



Café 60 Menus

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Please note that all recipe pages have their own numbering



MENU OVERVIEW

Café 60 menus must meet the Older Americans Act nutrition requirements. Each meal is designed to provide the required 1/3 of the Dietary Reference Intakes (DRIs) and are based on the 2020-2025 Dietary Guidelines for Americans. This guide details best practices for Café 60 settings to ensure requirements are met. It is important to focus on high fiber foods and moderate sodium and fat intakes which are impacted by food selection and cooking methods. Please note these meals are appropriate to be used in any setting including home delivered and other congregate meal settings outside of Café 60 locations.

Menus Best Practice Guide - Café 60

Standard Meal Patterns	
Meals must be prepared according to the recipes provided. Failing to do so can alter the nutritional content and impact nutritional requirements. In general, deep fryers should not be used for cooking healthy meals.	
Substitutions must be a like for like item (e.g., 1 oz whole grain bread for 1 oz whole grain pasta).	
Café meals must offer all food items from the meal patterns to meet the nutritional requirements.	
Restaurant prepared meals are frequently higher in fat, sodium, calories, and sugar due to cooking methods and ingredients used.	
Beverages	
All meals should offer	8oz milk- to be low-fat (1%) or fat free unflavored
	8oz Coffee or Tea
	8oz Water
Breakfast to include	4oz 100% juice
Fruits	
Canned	Purchase in water or juice (preferred), extra light syrup, or light syrup
Fresh	Fresh fruit may be substituted in place of canned fruit, whole fruit may be used in place of sliced or cubed fruit
Blends	Fruit cups may be substituted for single fruit (Fresh or canned)
Vegetables	
Canned	Purchase with no added salt
Fresh	Local and seasonal fresh vegetables are preferred and may be used in place of canned or frozen
Frozen	Preferred over canned
Blends	Vegetable blends may be substituted for single vegetable or for another vegetable blend
Salads	Should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix. Reduced calorie dressings are preferred
Grains	
Portion size	2oz whole grain serving per meal
Products	Bread, cereal, and pasta served should be whole grain
	Desserts may not be counted toward a grain serving
Meats	
Product	Purchase whole muscle or low-fat products
	Purchase low sodium processed meat (ex ham, bacon)
Portion Size	3oz serving size once cooked; may serve over 3oz if needed (example: 4oz chicken breast)
Condiments	
Dressings	Serve reduced calorie
Ketchup, Mustard, etc	Industry standard products recommended
Mayo, sour cream	Reduced fat is recommended

Standard Breakfast Meal Pattern		
Food components	Serving Size	Minimum Servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	1 oz	1 serving
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
Fruit (Fresh or packed in juice)	½ c or 1 small piece	1 serving
Grains	1 oz	2 servings
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022

Standard Lunch and Supper Meal Pattern		
Food Components	Serving Size	Minimum servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	3 oz	1 serving
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	¾ cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
Vegetables	½ cup	2 servings
Fruits	½ cup or 1 small piece	1 serving
Grains	1 oz	2 servings
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	½ cup pasta ½ cup rice	



Buzzy's Café - MENU PACKET Week at a Glance

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LUNCH

Country Omelet	1 each	Egg of Choice	1/4 Cup	Beef Pot Roast	3 Oz	Beef Sirloin Patty	3 Oz	Grilled Chicken Breast	3 Oz	Beef Taco Salad	1 each	Country Beef & Veg Soup	6 fl. oz
Diced Breakfast Potatoes	1/2 Cup	Turkey Bacon	2 slice	Mashed Potatoes & Brown Gravy	1/2 Cup	Baby Baker Potatoes	1/2 Cup	Shredded Lettuce Garnish	1/2 Cup	Chilled Pineapple	1/2 Cup	Veggie Chef Salad Bowl	1 each
Fresh Whole Pear	1 each	Diced Breakfast Potatoes	1/2 Cup	Parslied Carrots	1/2 Cup	Parslied Carrots	1/2 Cup	Diced Tomatoes	1 each	Tortilla Chips	2 Oz	Cottage Cheese	1 each
Dry Wheat Toast	2 slice	Fresh Whole Orange	1 whole	Parslied Carrots	1/2 Cup	Fresh Orange Wedges	1 Cup	Choice of Fruit	1/2 Cup	Soft Margarine Cup	1 each	Peaches	1 each
Soft Margarine Cup	1 each	Dry Wheat Toast	2 slice	Choice of Fruit	1/2 Cup	WW Hamburger Bun	1 each	Whole Wheat Tortilla	1 each	Salsa	2 Tbsp	Garlic Whole Grain Breadstick	1 each
Jelly	1 each	Soft Margarine Cup	1 each	Whole Wheat Bread	2 slices	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	Jelly	1 each	Soft Margarine Cup	1 each	Lettuce Tomato Pickle Onion	1 each	Cheddar Cheese Garnish	1 Oz			1% Milk	8 fl. oz
Choice of Juice	4 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Ketchup Packet	1 each	1% Milk	8 fl. oz				
		Choice of Juice	4 fl. oz			1% Milk	8 fl. oz						

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LUNCH													
Tater Tot Casserole	3/4 Cup	House Salad	1 Cup	Honey Mustard Chicken	1 each	House Salad	1 Cup	Ham Sandwich on Wheat	1 each	Coleslaw	1/2 Cup	Choice of Cereal	1 Cup
Squash Medley	1/2 Cup	Penne Pasta w/Meat Sauce	1 Cup	Baked Potato	1 each	Chicken Pot Pie	1 Cup	Baked Potato	1 each	Pulled Pork on Bun	1 each	Egg of Choice	1/4 Cup
Chilled Tropical Fruit	1/2 Cup	Herbed Green Beans	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup	Fresh Whole Orange	1 whole	Garden Blend Vegetables	1/2 Cup	Baked Potato	1 each	Turkey Sausage Links	2 each
Whole Wheat Bread	2 slices	Chilled Mandarin Oranges	1/2 Cup	Rosy Applesauce	1/2 Cup	Whole Wheat Bread	1 slices	Choice of Fruit	1/2 Cup	Parslied Carrots	1/2 Cup	Parslied Potatoes	1/2 Cup
Soft Margarine Cup	1 each	Garlic Whole Grain Texas Bread	1 each	Whole Wheat Bread	2 slices	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Choice of Fruit	1/2 Cup	Banana	1 each
1% Milk	8 fl. oz	Choice of Dressing	1 each	Soft Margarine Cup	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	Dry Wheat Toast	2 slice
		Soft Margarine Cup	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz			1% Milk	8 fl. oz	Soft Margarine Cup	1 each
		1% Milk	8 fl. oz									1% Milk	8 fl. oz
												Choice of Juice	4 fl. oz



Recipes – Buzzy’s Cafe

The Menu Packet contains menus, recipes, and nutrient analysis for the menu. Each meal is planned to meet 1/3 of the DRI’s and follow guidelines set by the 2020-2025 Dietary Guidelines for Americans. The menus and recipes should be printed and used by staff preparing and serving the meals.

