Vitamin C	6.804 mg
Calcium	4.536 mg
Iron	0.454 mg



Porcupine Meatballs DS

Recipe Summary Card

Source: Custom

No. Ingredients: 6

Category: Meat

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Ground Beef	5.000 pound(s)	10.000 pound(s)	15.000 pound(s)	20.000 pound(s)
Rice, White, Long Grain, Enriched	1.250 quart(s)	2.500 quart(s)	3.750 quart(s)	1.250 gallon(s)
Onions, Chopped	1.250 pint(s)	1.250 quart(s)	1.875 quart(s)	2.500 quart(s)
Garlic Powder	2.500 teaspoon(s)	1.667 tablespoon(s)	1.250 fluid ounce(s)	1.667 fluid ounce(s)
Black Pepper	2.500 teaspoon(s)	1.667 tablespoon(s)	1.250 fluid ounce(s)	1.667 fluid ounce(s)
Sauce, Tomato, Canned	4.688 pound(s)	9.375 pound(s)	14.063 pound(s)	18.750 pound(s)

Instructions

In a large bowl, combine the ground beef, rice, and onion. Blend in garlic powder and pepper. Mix well. Shape into 1 1/2 inch balls.

Preheat oven to 350 degrees F (175 degrees C). In a large skillet over medium heat, brown the meatballs; drain fat.

In an 11x7 inch baking dish, combine the tomato sauce and 1 cup of water. Place the browned meatballs into the tomato sauce, turning to coat well.

Cover and bake in a preheated oven for 45 minutes. Uncover, and cook for an additional 15 minutes.

Nutrients Per Serving

Kilocalories	299.623 kcal
Protein	17.562 g
Carbohydrate	15.181 g
Fat, Total	18.589 g
Cholesterol	64.411 mg
Saturated Fat	6.927 g
Sodium	465.226 mg
Vitamin A (RE)	39.461 RE
Vitamin C	7.185 mg
Calcium	35.695 mg
Iron	3.271 mg
Dietary Fiber, Total	1.827 g



Pilaf, Confetti Wild Rice

Recipe Summary Card
Source: Axya Systems

No. Ingredients: 9

Category: Combination Food, Dish, Rice
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Wild Rice	12.500 ounce(s)	1.563 pound(s)	2.344 pound(s)	3.125 pound(s)
Chicken Base	3.125 item(s)	6.250 item(s)	9.375 item(s)	12.500 item(s)
Green Onion, Chopped	18.750 item(s)	37.500 item(s)	56.250 item(s)	75.000 item(s)
Carrots, Chopped	6.250 item(s)	12.500 item(s)	18.750 item(s)	25.000 item(s)
Red Pepper, Chopped	3.125 item(s)	6.250 item(s)	9.375 item(s)	12.500 item(s)
Margarine	4.688 fluid ounce(s)	1.172 cup(s)	1.758 cup(s)	1.172 pint(s)
Salt	0.781 teaspoon(s)	1.563 teaspoon(s)	2.344 teaspoon(s)	1.042 tablespoon(s)
Long Grain Rice, enriched	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
Parsley	6.250 fluid ounce(s)	1.563 cup(s)	1.172 pint(s)	1.563 pint(s)

Instructions

In 3 quart saucepan over high heat, heat wild rice, chicken-flavor bouillon, and 3 3/4 cups water to boiling. Reduce heat to low; cover and simmer 25 minutes. Meanwhile, chop green onions, carrots, and red pepper. In 10-inch skillet over medium-high heat, in hot margarine, cook chopped vegetables and salt until lightly browned, about 10 minutes ; set aside. When wild rice has simmered 25 minutes, stir in long-grain rice. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes longer or until rice is tender and all liquid is absorbed. Stir in parsley and cooked vegetables. Makes 8 accompaniment servings. Recipe provided by Good Housekeeping.

Nutrients Per Serving

Kilocalories	187.059 kcal
Protein	4.277 g
Carbohydrate	32.365 g
Fat, Total	4.672 g
Cholesterol	0.000 mg
Saturated Fat	0.887 g
Sodium	275.924 mg
Vitamin A (RE)	280.303 RE
Vitamin C	14.647 mg
Calcium	27.920 mg
Iron	1.587 mg
Dietary Fiber, Total	2.215 g



Snap Peas DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Peas, Snap, Sugar, Frozen	3.358 pound(s)	6.716 pound(s)	10.075 pound(s)	13.433 pound(s)

Instructions

WASH HANDS.

- Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
- Cook vegetables in steamer for 10-12 minutes (5-6 psi) or 7-11 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

- Serve using a 4 oz spoodle or menued portion

Nutrients Per Serving

Kilocalories	29.364 kcal
Protein	1.468 g
Carbohydrate	5.139 g
Fat, Total	0.000 g
Cholesterol	0.000 mg
Saturated Fat	0.000 g
Sodium	0.000 mg
Vitamin A (RE)	29.364 RE
Vitamin C	6.607 mg
Calcium	29.364 mg
Iron	0.529 mg
Dietary Fiber, Total	1.468 g



Choice of Fruit

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Choice of Fruit	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

Wash hands. Wash all fresh, unpackaged produce under cool, running water, drain well.
 Prepare and serve.
 1 Serving = 1/2 cup fruit, or one whole piece

Nutrients Per Serving

Kilocalories	31.860 kcal
Protein	0.478 g
Carbohydrate	8.045 g
Fat, Total	0.124 g
Cholesterol	0.000 mg
Saturated Fat	0.034 g
Sodium	15.930 mg
Vitamin A (RE)	5.310 RE
Vitamin C	15.930 mg
Calcium	5.310 mg
Iron	0.150 mg
Dietary Fiber, Total	0.708 g



Roasted Chicken Drumstick DS

Recipe Summary Card
Source Custom

No. Ingredients: 6

Category: Poultry, Chicken
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken Legs	4.529 pound(s)	9.058 pound(s)	13.587 pound(s)	18.116 pound(s)
Vegetable Oil	2.264 fluid ounce(s)	4.529 fluid ounce(s)	6.793 fluid ounce(s)	1.132 cup(s)
Black Pepper	0.566 teaspoon(s)	1.132 teaspoon(s)	1.698 teaspoon(s)	2.264 teaspoon(s)
Garlic Powder	2.264 teaspoon(s)	1.510 tablespoon(s)	1.132 fluid ounce(s)	1.510 fluid ounce(s)
Paprika	2.264 teaspoon(s)	1.510 tablespoon(s)	1.132 fluid ounce(s)	1.510 fluid ounce(s)
Cayenne Red Chili Pepper, Ground	0.543 teaspoon(s)	1.087 teaspoon(s)	1.630 teaspoon(s)	2.174 teaspoon(s)

Instructions

Preheat your oven to 400 degrees F. Line a rimmed baking sheet with high-heat-resistant parchment paper and arrange the drumsticks in a single layer on the parchment.