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Omelet Country Griddle Method (Country Omelet)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Grill	1 each	☐ Contains: AllergenMilk, Mushroom, Peppers Bell, Onion, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	3 g	14 g	14 g	150 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Heat oil in a skillet and sauté peppers, mushrooms, and onions until tender.
Pepper, Green Fresh	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Diced	
2						Whisk together egg , milk, salt & pepper. For each omelet, pour 1/4 cup egg mixture on heated, greased griddle.
Mushrooms, Fresh	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	Sliced	
Onion, Green/Spring/Scallions	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup	Diced	
3						
Egg, Liquid Frz	5 lb 1 Oz	10 lb 2 Oz	15 lb 3 Oz	20 lb 4 Oz	Thawed	
Milk, 2% Bulk	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Pepper, Black Ground	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Salt, Iodized	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		

Omelet Country Griddle Method (Country Omelet)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Swiss Shredded	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		When almost cooked through, sprinkle on each omelet 2 Tbsp of vegetables and 1 Tbsp of cheese. Fold over and cook through.
5							Eggs: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

Potato Slices Seasoned f/Frsh (Diced Breakfast Potatoes)

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

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

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

Pear Whole Fresh (Fresh Whole Pear)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Bacon Turkey 2 slice (Turkey Bacon)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	2 slice	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	1 g	5 g	5 g	30 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Bacon, Turkey	50 slice	100 slice	150 slice	200 slice	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lay Bacon slices on baking sheet(s). Bake in oven to *internal temp >155F/68C for 15 sec until crisp. Pour off grease. Drain on paper towel.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.
3					Cook Time: 6 - 10 min

Egg of Choice (Egg of Choice)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/4 Cup	<input type="checkbox"/> Contains: AllergenMilk, AllergenSoy, AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	8 g	7 g	40 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Egg Boiled Hard	25 each	50 each	75 each	100 each	Prepared	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Eggs as listed in listed recipes.
	Egg Fried	75 each	50 each	75 each	100 each	Prepared	
	Egg Poached	25 each	50 each	75 each	100 each	Prepared	
	Egg Scrambled f/Frz	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Prepared	
	Egg 4 Minute	25 each	50 each	75 each	100 each	Prepared	
2						CCP--Maintain >140F through service 4 hr only. Discard unused product.	

Egg Boiled Hard (Hard Boiled Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. Kettle: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 10-15 min. Carefully remove from water & immediately immerse in cold water or serve immediately. Steamer: Place eggs in perforated counter pan(s), 3 dozen per 12x20x2 inch pan. Place in steamer and time as follows: at 5 lbs pressure cook 8-10 min; at 15 lbs pressure cook 7-9 min. Immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					+CCP - Serve Chilled <40F/4C.
6					Discard unused product.

Egg Boiled Hard (Hard Boiled Egg)

Egg Fried (Fried Egg)

SERVING SIZE		ALLERGENS
1 each		☐ Contains: AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	7 g	8 g	30 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Egg, Shell Large Margarine, Solids	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. GRILL: Spray grill with non-stick spray or add Melted Margarine. Break Eggs onto grill and fry until starts to set. Gently flip over each Egg and cook until *Internal temp is >155F for 15 sec. Batch Cook.
	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
2					OVEN: Melt Margarine into 12x20x2" pan(s). Break Eggs on top. Lightly spray with non-stick spary oil. Cover with foil and place in preheated 350F conventional oven for 10-15 min or *until internal temp of >155F for 15 sec.
3					CCP -- Maintain >140F for only 2 hrs. Discard unused product.

Egg Poached (Poached Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
7 Min	145 °F	Poach	1 each	☐ Contains: AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
70 kcal	0 g	7 g	5 g	30 mg	100 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Break eggs in to individual containers. Carefully slide egg in shallow pan with simmering water in which vinegar has been added.
Egg, Shell Large	25 each	50 each	75 each	100 each	
Water, Tap	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	
Vinegar, White	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
3					Cook 5-7 min until yolk is set. Remove egg with slotted spoon. Sprinkle salt evenly over egg(s). Serve immediately.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
4					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Note: Vinegar helps coagulation and allows egg to maintain its shape.

Egg Scrambled f/Frz (Scrambled Egg)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
3						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
5						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
6						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

Egg Scrambled f/Frz (Scrambled Egg)

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

Egg 4 Minute (4 Minute Egg)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. KETTLE: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 4 min. Carefully remove from water & immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4					If serving hot: Maintain temperature >135F.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Potato Slices Seasoned f/Frsh (Diced Breakfast Potatoes)

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

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

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

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Beef Pot Roast Hmd (Beef Pot Roast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Roast Raw Rnd-Top Inside	6 lb	12 lb	18 lb	24 lb		Cut beef into 3-lb pieces. Divide vegetables among pan(s). Place beef on top of vegetables. Divide spices and seasonings evenly among pans.
Onion, Yellow	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Quartered	
Carrot, Baby Whole Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Chopped	
2 Celery, Fresh	12 Oz	1 lb 8 Oz	2 lb 4 Oz	3 lb	Chopped	
Peppercorns, Black	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Thyme, Fresh	3 tsp	2 Tbsp	3 Tbsp	1/4 Cup		
Bay Leaf, Whole	1.5 each	3 each	4.5 each	6 each		
Cloves, Whole	2.5 each	5 each	7.5 each	10 each		