Make the seasoning paste: In a medium bowl, use a fork or a spatula to mix the oil, salt, pepper, and spices.

Using a pastry brush or your hands, coat the chicken pieces with the seasoning paste.

Bake the drumsticks uncovered until their internal temperature reaches 165 degrees F, about 40 minutes.

Baste the drumsticks with the pan juices using a clean pastry brush. Serve 3oz portion.

Nutrients Per Serving

Kilocalories	163.765 kcal
Protein	19.824 g
Carbohydrate	0.344 g
Fat, Total	8.669 g
Cholesterol	105.619 mg
Saturated Fat	2.437 g
Sodium	94.451 mg
Vitamin A (RE)	61.798 RE
Vitamin C	0.178 mg
Calcium	10.803 mg
Iron	0.973 mg
Dietary Fiber, Total	0.117 g



Baked Sweet potato

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Potatoes, Sweet, Baked in Skin	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL, RUNNING WATER, DRAIN WELL.

1. Scrub potatoes thoroughly. Remove blemishes. Pierce in two places.
2. Place on baking sheets. Bake at 400 F for 1 to 1 1/2 hours or until soft.
3. Serve 1 Each.*

*Potato sizes may vary, so more or less potato may be needed to achieve 1 Each ~11.6 oz.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135F, HELD FOR A

MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	162.000 kcal
Protein	3.618 g
Carbohydrate	37.278 g
Fat, Total	0.270 g
Cholesterol	0.000 mg
Saturated Fat	0.061 g
Sodium	64.800 mg
Vitamin C	35.280 mg
Calcium	68.400 mg
Iron	1.242 mg
Dietary Fiber, Total	5.940 g



Normandy Vegetable DS

Recipe Summary Card
Source Custom

No. Ingredients: 7

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Normandy Vegetable Blend	6.500 pound(s)	13.000 pound(s)	19.500 pound(s)	26.000 pound(s)
Vegetable Oil	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)
Salt	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Black Pepper	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Granulated Garlic	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Thyme, Dried Ground	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley Flakes, Dried	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)

Instructions

- Wash Hands.
- Wash all fresh produce.
- Place vegetables in a clean container and coat with oil. Mix well.
- Mix all seasonings and combine with vegetables. Mix well.
- Place vegetables on sheet pans and roast at 450F for 8-12 minutes.
- Cook time may vary
- Serve 1/2c.

Nutrients Per Serving

Kilocalories	56.051 kcal
Protein	1.398 g
Carbohydrate	6.975 g
Fat, Total	1.661 g
Cholesterol	1.685 mg
Saturated Fat	0.560 g
Sodium	338.071 mg
Vitamin A (RE)	124.195 RE
Vitamin C	20.388 mg
Calcium	28.844 mg
Iron	0.087 mg

Orange DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Orange	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

Wash Hands.
Wash Fresh Fruit.
Serve 1 orange.

Nutrients Per Serving

Kilocalories	61.570 kcal
Protein	1.231 g
Carbohydrate	15.393 g
Fat, Total	0.157 g
Cholesterol	0.000 mg
Saturated Fat	0.020 g
Sodium	0.000 mg
Vitamin A (RE)	28.820 RE
Vitamin C	69.692 mg
Calcium	52.400 mg
Iron	0.131 mg
Dietary Fiber, Total	3.144 g



Smothered Pork Chop DS

Recipe Summary Card
Source Custom

No. Ingredients: 6

Category: Meat, Pork
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Pork Chop	2.305 pound(s)	4.610 pound(s)	6.915 pound(s)	9.220 pound(s)
Onions, Chopped	1.941 tablespoon(s)	1.941 fluid ounce(s)	2.911 fluid ounce(s)	3.882 fluid ounce(s)
Black Pepper	1.456 teaspoon(s)	2.911 teaspoon(s)	1.456 tablespoon(s)	1.941 tablespoon(s)
Soup, Cream of Mushroom, Condensed, Canned	1.456 cup(s)	1.456 pint(s)	1.092 quart(s)	1.456 quart(s)
Mushrooms, Sliced, Canned	1.456 cup(s)	1.456 pint(s)	1.092 quart(s)	1.456 quart(s)
Water	1.456 cup(s)	1.456 pint(s)	1.092 quart(s)	1.456 quart(s)

Instructions

WASH HANDS

1. Place thawed pork chop in hotel pan.
2. Slice onions into rings. Set aside.
3. Season pork chop with pepper.
4. Cover pork chop with onions, mushrooms condensed Cream of Mushroom Soup and water.
5. Bake covered for 30-40 minutes or until tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 145F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

6. Serve 1 pork chopette with 2 fl oz of sauce

Nutrients Per Serving

Kilocalories	101.272 kcal
Protein	11.156 g
Carbohydrate	1.495 g
Fat, Total	5.402 g
Cholesterol	35.110 mg
Saturated Fat	1.613 g
Sodium	165.245 mg
Vitamin A (RE)	1.108 RE
Vitamin C	0.083 mg
Calcium	12.911 mg
Iron	0.394 mg
Dietary Fiber, Total	0.148 g



Baby Baker Potatoes DS

Recipe Summary Card

Source: Custom

No. Ingredients: 3

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
White Potatoes, Baby	6.214 pound(s)	12.428 pound(s)	18.641 pound(s)	24.855 pound(s)
Vegetable Oil	1.036 tablespoon(s)	1.036 fluid ounce(s)	1.553 fluid ounce(s)	2.071 fluid ounce(s)
Salt	0.518 teaspoon(s)	1.036 teaspoon(s)	1.553 teaspoon(s)	2.071 teaspoon(s)

Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Arrange potatoes in a single layer on baking pan sprayed with cooking spray. coat with oil and salt
2. Bake in convection oven at 375F for 13 minutes or in standard oven bake at 450F for 25 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140F, HELD FOR 15 SECONDS.