Beef Pot Roast Hmd (Beef Pot Roast)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Whole Fresh	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Chopped	
	Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
3	LS Soup Broth Beef f/Dry	3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Prepared	Prepare broth per separate recipe. Pour broth in pans to cover or almost cover.
4							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
5							Cook Time: 4-6 hrs
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 Gal 6 Cup	3 Gal 6 Cup	5 Gal 5 Cup	7 Gal 5 Cup	Heat water and add base, stirring until dissolved. Heat until product reaches >165F/74C for at least 15 sec.
	Base, Beef Dry LS 6.5 Oz	12.5 Oz	1 lb 3 Oz	1 lb 9 Oz	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Mashed f/Fresh w/Gravy Brown Hmd (Mashed Potatoes & Brown Gravy)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Boil	#8 scoop	1/2 Cup	☐ Contains: Potatoes, AllergenSoy, Beef, Corn, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	35 g		5 g	7 g	50 mg	160 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	7 lb 12 Oz	15 lb 8 Oz	23 lb 4 Oz	31 lb	Peeled & Cubed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes in large pot and cover with Water. Cook until tender and drain.
2 Milk, 2% Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Hot	Heat Milk with Butter & Salt, and just until scalded.
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
3 Gravy Brown Hmd	50 fl. oz	100 fl. oz	150 fl. oz	200 fl. oz	Prepared	Combine Potatoes and Milk mixture with a mixer on medium speed until fluffy. *Maintain >140F/60C. Serve 1/2 c. potatoes with 2 Fl Oz Gravy.
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Gravy Brown Hmd (Brown Gravy)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	2 fl. oz	<input type="checkbox"/> Contains: AllergenSoy, Beef, Corn, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	3 g	1 g	3.5 g	0 mg	65 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Margarine, Solids	3.5 Oz	7.5 Oz	11 Oz	14.5 Oz	Blend Flour into melted Margarine to make a roux.
	Flour, All Purpose	2.5 Oz	4.5 Oz	7 Oz	9.5 Oz	
3	Base, Beef Paste LS G-F	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Combine Base and Hot Water to make a stock. Mix well and bring to boil. Stir stock into roux stirring constantly with wire whip until thickened and smooth, about 5-10 min.
	Water, Tap	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
4	Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	Add Pepper and Kitchen Bouquet; mix well.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	

Gravy Brown Hmd (Brown Gravy)

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

Carrot Parsley f/Fresh (Parslied Carrots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	2 g	2 g	50 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Carrot, Fresh	7 lb 0 Oz	14 lb 1 Oz	21 lb 1 Oz	28 lb 2 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup	Pare and cut Carrots into desired shapes (slices, strips, or quarters). Steam or boil until just tender.
3 Parsley, Dried	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Add Seasoning.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

7

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Sirloin Ground Patty (Beef Sirloin Patty)

COOK METHOD	SERVING SIZE	ALLERGENS
Broil	3 Oz	<input type="checkbox"/> Contains: Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	14 g	9 g	10 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Ground (Sirloin) 85-90/15-10	5 lb 3 Oz	10 lb 6 Oz	15 lb 9 Oz	20 lb 12 Oz	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Form patty from ground Sirloin. Broil Meat to *internal temp >165F for 15 sec. *Maintain >140F.
2					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Carrot Parsley f/Fresh (Parslied Carrots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	2 g	2 g	50 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Carrot, Fresh	7 lb 0 Oz	14 lb 1 Oz	21 lb 1 Oz	28 lb 2 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup	Pare and cut Carrots into desired shapes (slices, strips, or quarters). Steam or boil until just tender.
3 Parsley, Dried	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Add Seasoning.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Orange Fresh Wedges (Fresh Orange Wedges)

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

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

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

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Bun Hamburger Whole Wheat (WW Hamburger Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	26 g	6 g	3.5 g	75 mg	270 mg

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

Garnish Lettuce Tomato Pickle Onion (Lettuce Tomato Pickle Onion)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0 g	30 mg	120 mg

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

Ketchup PC (Ketchup Packet)

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

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

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

Ketchup PC (Ketchup Packet)

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Chicken Breast Grilled Ckd 3z (Grilled Chicken Breast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook chicken to internal temp of 165F/74C held for 15 sec.
2					Prepare product as per package instructions.
3					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8					Discard unused product.

Garnish Lettuce Shredded (Shredded Lettuce Garnish)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
						WASH ALL PRODUCE under cool, running water. Drain well.
Lettuce, Iceberg	4 lb 8 Oz	9 lb	13 lb 8 Oz	18 lb	Shredded	Serve 1/2 cup per portion.
						CCP -- Maintain <40F/4C; discard unused product.

Garnish Tomato Diced f/Fresh (Diced Tomatoes)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chop	1 each	<input type="checkbox"/> Contains: Tomato

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

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

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

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Banana Whole Fresh (Banana)

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Tortilla Whole Wheat 10 in (Whole Wheat Tortilla)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	27 g	6 g	6 g	150 mg	350 mg

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

Garnish Cheese Cheddar Shredded (Cheddar Cheese Garnish)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	1 g	7 g	9 g	225 mg	190 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cheese, Cheddar Shredded	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz	Divide cheese into 1 oz portions.
3					CCP -- Maintain <40F/4C; discard unused product.

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Taco Salad (Beef Taco Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Pan Fry	1 each	☐ Contains: Beef, Corn, Tomato, Onion, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	23 g	19 g	25 g	300 mg	690 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1 Beef, Ground 80-85/20-15 Raw	4 lb	8 lb	12 lb	16 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, drain, shred or tear Lettuce. Chop Onions and Tomatoes. Crumble and brown Beef with Chili Powder in skillet. Pour off fat.	
	Chili Powder, Mild	1/3 Cup	3/4 Cup	1 1/8 Cup		1 1/2 Cup
2 Tomato Sauce, Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Add Sauce and heat to *internal temp 165F for 15 sec.	
3	Lettuce, Iceberg	2 Gal 3 Cup	5 Gal	7 Gal 3 Cup	Place 1 1/2 Cup Lettuce and 1/2 oz Chips on platter. Place #12 Scp Meat mixture over Lettuce. Top with 1 Tbsp each of Tomato, Onions and Olives. Top with 2 Tbsp (1 oz) shredded Cheese.	
	Tomato, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz		6 lb 8 Oz
	Onion, Yellow	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz		6 lb 8 Oz
	Olives, Black-Ripe Pieces	1 2/3 Cup	3 1/4 Cup	1 1/4 Qt		1 3/4 Qt
	Cheese, Cheddar Shredded	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz		6 lb 8 Oz

Beef Taco Salad (Beef Taco Salad)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
Chips Tortilla Yellow Bulk	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz	
4					CCP - Maintain Meat Sauce >140F for only 4 hrs.
5					CCP - Cool Meat Mixture: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6					CCP - Reheat Meat Mixture: To internal temp of 165F held 15 sec within 1 hr - one time only.

Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	39 g	5 g	12 g	75 mg	190 mg

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

Pineapple Tidbits f/Cnd (Chilled Pineapple)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Pineapple

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pineapple, Tidbits JcPk	1 no. 10 cans	2 no. 10 cans	3 no. 10 cans	4 no. 10 cans	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
2					Refrigerate at <40F until service.

Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	39 g	5 g	12 g	75 mg	190 mg

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Sauce Salsa f/RTS (Salsa)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	2 Tbsp	☐ Contains: Allergen Sulphites, Garlic, Tomato, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	0 g	0 g	0 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Sauce, Salsa Mild RTS	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Portion 2 Tbsp (#30 scoop) per serving.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

Soup Beef Vegetable Country Hmd (Country Beef & Veg Soup)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	6 fl. oz	☐ Contains: Tomato, Carrots, AllergenSoy, Garlic, AllergenMilk, Beef, Celery, Potatoes, Peas, Cabbage, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	9 g	7 g	3.5 g	40 mg	270 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		In a kettle, saute Beef Cubes until brown & Cubes lose their pink color. Drain off excess liquid. Add Margarine, Onions, Carrots, Celery, and Garlic. Continue to saute.
Margarine, Solids	2.5 Oz	4.5 Oz	7 Oz	9.5 Oz		
Onion, Yellow	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Diced	
2 Carrot, Fresh	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Diced	
Celery, Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	
Garlic, Whole Fresh	0.63 each	1.25 each	1.88 each	2.5 each	Minced	
3 Potato, Red Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	Add remaining ingredients to Beef. Bring to a boil and simmer for 40-50 min. until an *internal temp of 145F held for 15 sec is reached.

Soup Beef Vegetable Country Hmd (Country Beef & Veg Soup)

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Cabbage, Green Fresh	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz	Diced	
Tomato, Diced Cnd	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
Peas, Green Frz	5 Oz	9.5 Oz	14.5 Oz	1 lb 3 Oz		
Juice, V8 Cocktail RTS	2.0 Qt	3 3/4 Qt	1 Gal 3 Cup	1 Gal 5 Cup		
Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup	2 Gal 3 Cup		
Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp		
Pepper, White	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Cook Time: 60-70 min

Chef Salad Veggie (Veggie Chef Salad Bowl)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	☐ Contains: AllergenMilk, Peppers Bell, Carrots, Tomato, AllergenEggs

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	9 g		16 g	15 g	300 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Iceberg Carrot, Fresh Pepper, Green Fresh	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	Shredded	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	10 Oz	1 lb 4 Oz	1 lb 14 Oz	2 lb 8 Oz	Shredded	
	1.88 each	3.75 each	5.63 each	7.5 each	Diced	
2 Cheese, Swiss Sliced	13.5 Oz	1 lb 11 Oz	2 lb 8 Oz	3 lb 5 Oz		Toss carrots and peppers with lettuce.
3 Cheese, Cheddar Sliced Tomato, Fresh	13.5 Oz	1 lb 11 Oz	2 lb 8 Oz	3 lb 5 Oz	Julienne	Slice swiss cheese into julienne strips.
	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Quartered	
4 Egg Boiled Hard Whole RTS	25 each	50 each	75 each	100 each	Cooked	Place 1 cup lettuce mixture into individual serving bowl. Place 1 oz each of cheddar & swiss cheese on top of lettuce. Cut hard boiled eggs in half lengthwise & place 2 on top of each salad. Add 2 tomato wedges to garnish.
5						Serve with salad dressing.

Chef Salad Veggie (Veggie Chef Salad Bowl)

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

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

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

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

Cottage Cheese 1% Fat PC (Cottage Cheese)

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

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

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

Peaches Fresh (Peaches)

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

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

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

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

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	375.0 °F	Heat	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenMilk, Garlic

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Tater Tot Casserole (Tater Tot Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	3/4 Cup	☐ Contains: Mushroom, AllergenMilk, Potatoes, Onion, AllergenSoy, AllergenWheat, Garlic, Celery, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	19 g	11 g	17 g	75 mg	610 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Tater Tots Frz	2 lb 15 Oz	5 lb 15 Oz	8 lb 14 Oz	11 lb 13 Oz		Prepare potatoes according to package directions.
Beef, Ground 80-85/20-15 Raw	3 lb 8 Oz	7 lb 0 Oz	10 lb 9 Oz	14 lb 1 Oz		Brown meat and drain well. Add celery and onion. Cook until vegetables are tender.
3 Celery, Fresh	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup	Diced	
Onion, Yellow	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup	Diced	
Milk, 2% Bulk	1 1/8 Cup	2 1/3 Cup	3 1/2 Cup	1 1/8 Qt		Combine milk, soup, and seasoning. Chill until ready to continue.
4 Soup, Cream of Mushroom Cnd Cond	1 1/8 Qt	2 1/4 Qt	3 1/4 Qt	1 Gal 1 Cup		
Pepper, Black Ground	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp		

Beef Tater Tot Casserole (Tater Tot Casserole)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp 1 tsp		
5	Cheese, Cheddar Shredded	2/3 Cup	1 1/4 Cup	1 3/4 Cup	2 1/2 Cup		Assemble: Layer potatoes, meat mixture, and soup mixture into sprayed shallow pan(s), 2 layers of each. Sprinkle grated cheese over casserole before baking. Bake until cheese is melted, approximately 30-40 minutes.
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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

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

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

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

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

Fruit Tropical f/Cnd (Chilled Tropical Fruit)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Salad, Tropical Sweet Cnd	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
2					Refrigerate at <40F until service.