3. Serve 5 potatoes or 4z.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	82.317 kcal
Protein	1.995 g
Carbohydrate	17.958 g
Fat, Total	0.285 g
Cholesterol	0.291 mg
Saturated Fat	0.096 g
Sodium	71.246 mg
Vitamin A (RE)	3.852 RE
Vitamin C	0.000 mg
Calcium	10.039 mg
Iron	0.998 mg
Dietary Fiber, Total	2.993 g



Peas and Carrots

Recipe Summary Card

Source: Custom

No. Ingredients: 2

Category: Vegetable, Green Peas

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Frozen Peas	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)
Frozen Carrots	1.563 quart(s)	3.125 quart(s)	1.172 gallon(s)	1.563 gallon(s)

Instructions

WASH HANDS.

- Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
- Cook vegetables in steamer for 10 minutes (5-6 psi) or 5-9 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135F HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

- Serve using a 4 oz spoodle

Nutrients Per Serving

Kilocalories	66.903 kcal
Protein	4.007 g
Carbohydrate	12.322 g
Fat, Total	0.434 g
Cholesterol	0.000 mg
Saturated Fat	0.062 g
Sodium	94.441 mg
Vitamin A (RE)	540.412 RE
Vitamin C	10.237 mg
Calcium	25.938 mg
Iron	1.180 mg
Dietary Fiber, Total	4.291 g



Applesauce

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Applesauce, Unsweetened, Canned	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Serve unsweetened applesauce using a #8 scoop.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

Nutrients Per Serving

Kilocalories	51.240 kcal
Protein	0.207 g
Carbohydrate	13.749 g
Fat, Total	0.122 g
Cholesterol	0.000 mg
Saturated Fat	0.010 g
Sodium	2.440 mg
Vitamin A (RE)	2.440 RE
Vitamin C	1.220 mg
Calcium	4.880 mg
Iron	0.281 mg
Dietary Fiber, Total	1.342 g



Dill Pickle Meatloaf DS

Recipe Summary Card
Source Custom

No. Ingredients: 10

Category: Meat, Beef
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Egg	2.505 item(s)	5.010 item(s)	7.515 item(s)	10.020 item(s)
. Onions, Chopped	5.010 fluid ounce(s)	1.253 cup(s)	1.879 cup(s)	1.253 pint(s)
. Pickle, Dill Juice	5.010 fluid ounce(s)	1.253 cup(s)	1.879 cup(s)	1.253 pint(s)
Juice, Tomato, Canned	1.253 cup(s)	1.253 pint(s)	1.879 pint(s)	1.253 quart(s)
Bread, 100% Whole Wheat	2.505 slice(s)	5.010 slice(s)	7.515 slice(s)	10.020 slice(s)
Ground Beef	2.505 pound(s)	5.010 pound(s)	7.515 pound(s)	10.020 pound(s)
Ketchup or Tomato Catsup	5.010 fluid ounce(s)	1.253 cup(s)	1.879 cup(s)	1.253 pint(s)
Water	2.505 fluid ounce(s)	5.010 fluid ounce(s)	7.515 fluid ounce(s)	1.253 cup(s)
Sugar, Brown	1.253 fluid ounce(s)	2.505 fluid ounce(s)	3.758 fluid ounce(s)	5.010 fluid ounce(s)
Sauce, Worcestershire, Reduced Sodium	1.253 teaspoon(s)	2.505 teaspoon(s)	1.253 tablespoon(s)	1.670 tablespoon(s)

Instructions

Preheat the oven to 350 degrees F (175 degrees C). Grease an baking dish.

Beat egg in a mixing bowl. Whisk in onion, pickle juice, salt, and pepper. Stir in bread until soggy, then mix in ground beef until evenly combined. Form into a loaf and place into the prepared pan.

Stir together chopped pickles, ketchup, water, sugar, and Worcestershire sauce; pour over the meatloaf.

Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 165 degrees F (70 degrees C).

Serve 3oz slice

Nutrients Per Serving

Kilocalories	148.471 kcal
Protein	9.020 g
Carbohydrate	5.118 g
Fat, Total	9.753 g
Cholesterol	50.945 mg
Saturated Fat	3.680 g
Sodium	171.919 mg
Vitamin A (RE)	18.689 RE
Vitamin C	9.165 mg
Calcium	19.324 mg
Iron	1.168 mg
Dietary Fiber, Total	0.447 g



Homestyle Potatoes and Onions DS

Recipe Summary Card

Source: Custom

No. Ingredients: 6

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
. Onions, Chopped	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)
Potatoes, Russet, Flesh and Skin	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)
Black Pepper	1.042 fluid ounce(s)	2.083 fluid ounce(s)	3.125 fluid ounce(s)	4.167 fluid ounce(s)
Paprika	4.167 fluid ounce(s)	1.042 cup(s)	1.563 cup(s)	1.042 pint(s)
Salt	1.042 fluid ounce(s)	2.083 fluid ounce(s)	3.125 fluid ounce(s)	4.167 fluid ounce(s)
Margarine	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)

Instructions

Slice the onions about a half-inch thick. Fry over low heat in a with margarine and seasonings.

In a separate, non-stick pan, melt margarin. Slice the potatoes about a quarter-inch to a half-inch thick and add them to the non-stick pan. Cook over low heat, tossing occasionally, until browned all over and soft in the middle.

Turn the potatoes out onto a serving plate and cover with the onions Serve 1/2c

Nutrients Per Serving

Kilocalories	229.942 kcal
Protein	3.683 g
Carbohydrate	29.536 g
Fat, Total	11.839 g
Cholesterol	0.000 mg
Saturated Fat	2.255 g
Sodium	724.862 mg
Vitamin A (RE)	161.525 RE
Vitamin C	12.541 mg
Calcium	44.835 mg
Iron	1.753 mg
Dietary Fiber, Total	3.706 g



Creamy Vegetable Medley

Recipe Summary Card
Source Custom

No. Ingredients: 5

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetables, Mixed, Frozen	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)
Milk, Low Fat, 1%	1.563 quart(s)	3.125 quart(s)	1.172 gallon(s)	1.563 gallon(s)
Margarine	6.250 fluid ounce(s)	1.563 cup(s)	1.172 pint(s)	1.563 pint(s)
Flour, All Purpose Wheat, White, Bleached, Enriched	3.125 fluid ounce(s)	6.250 fluid ounce(s)	1.172 cup(s)	1.563 cup(s)
Black Pepper	1.042 tablespoon(s)	1.042 fluid ounce(s)	1.563 fluid ounce(s)	2.083 fluid ounce(s)

Instructions

Cook the frozen vegetables following the directions on the package.

Drain the vegetables very well in a colander while making cream sauce.

Melt butter in a heavy bottomed sauce pan over medium heat. Add the salt, pepper and flour to the pan. Make a roux by whisking until a thick paste forms, about 3 minutes.

Add the salt, pepper and flour to the pan. Make a roux by whisking until a thick paste forms, about 3 minutes.

Slowly pour the milk into the pan while whisking to prevent lumps. Whisk until combined.

Cook over medium heat until the sauce has thickened. This can take about 5 to 8 minutes.

Transfer the drained vegetables to a serving dish.

Pour the thick cream sauce over vegetables and toss to cover the vegetables. Serve immediately. Serve 1/2c

Nutrients Per Serving

Kilocalories	162.153 kcal
Protein	6.208 g
Carbohydrate	20.395 g
Fat, Total	6.309 g
Cholesterol	3.050 mg
Saturated Fat	1.462 g
Sodium	197.750 mg
Vitamin A (RE)	190.977 RE
Vitamin C	6.326 mg
Calcium	79.805 mg
Iron	0.660 mg
Dietary Fiber, Total	2.729 g



Snicker Apple Salad DS

Recipe Summary Card

Source Custom

No. Ingredients: 3

Category: Sweets

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Apple, Medium	12.500 item(s)	25.000 item(s)	37.500 item(s)	50.000 item(s)
Whipped Topping	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)
SNICKERS Candy Bar	9.375 item(s)	18.750 item(s)	28.125 item(s)	37.500 item(s)

Instructions

Chop all your apples into bit size pieces and place them in a large bowl.
 Mix in the cool whip and the chopped snickers. (Save about 1/2 of the snickers for the topping)
 Once it is all combined top with the left over snickers.
 Chill until ready to serve
 Serve 1/2c

Nutrients Per Serving

Kilocalories	166.070 kcal
Protein	1.737 g
Carbohydrate	27.942 g
Fat, Total	6.155 g
Cholesterol	1.875 mg
Saturated Fat	2.713 g
Sodium	45.910 mg
Vitamin A (RE)	13.578 RE
Vitamin C	4.411 mg
Calcium	20.460 mg
Iron	0.244 mg
Dietary Fiber, Total	2.559 g



Meat Lovers Lasagna Roll Up DS

Recipe Summary Card

Source: Custom

No. Ingredients: 8

Category: Basic Food

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Pasta, Lasagne, Whole Grain, Dry	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)
Ground Beef	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)
Sausage, Italian, Pork, Raw	12.500 ounce(s)	1.563 pound(s)	2.344 pound(s)	3.125 pound(s)
Onions, Chopped	6.250 fluid ounce(s)	1.563 cup(s)	1.172 pint(s)	1.563 pint(s)
Sauce, Pasta	1.758 quart(s)	3.516 quart(s)	1.318 gallon(s)	1.758 gallon(s)
Cheese, Ricotta, Part Skim Milk	3.125 pound(s)	6.250 pound(s)	9.375 pound(s)	12.500 pound(s)
Egg	1.563 item(s)	3.125 item(s)	4.688 item(s)	6.250 item(s)
Cheese, Mozzarella, Part Skim Milk	1.563 pint(s)	1.563 quart(s)	2.344 quart(s)	3.125 quart(s)

Instructions

Cook lasagna noodles as directed on package. Drain; rinse with hot water. Drain well.

Meanwhile, in skillet, cook beef, sausage and onion over medium-high heat, stirring frequently, until meat is no longer pink; drain. Stir in 1 1/2 cups pasta sauce. Reduce heat to low; simmer uncovered 10 minutes, stirring occasionally. Remove from heat.

3

In small bowl, mix ricotta cheese, basil and egg. Spread about 3 tablespoons ricotta mixture over each cooked lasagna noodle to within 1 inch of one short end. Spoon about 1/4 cup meat mixture over ricotta mixture on each. Roll up firmly toward unfilled end. Line 15x10x1-inch pan with foil. Place rolls, seam side down, on pan; cover loosely with foil.

To bake lasagna rolls, spray baking dishes with cooking spray. Cover with foil.

6

Heat oven to 350°F. Pour 1 1/2 cups pasta sauce over and around rolls in each baking dish. Cover tightly with foil; bake 30 to 40 minutes or until hot and bubbly. Sprinkle each baking dish with 1 cup mozzarella cheese; bake uncovered 3 to 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Nutrients Per Serving

Kilocalories	394.356 kcal
Protein	25.356 g
Carbohydrate	27.607 g
Fat, Total	21.014 g
Cholesterol	81.669 mg
Saturated Fat	9.034 g
Sodium	570.194 mg
Vitamin A (RE)	91.409 RE
Vitamin C	1.774 mg
Calcium	292.466 mg
Iron	3.605 mg
Dietary Fiber, Total	4.135 g



Scandinavian Vegetable Blend DS

Recipe Summary Card
Source Custom

No. Ingredients: 7

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetables, Scandinavian	6.500 pound(s)	13.000 pound(s)	19.500 pound(s)	26.000 pound(s)
Vegetable Oil	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)
Salt, Kosher Coarse	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Black Pepper	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Granulated Garlic	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Thyme, Dried Ground	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley, Dried	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)

Instructions

- Wash Hands.
- Wash all fresh produce
- Place vegetables in clean container, coat with oil. Mix well.
- Mix all seasonings together and combine with vegetables. Mix well.
- Place vegetable on pans sprayed with pan spray. Roast 450F for 8-12 minutes.
- Times may vary
- Serve 1/2cup portion.