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

House Salad (House Salad)

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

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

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

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

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Pork, Ground Raw	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Beef, Ground 80-85/20-15 Raw	2 lb 2 Oz	4 lb 4 Oz	6 lb 6 Oz	8 lb 8 Oz	
	Onion, Yellow	4 Oz	7.5 Oz	11.5 Oz	15 Oz	
2	Pepper, Black Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	Brown meats and drain off fat. Immediately add onion and cook for 5 minutes.
	Tomato Puree, Cnd	1 1/8 Qt	2 1/4 Qt	3 1/2 Qt	1 Gal 1 Cup	
	Water, Tap	1 Qt	2 Qt	3 Qt	1 Gal	
	Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
	Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	

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

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Basil, Dried Leaves	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Oregano, Dry	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
	Marjoram, Ground	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
	Thyme, Ground	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp		
	Garlic, Powder	2 tsp	1 Tbsp 1 tsp	2 Tbsp	2 Tbsp 2 tsp		
3	Pasta, Penne	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb		Add granulated garlic, pepper, tomato puree, first measure water, salt and herbs. Simmer about 1 hour.
	Water, Tap	3 Gal	6 Gal	9 Gal	12 Gal		
4							Heat second measure water to a rolling boil. Slowly add pasta, stirring until water returns to a boil. Cook 10-12 minutes or until tender, stirring occasionally. Drain well, rinse with cool water, and drain again.
5							Stir into meat sauce and scale into lightly sprayed medium half-steamtable pans.
6							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Green Beans Herb f/Frz (Herbed Green Beans)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	Steam	1/2 Cup	<input type="checkbox"/> Contains: AllergenSoy, Beans/Legumes, AllergenMilk

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

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

Green Beans Herb f/Frz (Herbed Green Beans)

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Orange, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange, Mandarin JcPk	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C; discard unused product.

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

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

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

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

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Chicken Honey Mustard (Honey Mustard Chicken)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 each	☐ Contains: AllergenEggs, Pork & Products, Mustard, AllergenMilk, AllergenSoy, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
440 kcal	21 g	45 g	20 g	40 mg	430 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Breast Bnls Sknls Egg, Liquid Frz Flour, All Purpose	13 lb 9 Oz	27 lb 1 Oz	40 lb 10 Oz	54 lb 3 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Dip Chicken Breast into Egg wash and dredge in Flour. Place in pan. Roast Chicken to *internal temp 165F held for 15 sec.
	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
	2 1/8 Cup	1.0 Qt	1 1/2 Qt	2 1/8 Qt		
2 Mustard, Dijon Mayonnaise, Bulk Honey, Bulk Bacon, Pork 18-26 ct	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		Glaze recipe: Mix Mustard, Mayonnaise and Honey until smooth. Remove Chicken from oven and add Bacon and Glaze. Place back in oven until Glaze is brown.
	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
	1.0 Cup	2 1/8 Cup	3 1/8 Cup	1.0 Qt		
	50 slice	100 slice	150 slice	200 slice	Cooked	
3						CCP -- Maintain >140F for only 4 hrs. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: Potatoes

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

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

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

Applesauce Rosy f/Cnd (Rosy Applesauce)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

House Salad (House Salad)

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

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

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

Chicken Pot Pie w/Biscuit Crust f/Pulled (Chicken Pot Pie)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	1 Cup	☐ Contains: Carrots, Garlic, Celery, AllergenMilk, AllergenWheat, AllergenSoy, AllergenEggs, Peas, Chicken, Corn, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
350 kcal	26 g	28 g	15 g	100 mg	450 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	7 Oz	14 Oz	1 lb 5 Oz	1 lb 12 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Saute Onions in Margarine.
	Margarine, Solids	6 Oz	12 Oz	1 lb 2 Oz		
2 Flour, All Purpose	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		Add Flour and Pepper to Onions. Stir until blended; about 5 min.
	Pepper, Black Ground	1/4 tsp	1/2 tsp	3/4 tsp		
3 Base, Chicken Paste LS G-F	3 Tbsp 1 tsp	1/3 Cup	2/3 Cup	3/4 Cup		Combine Base and Water to form Stock. Add Stock, stirring constantly with wire whisk. Cook until thickened.
	Water, Tap	2 1/2 Qt	1 Gal 2 Cup	1 Gal 5 Cup		
4 Chicken, Meat Pulled Ckd	4 lb 12 Oz	9 lb 8 Oz	14 lb 5 Oz	19 lb 1 Oz		Cut Chicken into 1/2 "x 3/4" pieces. Add to Sauce.
5 Celery, Fresh	14 Oz	1 lb 12 Oz	2 lb 9 Oz	3 lb 7 Oz	Chopped Fine	Cook Celery, Peas and Carrots until partially done. Drain. Fold into Sauce.
	Peas, Green Frz	1 lb 0 Oz	2 lb 0 Oz	3 lb 1 Oz		

Chicken Pot Pie w/Biscuit Crust f/Pulled (Chicken Pot Pie)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Carrot, Sliced Frz	1 lb 0 Oz	2 lb 0 Oz	3 lb 1 Oz	4 lb 1 Oz		
6	Baking Mix, Biscuit	1 lb 4 Oz	2 lb 8 Oz	3 lb 12 Oz	5 lb		Scale Chicken mixture into 12x20x2" counter pan, approximately 12 lbs per pan. *Maintain >140F or quick-chill at <40F until ready to use later. TOPPING: Prepare Biscuit Mix according to package directions. Cut into Biscuit shapes.
7							Top Chicken with Biscuits. Bake immediately. Bake at 400F for 20-30 min to *internal temp >165F for 15 sec.
8							CCP -- Maintain >140F for only 4 hrs.
9							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
10							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
11							Cook Time: 20-30 minutes

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Ham Buffet Flat Sndw Wheat (Ham Sandwich on Wheat)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 each	<input type="checkbox"/> Contains: Pork & Products, AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						
Ham, Buffet Flat Bnls	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	Sliced Thin	Place 2 oz meat between bread slices. Cut in half and wrap.
Bread Wheat	50 slice	100 slice	150 slice	200 slice		
3						CCP -- Keep chilled at 40F/4C for only 4 hrs.

Bread Wheat (Wheat Bread)

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

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

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

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: Potatoes

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Mix Garden Blend (Garden Blend Vegetables)

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

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

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

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

5

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Coleslaw f/Shredded Mix (Coleslaw)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
130 kcal	9 g	2 g	11 g	75 mg	150 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Milk, 2% Bulk	2/3 Cup	1 1/4 Cup	2.0 Cup	2 1/2 Cup	Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Vinegar, White	3 Tbsp 1 tsp	1/2 Cup	2/3 Cup	3/4 Cup	
2 Sugar, Granulated Bulk	3 Tbsp 1 tsp	1/2 Cup	2/3 Cup	3/4 Cup	
Salt, Iodized	3/4 tsp	1 1/4 tsp	2.0 tsp	2 1/2 tsp	
Pepper, White	1/4 tsp	3/4 tsp	1.0 tsp	1 1/4 tsp	
3 Mayonnaise, Bulk	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Combine Salad Dressing and remaining ingredients. Mix to dissolve Sugar. Pour Dressing over Cabbage / Carrot mix. Toss to coat.
4					CCP -- Maintain <40F/4C; discard unused product.

Pork Pulled on WG Bun (Pulled Pork on Bun)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Heat	1 each	☐ Contains: Pork & Products, Bran, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	42 g	17 g	7 g	100 mg	830 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pork Pulled No Sauce RTC	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Thaw pork under refrigeration <40F/4C.
	Water, Tap	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	
2 Bun Hamburger Whole Wheat	25 each	50 each	75 each	100 each	Portion 3 oz. between bun at time of service.
3					CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Bun Hamburger Whole Wheat (WW Hamburger Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	26 g	6 g	3.5 g	75 mg	270 mg

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

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: Potatoes

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Carrot Parsley f/Frz (Parslied Carrots)

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

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

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

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

5

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

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

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

Banana Whole Fresh (Banana)

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Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Egg of Choice (Egg of Choice)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/4 Cup	☐ Contains: AllergenMilk, AllergenSoy, AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	8 g	7 g	40 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Egg Boiled Hard	25 each	50 each	75 each	100 each	Prepared	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Eggs as listed in listed recipes.
	Egg Fried	75 each	50 each	75 each	100 each	Prepared	
	Egg Poached	25 each	50 each	75 each	100 each	Prepared	
	Egg Scrambled f/Frz	3 1/8 Cup	1 1/2 Qt	2 1/4 Qt	3 1/8 Qt	Prepared	
	Egg 4 Minute	25 each	50 each	75 each	100 each	Prepared	
2						CCP--Maintain >140F through service 4 hr only. Discard unused product.	

Egg Boiled Hard (Hard Boiled Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. Kettle: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 10-15 min. Carefully remove from water & immediately immerse in cold water or serve immediately. Steamer: Place eggs in perforated counter pan(s), 3 dozen per 12x20x2 inch pan. Place in steamer and time as follows: at 5 lbs pressure cook 8-10 min; at 15 lbs pressure cook 7-9 min. Immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
5					+CCP - Serve Chilled <40F/4C.	
6					Discard unused product.	

Egg Boiled Hard (Hard Boiled Egg)

7

Egg Fried (Fried Egg)

SERVING SIZE		ALLERGENS
1 each		☐ Contains: AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	7 g	8 g	30 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Egg, Shell Large Margarine, Solids	25 each 1/2 Cup	50 each 1 Cup	75 each 1 1/2 Cup	100 each 2 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. GRILL: Spray grill with non-stick spray or add Melted Margarine. Break Eggs onto grill and fry until starts to set. Gently flip over each Egg and cook until *Internal temp is >155F for 15 sec. Batch Cook.
2					OVEN: Melt Margarine into 12x20x2" pan(s). Break Eggs on top. Lightly spray with non-stick spary oil. Cover with foil and place in preheated 350F conventional oven for 10-15 min or *until internal temp of >155F for 15 sec.
3					CCP -- Maintain >140F for only 2 hrs. Discard unused product.

Egg Poached (Poached Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
7 Min	145 °F	Poach	1 each	☐ Contains: AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
70 kcal	0 g	7 g	5 g	30 mg	100 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Break eggs in to individual containers. Carefully slide egg in shallow pan with simmering water in which vinegar has been added.
Egg, Shell Large	25 each	50 each	75 each	100 each	
Water, Tap	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	
Vinegar, White	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
3					Cook 5-7 min until yolk is set. Remove egg with slotted spoon. Sprinkle salt evenly over egg(s). Serve immediately.
4					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Note: Vinegar helps coagulation and allows egg to maintain its shape.

Egg Scrambled f/Frz (Scrambled Egg)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
3						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
5						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
6						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

Egg Scrambled f/Frz (Scrambled Egg)

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

Egg 4 Minute (4 Minute Egg)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. KETTLE: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 4 min. Carefully remove from water & immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4					If serving hot: Maintain temperature >135F.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Sausage Turkey Links 1z Each (Turkey Sausage Links)

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

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

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

Potato Sliced Parslied f/Fresh (Parslied Potatoes)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
350.0 °F	Bake	4z Spoodle	1/2 Cup	☐ Contains: Potatoes, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	30 g		3 g	1.5 g	10 mg	70 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	7 lb 8 Oz	15 lb	22 lb 8 Oz	30 lb	Peeled & Sliced	Steam/Boil Potatoes until just tender.
3 Parsley, Dried	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		Place Potatoes in greased counter pan. Melt Margarine; add Seasoning; drizzle over Potatoes and cover with foil. Bake until tender and cooked through.
Margarine, Solids	3 Tbsp	1/3 Cup	1/2 Cup	3/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
4						CCP - Maintain >140F for only 4 hrs.
5						CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP - Reheat: To internal temp of 165F/74C held 15 sec within 2 hr - one time only.
7						NOTES: May use Redskin or New instead of White Potatoes.
8						Cook Time: 15-25 min

Banana Whole Fresh (Banana)

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

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

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

Pureed (PU4): NOTE: This Recipe should be appropriate for those on a Level 4 Pureed. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Minced & Moist (MM5): NOTE: This Recipe should be appropriate for those on a Level 5 Minced & Moist. To determine if this Recipe is appropriate for an IDDSI level, it must be tested and pass the appropriate IDDSI Level test for softness and particle size (Adults no larger than 4 mm, Pediatric no larger than 2 mm) at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Banana Whole Fresh (Banana)

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Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.