Nutrients Per Serving

Kilocalories	71.509 kcal
Protein	2.788 g
Carbohydrate	9.904 g
Fat, Total	1.659 g
Cholesterol	1.685 mg
Saturated Fat	0.560 g
Sodium	398.541 mg
Vitamin A (RE)	230.635 RE
Vitamin C	3.375 mg
Calcium	29.348 mg
Iron	0.572 mg
Dietary Fiber, Total	2.810 g



Spinach

Recipe Summary Card		Category: Vegetable		
Source: Custom	No. Ingredients: 1	Manufacturer: (None)		
Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Spinach	3.956 quart(s)	1.978 gallon(s)	2.967 gallon(s)	3.956 gallon(s)

Instructions

WASH HANDS.

1. Thaw spinach.

CCP: THAW UNDER REFRIGERATION AT 41F OR BELOW.

2. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.
3. Cook vegetables in steamer for 8-10 minutes (5-6 psi) or 4-8 minutes (12-15 psi) or until just tender.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

4. Serve using 4 oz spoodle

Nutrients Per Serving	
Kilocalories	26.082 kcal
Protein	3.368 g
Carbohydrate	4.252 g
Fat, Total	0.295 g
Cholesterol	0.000 mg
Saturated Fat	0.049 g
Sodium	79.379 mg
Vitamin A (RE)	1188.524 RE
Vitamin C	11.113 mg
Calcium	154.221 mg
Iron	4.048 mg
Dietary Fiber, Total	2.722 g



Garlic Toast DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Basic Food
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
WG Bread, Garlic, Toasted	25.000 slice(s)	50.000 slice(s)	75.000 slice(s)	100.000 slice(s)

Instructions

WASH HANDS.

1. Place garlic toast slices on sheet pans.
2. Bake in Conventional Oven at 425F for 4-5 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

3. Serve one slice.

Optional: Grill garlic bread for more eye appeal with grill marks

Nutrients Per Serving

Kilocalories	130.900 kcal
Protein	3.124 g
Carbohydrate	15.589 g
Fat, Total	6.205 g
Cholesterol	0.000 mg
Saturated Fat	1.973 g
Sodium	203.320 mg
Vitamin C	0.068 mg
Calcium	10.200 mg
Iron	1.139 mg
Dietary Fiber, Total	0.884 g



Apricots DS

Recipe Summary Card		Category: Fruit		
Source Custom	No. Ingredients: 1	Manufacturer: (None)		
Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Apricots	3.125 quart(s)	1.563 gallon(s)	2.344 gallon(s)	3.125 gallon(s)

Instructions

WASH HANDS.

1. Wash top of can before opening.
2. Open can and drain off liquid.
3. Portion into serving dishes and chill.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

4. Serve using a 4 oz spoodle or menued portion

Nutrients Per Serving

Kilocalories	37.200 kcal
Protein	1.085 g
Carbohydrate	8.618 g
Fat, Total	0.302 g
Cholesterol	0.000 mg
Saturated Fat	0.021 g
Sodium	0.775 mg
Vitamin A (RE)	149.265 RE
Vitamin C	7.750 mg
Calcium	10.075 mg
Iron	0.302 mg
Dietary Fiber, Total	1.550 g



Chicken Tender

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Poultry, Chicken
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Chicken Tenders	4.688 pound(s)	9.375 pound(s)	14.063 pound(s)	18.750 pound(s)

Instructions

WASH HANDS.

1. Bake in Conventional Oven at 350F for 11-14 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	204.116 kcal
Protein	12.434 g
Carbohydrate	12.638 g
Fat, Total	11.550 g
Cholesterol	30.617 mg
Saturated Fat	2.073 g
Sodium	448.206 mg
Vitamin A (RE)	0.000 RE
Vitamin C	0.425 mg
Calcium	33.169 mg
Iron	0.714 mg
Dietary Fiber, Total	1.446 g

Potato Wedges DS

Recipe Summary Card

Source: Custom

No. Ingredients: 5

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Potatoes	6.143 pound(s)	12.285 pound(s)	18.428 pound(s)	24.570 pound(s)
Vegetable Oil	1.536 fluid ounce(s)	3.071 fluid ounce(s)	4.607 fluid ounce(s)	6.143 fluid ounce(s)
Garlic Powder	0.768 teaspoon(s)	1.536 teaspoon(s)	2.303 teaspoon(s)	1.024 tablespoon(s)
Black Pepper	0.768 teaspoon(s)	1.536 teaspoon(s)	2.303 teaspoon(s)	1.024 tablespoon(s)
Salt	0.768 teaspoon(s)	1.536 teaspoon(s)	2.303 teaspoon(s)	1.024 tablespoon(s)

Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Cut each potato into 12 wedges; place in a large bowl. Add the remaining ingredients; toss to coat.

2. Arrange in a single layer on a baking pan coated with nonstick cooking spray. Bake at 425 degrees F for 20 minutes. Turn; bake 25-30 minutes longer or until crisp.

3oz = approximately 6 wedges depending on size of potato.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F

Nutrients Per Serving

Kilocalories	92.444 kcal
Protein	1.506 g
Carbohydrate	17.927 g
Fat, Total	1.673 g
Cholesterol	0.000 mg
Saturated Fat	0.125 g
Sodium	77.408 mg
Vitamin A (RE)	0.019 RE
Vitamin C	0.015 mg
Calcium	10.791 mg
Iron	1.510 mg
Dietary Fiber, Total	1.510 g



Cucurber Salad

Recipe Summary Card

Source: Custom

No. Ingredients: 6

Category: Combination Food, Salad, Vegetable

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Mayo	1.000 pint(s)	1.000 quart(s)	1.500 quart(s)	2.000 quart(s)
Vinegar	2.000 fluid ounce(s)	4.000 fluid ounce(s)	6.000 fluid ounce(s)	1.000 cup(s)
Dill Weed	1.000 fluid ounce(s)	2.000 fluid ounce(s)	3.000 fluid ounce(s)	4.000 fluid ounce(s)
Onions, Chopped	1.000 fluid ounce(s)	2.000 fluid ounce(s)	3.000 fluid ounce(s)	4.000 fluid ounce(s)
Sugar	1.000 ounce(s)	2.000 ounce(s)	3.000 ounce(s)	4.000 ounce(s)
Cucurber	5.500 pound(s)	11.000 pound(s)	16.500 pound(s)	22.000 pound(s)

Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41F.