Nutrient Analysis – Buzzy’s Cafe

Daily Nutrient Analysis: Monday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	805	125	9	0	0	51	0	34	24	625	5	1670	685	638	392	82	6	28	190	370	0	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
2 Slice Toast Wheat Dry	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.44	42.5	0	0.02	0
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
1 Each Omelet Country Griddle Method	190	3	0	0	0	1	0	14	14	150	1.75	200	240	228.56	181.78	8.22	2.5	9.23	84.9	350	0.13	4.5
1 Each Jelly Assorted 0.5z PC	40	10	0	0	0	7	0	0	0	0	0.1	20	5	2.69	0	1.25	0	0	1.56	0	0	0
4fl. oz Choice of Juice	80	21	0	0	0	10	0	1	0	20	0.2	225	25	20.21	4.31	48.05	0	0.13	25.51	0	0	0
1/2cup Potato Slices Seasoned f/Frsh	140	30	2	0	0	2	0	3	2	10	0.75	550	25	69	20.83	17.58	0.4	4.29	12.54	0	0.13	0
Lunch TOTAL	805	125	9	0	0	51	0	34	24.0	625	5.2	1670	685	638.11	392.08	81.91	5.9	28.25	190.28	370	0.46	6.5

Daily Nutrient Analysis: Tuesday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	765	117	7	0	0	48	0	34	22	600	5	1795	870	596	343	141	5	14	179	275	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/4cup Egg of Choice	100	1	0	0	0	0	0	8	7	40	1.25	100	100	119.34	115.72	0.01	2	1.94	39.77	225	0.14	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
2 Slice Toast Wheat Dry	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.44	42.5	0	0.02	0
1 Each Jelly Assorted 0.5z PC	40	10	0	0	0	7	0	0	0	0	0.1	20	5	2.69	0	1.25	0	0	1.56	0	0	0
2 Slice Bacon Turkey 2 slice	70	1	0	0	0	0	0	5	5	30	0.5	125	330	66.6	3	0	0	0	3	30	0.06	1.5
4fl. oz Choice of Juice	80	21	0	0	0	10	0	1	0	20	0.2	225	25	20.21	4.31	48.05	0	0.13	25.51	0	0	0
1/2cup Potato Slices Seasoned f/Frsh	140	30	2	0	0	2	0	3	2	10	0.75	550	25	69	20.83	17.58	0.4	4.29	12.54	0	0.13	0
Lunch TOTAL	765	117	7	0	0	48	0	34	22.0	600	5.1	1795	870	596.38	342.86	141.48	5.4	14.1	179.23	275	0.53	6.0

Daily Nutrient Analysis: Wednesday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	755	99	11	0	0	28	0	44	24	650	8	2010	810	666	1481	32	5	53	136	85	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Parsley f/Fresh	70	13	4	0	0	6	0	2	2	50	0.5	450	105	46.16	1083.06	7.93	0.4	23.21	24.84	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3oz Beef Pot Roast Hmd	190	11	3	0	0	2	0	21	7	125	4.5	450	130	211	136.82	5.09	0	14.03	30.71	60	0	2.5
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1/2cup Potato Mashed f/Fresh w/Gravy Brown Hmd	210	35	2	0	0	4	0	5	7	50	0.75	600	160	100.51	77.83	18.06	1.5	7.44	19.04	5	0.46	1.5
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	0	0	10	0	0.58	0.11	0.83	0	0.17	0.43	0	0	0
Lunch TOTAL	755	99	11	0	0	28	0	44	24.0	650	8.1	2010	810	665.83	1481.42	32.03	4.9	52.93	135.57	85	0.79	6.0

Daily Nutrient Analysis: Thursday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	620	85	10	0	0	37	0	35	20	565	5	1795	755	527	1306	77	3	47	163	65	1	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
1 Each Bun Hamburger Whole Wheat	150	26	2	0	0	4	0	6	3.5	75	2.25	100	270	69.54	0	0	0	1.77	63.27	0	0	1
1/2cup Carrot Parsley f/Fresh	70	13	4	0	0	6	0	2	2	50	0.5	450	105	46.16	1083.06	7.93	0.4	23.21	24.84	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Garnish Lettuce Tomato Pickle Onion	20	4	1	0	0	2	0	1	0	30	0.4	175	120	21.45	23.11	6.16	0	15.4	20.74	0	0	0
3oz Beef Sirloin Ground Patty	140	0	0	0	0	0	0	14	9	10	1.25	200	45	108.93	2.71	0	0	1.22	5.42	45	0.31	3.5
1/2cup Potato Baby Baker RTC	60	14	1	0	0	1	0	2	0	0	0.3	250	5	30.24	0	7.74	0	0.18	5.44	0	0	0
1cup Orange Fresh Wedges	50	13	2	0	0	10	0	1	0	50	0.1	200	0	14.31	11.24	54.37	0	0	30.66	0	0	0
Lunch TOTAL	620	85	10	0	0	37	0	35	20.0	565	4.9	1795	755	526.89	1305.54	76.5	3.4	47.29	163.35	65	0.62	6.5

Daily Nutrient Analysis: Friday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	605	52	9	0	0	17	0	45	28	785	4	1165	1160	879	323	11	3	33	133	105	0	12
Lunch																						
3oz Chicken Breast Grilled Ckd 3z	170	5	1	0	0	0	0	21	7	30	1.75	300	460	289.16	0	0	0.2	0	2.55	55	0	2
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Garnish Lettuce Shredded	10	3	1	0	0	2	0	1	0	20	0.4	125	10	16.32	20.42	2.28	0	19.68	23.68	0	0	0
1 Each Garnish Tomato Diced f/Fresh	10	3	1	0	0	1	0	1	0	10	0.2	150	5	13.61	23.81	7.77	0	4.48	8.5	0	0	0
1oz Garnish Cheese Cheddar Shredded	110	1	0	0	0	0	0	7	9	225	0	30	190	128.99	95.54	0	0.2	0.68	7.65	30	0.26	5
1 Each Tortilla Whole Wheat 10 in	180	27	6	0	0	1	0	6	6	150	1.5	150	350	196.18	0	0	0	2.55	78.25	0	0	3
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	0	0	10	0	0.58	0.11	0.83	0	0.17	0.43	0	0	0
Lunch TOTAL	605	52	9	0	0	17	0	45	27.5	785	3.95	1165	1160	879.28	323.48	10.89	3.4	32.86	133.41	105	0.44	12.0