Nutrients Per Serving

Kilocalories	140.301 kcal
Protein	0.829 g
Carbohydrate	4.936 g
Fat, Total	13.333 g
Cholesterol	7.419 mg
Saturated Fat	2.105 g
Sodium	114.287 mg
Vitamin A (RE)	12.623 RE
Vitamin C	2.891 mg
Calcium	17.831 mg
Iron	0.323 mg
Dietary Fiber, Total	0.513 g

Fresh Pear DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Pear	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

Wash Hands.
Wash Pear.
Serve one each

Nutrients Per Serving

Kilocalories	94.620 kcal
Protein	0.598 g
Carbohydrate	25.282 g
Fat, Total	0.232 g
Cholesterol	0.000 mg
Saturated Fat	0.037 g
Sodium	1.660 mg
Vitamin A (RE)	4.150 RE
Vitamin C	7.138 mg
Calcium	14.940 mg
Iron	0.299 mg
Dietary Fiber, Total	5.146 g



Pork, Spareribs, Roasted, BBQ

Recipe Summary Card
Source Custom

No. Ingredients: 2

Category: Meat, Pork
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
pork spareribs with bone	4.717 pound(s)	9.434 pound(s)	14.151 pound(s)	18.868 pound(s)
Sauce, Barbecue	1.572 cup(s)	1.572 pint(s)	1.179 quart(s)	1.572 quart(s)

Instructions

WASH HANDS.

1. Preheat convection oven to 325F.
 2. Place ribs into a full size hotel pan. Add 1/2" (~ 1 qt.) water to the bottom of the pan and cover the pan tightly with two layers of foil so no steam escapes.
 3. Braise pork for 2.5 hours.
 4. Transfer ribs to a baking pan lined with parchment paper [to avoid clean up of baked on BBQ sauce]. Coat ribs with BBQ sauce.
 5. Return the uncovered pan of ribs to the oven for 25-30 minutes.
 6. Serve 5.5 avg meat serving with bone in [two ribs]
- CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 145F, HELD FOR A MINIMUM OF 15 SECONDS.
CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 F

Nutrients Per Serving

Kilocalories	186.765 kcal
Protein	9.397 g
Carbohydrate	6.410 g
Fat, Total	13.137 g
Cholesterol	47.114 mg
Saturated Fat	4.288 g
Sodium	200.303 mg
Vitamin A (RE)	7.044 RE
Vitamin C	0.094 mg
Calcium	13.726 mg
Iron	0.646 mg
Dietary Fiber, Total	0.142 g



Potato Salad

Recipe Summary Card

Source: Axya Systems

No. Ingredients: 9

Category: Combination Food, Salad, Vegetable

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Potatoes	4.500 pound(s)	9.000 pound(s)	13.500 pound(s)	18.000 pound(s)
Chopped celery	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Chopped onions	3.500 ounce(s)	7.000 ounce(s)	10.500 ounce(s)	14.000 ounce(s)
Sweet pickle relish	3.000 ounce(s)	6.000 ounce(s)	9.000 ounce(s)	12.000 ounce(s)
Eggs, hard-cooked, chopped	10.500 ounce(s)	1.313 pound(s)	1.969 pound(s)	2.625 pound(s)
Mayonnaise	12.000 ounce(s)	1.500 pound(s)	2.250 pound(s)	3.000 pound(s)
Salt	1.500 teaspoon(s)	1.000 tablespoon(s)	1.500 tablespoon(s)	1.000 fluid ounce(s)
Black Pepper	0.500 teaspoon(s)	1.000 teaspoon(s)	1.500 teaspoon(s)	2.000 teaspoon(s)
Dry Mustard	0.500 teaspoon(s)	1.000 teaspoon(s)	1.500 teaspoon(s)	2.000 teaspoon(s)

Instructions

Steam potatoes at 5-6 pounds of pressure for 30-45 minutes, or boil potatoes for 30-40 minutes. Cool, peel, and dice into 1/2" cubes. Add all other ingredients. Mix lightly until well blended. Chill at least 1 hour before serving. Portion with No.8 scoop (1/2 cup).

Nutrients Per Serving

Kilocalories	186.802 kcal
Protein	3.404 g
Carbohydrate	16.699 g
Fat, Total	12.191 g
Cholesterol	55.657 mg
Saturated Fat	2.036 g
Sodium	271.516 mg
Vitamin A (RE)	34.599 RE
Vitamin C	16.705 mg
Calcium	21.724 mg
Iron	0.882 mg
Dietary Fiber, Total	2.062 g



Beans, Baked

Recipe Summary Card

Source Custom

No. Ingredients: 1

Category: Combination Food, Dish, Bean

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Beans, Baked, with Pork in Tomato Sauce, Canned	3.000 quart(s)	1.500 gallon(s)	2.250 gallon(s)	3.000 gallon(s)

Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat until internal temperature reaches 165F for 15 seconds
3. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

Child Nutrition: 1/2 cup provides= 1/2 cup beans/pea

Nutrients Per Serving

Kilocalories	114.154 kcal
Protein	6.254 g
Carbohydrate	22.697 g
Fat, Total	1.129 g
Cholesterol	8.501 mg
Saturated Fat	0.356 g
Sodium	530.693 mg
Vitamin A (RE)	20.402 RE
Vitamin C	3.643 mg
Calcium	68.006 mg
Iron	3.935 mg
Dietary Fiber, Total	4.858 g



Cornbread

Recipe Summary Card

Source: Axya Systems

No. Ingredients: 10

Category: Baked Product, Breads

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
All purpose Flour	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Cornmeal	8.000 ounce(s)	1.000 pound(s)	1.500 pound(s)	2.000 pound(s)
Sugar	2.625 ounce(s)	5.250 ounce(s)	7.875 ounce(s)	10.500 ounce(s)
Baking Powder	0.500 ounce(s)	1.000 ounce(s)	1.500 ounce(s)	2.000 ounce(s)
Salt	0.625 teaspoon(s)	1.250 teaspoon(s)	1.875 teaspoon(s)	2.500 teaspoon(s)
Eggs	2.625 ounce(s)	5.250 ounce(s)	7.875 ounce(s)	10.500 ounce(s)
Nonfat Milk	1.875 cup(s)	1.875 pint(s)	1.406 quart(s)	1.875 quart(s)
Vegetable Oil	2.000 fluid ounce(s)	4.000 fluid ounce(s)	6.000 fluid ounce(s)	1.000 cup(s)
Shredded Cheddar Cheese	1.750 cup(s)	1.750 pint(s)	1.313 quart(s)	1.750 quart(s)
Chili Peppers- Chopped	2.000 ounce(s)	4.000 ounce(s)	6.000 ounce(s)	8.000 ounce(s)

Instructions

Blend flour and cornmeal in mixer for 1 minute. Mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy. Pour 1-1/4 gal batter into 1 sheet pan (18"x26"x1"), which has been lightly oiled. Bake in a conventional oven at 400 degrees F for 30-35 minutes. Cut sheet pan 10x10 (100 pieces per pan). Serving size: 1 piece

Nutrients Per Serving

Kilocalories	141.057 kcal
Protein	4.579 g
Carbohydrate	18.420 g
Fat, Total	5.362 g
Cholesterol	21.265 mg
Saturated Fat	2.085 g
Sodium	208.774 mg
Vitamin A (RE)	42.953 RE
Vitamin C	1.542 mg
Calcium	93.846 mg
Iron	0.940 mg
Dietary Fiber, Total	0.637 g



Cinnamon Apples DS

Recipe Summary Card
Source Custom

No. Ingredients: 2

Category: Fruit
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Apple, Medium	25.000 gram(s)	50.000 gram(s)	75.000 gram(s)	100.000 gram(s)
Cinnamon, Ground	1.042 fluid ounce(s)	2.083 fluid ounce(s)	3.125 fluid ounce(s)	4.167 fluid ounce(s)

Instructions

WASH HANDS

Wash and slice apples.

1. Sprinkle cinnamon over apples. Mix well.
2. Serve #8 scoop or menued portion

Nutrients Per Serving

Kilocalories	1.940 kcal
Protein	0.026 g
Carbohydrate	0.601 g
Fat, Total	0.009 g
Cholesterol	0.000 mg
Saturated Fat	0.002 g
Sodium	0.068 mg
Vitamin A (RE)	0.278 RE
Vitamin C	0.068 mg
Calcium	5.822 mg
Iron	0.049 mg
Dietary Fiber, Total	0.329 g



Stuffed Peppers

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Combination Food, Dish, Meat
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Stuffed Pepper in tomato Sauce (FS)	25.000 serving(s)	50.000 serving(s)	75.000 serving(s)	100.000 serving(s)

Instructions

WASH HANDS.

1. Thaw product under refrigeration.

CCP: THAW UNDER REFRIGERATION AT 41F OR BELOW.

2. Bake in conventional oven at 350F for 80-85 minutes or convection oven at 300F for approximately 1-1/2 hours.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135F.

3. Serve 1 stuffed pepper with 2 oz of sauce.

Nutrients Per Serving

Kilocalories	150.000 kcal
Protein	8.000 g
Carbohydrate	17.000 g
Fat, Total	6.000 g
Cholesterol	20.000 mg
Saturated Fat	2.000 g
Sodium	520.000 mg
Vitamin A (RE)	40.000 RE
Vitamin C	36.000 mg
Calcium	20.000 mg
Iron	1.080 mg
Dietary Fiber, Total	2.000 g



Roasted Rosemary Potatoes DS

Recipe Summary Card

Source Custom

No. Ingredients: 5

Category: Vegetable, Starchy

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Baby Potato	12.500 pound(s)	25.000 pound(s)	37.500 pound(s)	50.000 pound(s)
Vegetable Oil	8.333 ounce(s)	1.042 pound(s)	1.563 pound(s)	2.083 pound(s)
Garlic Clove, Chopped	16.667 item(s)	33.333 item(s)	50.000 item(s)	66.667 item(s)
Rosemary Leaves, Dried	1.389 tablespoon(s)	1.389 fluid ounce(s)	2.083 fluid ounce(s)	2.778 fluid ounce(s)
Thyme, Dried Ground	1.389 tablespoon(s)	1.389 fluid ounce(s)	2.083 fluid ounce(s)	2.778 fluid ounce(s)

Instructions

Wash Hands.

Wash and prepare all fresh produce.

Preheat oven to 425F.

On a large sheet pan, toss potatoes with oil, garlic, rosemary and thyme.

Roast for 25-30 minutes, flipping half way. Or until soft and golden brown.

Serve 1/2c.

Nutrients Per Serving

Kilocalories	208.791 kcal
Protein	4.173 g
Carbohydrate	37.065 g
Fat, Total	5.066 g
Cholesterol	5.103 mg
Saturated Fat	1.713 g
Sodium	95.612 mg
Vitamin A (RE)	69.134 RE
Vitamin C	0.863 mg
Calcium	31.227 mg
Iron	2.392 mg
Dietary Fiber, Total	6.235 g



Country Trio Vegetables DS

Recipe Summary Card
Source Custom

No. Ingredients: 6

Category: Vegetable
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vegetables, Country Trio, Frozen	6.500 pound(s)	13.000 pound(s)	19.500 pound(s)	26.000 pound(s)
Vegetable Oil	3.000 fluid ounce(s)	6.000 fluid ounce(s)	1.125 cup(s)	1.500 cup(s)
Salt	1.000 tablespoon(s)	1.000 fluid ounce(s)	1.500 fluid ounce(s)	2.000 fluid ounce(s)
Black Pepper	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Thyme, Dried Ground	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)
Parsley Flakes, Dried	0.750 teaspoon(s)	1.500 teaspoon(s)	2.250 teaspoon(s)	1.000 tablespoon(s)

Instructions

- Wash Hands.
- Wash all fresh produce.
- Put all raw vegetable in clean container and coat with oil. Mix well.
- Mix all seasonings together and combine with vegetables. Mix well.
- Place on sheet pan sprayed with pan spray. Roast 450F for 8-12 minutes.
- Cook time may vary.
- Serve 1/2c.

Nutrients Per Serving

Kilocalories	100.082 kcal
Protein	1.436 g
Carbohydrate	15.705 g
Fat, Total	1.660 g
Cholesterol	1.685 mg
Saturated Fat	0.560 g
Sodium	325.721 mg
Vitamin A (RE)	306.706 RE
Vitamin C	3.463 mg
Calcium	1.600 mg
Iron	0.077 mg
Dietary Fiber, Total	2.878 g



Seafood and Vegetable Fettuccine Alfredo DS

Recipe Summary Card

Source: Custom

No. Ingredients: 8

Category: Combination Food

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Pasta, Fettuccine, Classic, Dry	4.167 pound(s)	8.333 pound(s)	12.500 pound(s)	16.667 pound(s)
Margarine	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Shrimp	4.167 pound(s)	8.333 pound(s)	12.500 pound(s)	16.667 pound(s)
Garlic Clove	16.667 item(s)	33.333 item(s)	50.000 item(s)	66.667 item(s)
Cream, Half and Half	1.042 quart(s)	2.083 quart(s)	3.125 quart(s)	1.042 gallon(s)
Cheese, Parmesan, Grated	1.563 cup(s)	1.563 pint(s)	1.172 quart(s)	1.563 quart(s)
Parsley Flakes, Dried	2.083 fluid ounce(s)	4.167 fluid ounce(s)	6.250 fluid ounce(s)	1.042 cup(s)
Carrots	2.083 quart(s)	1.042 gallon(s)	1.563 gallon(s)	2.083 gallon(s)

Instructions

Fill a large pot with lightly salted water and bring to a rolling boil. Cook fettuccine at a boil until tender yet firm to the bite, about 8 minutes. Drain.

Heat butter in a large skillet over medium heat. Cook and stir shrimp and garlic in butter for 1 minute. Pour in half-and-half; stir. Add Parmesan cheese, 1 tablespoon at a time, stirring constantly. Mix in parsley; season with salt. Simmer, stirring frequently, until sauce is thickened.

Stir fettuccine into sauce until evenly coated; serve hot.

Nutrients Per Serving

Kilocalories	431.532 kcal
Protein	22.897 g
Carbohydrate	63.802 g
Fat, Total	10.168 g
Cholesterol	118.761 mg
Saturated Fat	5.035 g
Sodium	587.447 mg
Vitamin A (RE)	786.047 RE
Vitamin C	3.698 mg
Calcium	147.089 mg
Iron	2.816 mg
Dietary Fiber, Total	3.913 g



Pasta, Cooked

Recipe Summary Card
Source Axya Systems

No. Ingredients: 1

Category: Grain, Pasta
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
WG Psata	1.500 pound(s)	3.000 pound(s)	4.500 pound(s)	6.000 pound(s)

Instructions

Add 1/3 cup salt to 6 gallons of boiling water. Slowly stir in pasta. Cook until tender-firm, about 8 minutes for macaroni, 6 minutes for noodles, and 10 minutes for spaghetti. Drain. Serving size: about 1/2 cup.

Nutrients Per Serving

Kilocalories	104.509 kcal
Protein	3.854 g
Carbohydrate	19.397 g
Fat, Total	1.208 g
Cholesterol	22.861 mg
Saturated Fat	0.321 g
Sodium	2.858 mg
Vitamin A (RE)	3.206 RE
Vitamin C	0.000 mg
Calcium	9.049 mg
Iron	0.819 mg
Dietary Fiber, Total	0.898 g



Broccoli DS

Recipe Summary Card

Source Custom

Category: Vegetable

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Broccoli, Florets, Frozen	5.000 pound(s)	10.000 pound(s)	15.000 pound(s)	20.000 pound(s)

Instructions

1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans.
2. Steam vegetables for 10-15 minutes, or until tender.

CCP: Final internal cooking temperature must reach a minimum of 135F for a minimum of 15 seconds

CCP: Hot foods held for later service must maintain a minimum internal temperature of 135F

3. Serve 4oz spoodle.

Nutrients Per Serving

Kilocalories	27.658 kcal
Protein	1.106 g
Carbohydrate	4.425 g
Fat, Total	0.000 g
Cholesterol	0.000 mg
Saturated Fat	0.000 g
Sodium	22.126 mg
Vitamin A (RE)	0.000 RE
Vitamin C	33.190 mg
Calcium	22.126 mg
Iron	0.000 mg
Dietary Fiber, Total	2.213 g



Whole Grain Breadstick DS

Recipe Summary Card
Source Custom

No. Ingredients: 1

Category: Grain
Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Breadstick, Whole Grain	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Instructions

WASH HANDS.

1. Place thawed breadsticks on sheet pans.
2. Brush tops with melted margarine.
3. Heat in oven at 350F for 5 minutes.
4. Serve 1 breadstick

Nutrients Per Serving

Kilocalories	70.000 kcal
Protein	1.500 g
Carbohydrate	13.500 g
Fat, Total	1.000 g
Cholesterol	0.000 mg
Sodium	140.000 mg
Calcium	0.000 mg
Iron	0.800 mg
Dietary Fiber, Total	0.500 g



Berry Cheesecake Fruit Salad DS

Recipe Summary Card

Source: Custom

No. Ingredients: 7

Category: Sweets, Mousse, Fruit

Manufacturer: (None)

Ingredient	25 Servings	50 Servings	75 Servings	100 Servings
Vanilla Pudding Mix	5.000 ounce(s)	10.000 ounce(s)	15.000 ounce(s)	1.250 pound(s)
Milk				
Yogurt, Strawberry Banana, Non Fat	1.875 pound(s)	3.750 pound(s)	5.625 pound(s)	7.500 pound(s)
Whipped Topping	1.875 pound(s)	3.750 pound(s)	5.625 pound(s)	7.500 pound(s)
Strawberries	2.500 pound(s)	5.000 pound(s)	7.500 pound(s)	10.000 pound(s)
Blueberries	1.875 pint(s)	1.875 quart(s)	2.813 quart(s)	3.750 quart(s)
Banana	5.000 item(s)	10.000 item(s)	15.000 item(s)	20.000 item(s)
Marshmallows	1.875 quart(s)	3.750 quart(s)	1.406 gallon(s)	1.875 gallon(s)

Instructions

In a large mixing bowl, add yogurt, pudding mix and whipped topping and whisk together. Cover and refrigerate 1 hour (or until ready to serve).

Add sliced strawberries and blueberries (and bananas and marshmallows if using), and stir gently to combine.

Serve cold. Serve 1/2c

Nutrients Per Serving

Kilocalories	193.030 kcal
Protein	2.147 g
Carbohydrate	39.846 g
Fat, Total	4.192 g
Cholesterol	0.887 mg
Saturated Fat	3.886 g
Sodium	43.397 mg
Vitamin A (RE)	19.637 RE
Vitamin C	30.834 mg
Calcium	46.015 mg
Iron	0.343 mg
Dietary Fiber, Total	2.058 g