Daily Nutrient Analysis: Saturday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	855	98	8	0	0	39	0	34	43	745	5	1450	1145	684	376	29	3	51	85	90	2	14
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Beef Taco Salad	380	23	4	0	0	6	0	19	25	300	3.5	650	690	302.99	177.64	12.98	0.4	32.81	55.55	70	0.99	10
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Pineapple Tidbits f/Cnd	70	20	1	0	0	18	0	1	0	20	0.4	150	5	7.35	2.45	11.63	0	0.37	6.12	0	0	0
2tbsp Sauce Salsa f/RTS	10	3	0	0	0	2	0	0	0	0	0.3	125	115	11.4	12.3	3.96	0	1.11	4.2	0	0	0
2oz Chips Tortilla Yellow Bulk	270	39	3	0	0	0	0	5	12	75	1	125	190	127.57	0	0	0	11.85	6.8	0	0.46	1.5
Lunch TOTAL	855	98	8	0	0	39	0	34	42.5	745	5.3	1450	1145	683.75	375.99	28.58	3.4	51.44	85.02	90	1.63	13.5

Daily Nutrient Analysis: Sunday, Week 1, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	705	67	11	0	0	41	0	57	27	840	4	1725	1095	903	692	76	5	61	163	265	1	11
Lunch																						
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Chef Salad Veggie	230	9	3	0	0	5	0	16	15	300	1.5	450	220	284.23	317.99	20.8	1.5	34.88	72.29	220	0.29	7
6fl. oz Soup Beef Vegetable Country Hmd	90	9	2	0	0	4	0	7	3.5	40	1.25	350	270	82.04	150.53	45.59	0.4	16.39	28.55	15	0.21	1
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Cottage Cheese 1% Fat PC	100	5	1	0	0	4	0	18	1.5	100	0.2	125	320	189.94	15.59	0	0	0.14	17.01	10	0	1
Lunch TOTAL	705	67	11	0	0	41	0	57	27.0	840	4.45	1725	1095	902.73	691.71	76.34	4.9	61.11	163.2	265	0.68	11.0

Daily Nutrient Analysis: Monday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	710	94	7	0	0	20	0	30	27	550	5	1325	1055	512	240	43	4	27	119	60	1	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3/4cup Beef Tater Tot Casserole	270	19	2	0	0	1	0	11	17	75	1.5	350	610	152.09	18.95	2.44	0.4	12.64	19.36	40	0.57	5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Fruit Tropical f/Cnd	110	29	2	0	0	0	0	1	0	20	0.75	175	5	8.99	7.71	22.48	0	0	11.56	0	0	0
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
1/2cup Zucchini & Squash Yellow Sauteed f/Fresh	45	6	1	0	0	3	0	2	2	30	0.5	300	25	43.39	29.78	18.27	0.4	6.15	27.08	0	0.13	0
Lunch TOTAL	710	94	7	0	0	20	0	30	27.0	550	5.1	1325	1055	512.05	240.04	43.31	3.8	26.87	118.55	60	0.9	7.0

Daily Nutrient Analysis: Tuesday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	660	93	11	0	0	37	0	34	21	530	7	1695	645	574	500	65	3	118	261	60	1	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Green Beans Herb f/Frz	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Oranges Mandarin Chilled JcPk Cnd	50	14	1	0	0	12	0	1	0	20	0.4	200	10	13.94	59.96	47.69	0	0	6.97	0	0	0
1 cup Pasta Penne w/Meat Sauce	330	39	3	0	0	4	0	16	12	50	3.5	500	210	190.67	13.85	5.48	0.2	7.53	118	40	0.36	4.5
1 Each Bread Texas Whole Grain Garlic	80	13	2	0	0	2	0	4	1	30	0.75	75	115	66.69	0	0.03	0	0.4	18.9	0	0	0
1 cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	660	93	11	0	0	37	0	34	21.0	530	6.5	1695	645	574.46	499.7	65.32	3.4	117.77	260.6	60	0.63	6.5

Daily Nutrient Analysis: Wednesday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1065	137	11	0	0	46	0	69	32	535	6	2475	910	938	283	75	4	95	159	200	0	7
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1/2cup Applesauce Rosy f/Cnd	60	16	1	0	0	13	0	0	0	0	0.3	100	10	8.24	1.22	1.22	0	0.61	3.71	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Chicken Honey Mustard	440	21	1	0	0	12	0	45	20	40	1.75	700	430	445.97	33.28	4.6	0.4	2.33	44.6	180	0.02	4.5
2 slices Bread Whole Wheat	160	27	2	0	0	3	0	7	2.5	75	2.25	100	270	73.14	0	0.11	0	2.78	48.2	0	0.02	0
Lunch TOTAL	1065	137	11	0	0	46	0	69	31.5	535	6.15	2475	910	937.94	282.84	74.62	3.8	94.97	158.84	200	0.35	6.5

Daily Nutrient Analysis: Thursday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	665	78	8	0	0	37	0	45	23	605	5	1460	880	631	656	88	4	97	227	95	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 cup Chicken Pot Pie w/Biscuit Crust f/Pulled	350	26	2	0	0	5	0	28	15	100	2.5	350	450	298.2	247.75	4.9	1	22.5	65.52	75	0.4	3.5
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1 slices Bread Whole Wheat	80	14	1	0	0	2	0	4	1.5	40	1.25	40	135	36.57	0	0.06	0	1.39	24.1	0	0.01	0
1 cup House Salad	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
Lunch TOTAL	665	78	8	0	0	37	0	45	23.0	605	5.05	1460	880	630.79	656.49	87.82	4	96.91	227.2	95	0.59	5.5

Daily Nutrient Analysis: Friday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	675	106	10	0	0	23	0	33	16	475	4	1835	1180	606	396	36	4	33	97	55	0	4
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Vegetable Mix Garden Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.52	212.61	2.95	0.4	23.82	17.32	0	0.13	0
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1 Each Ham Buffet Flat Sndw Wheat	230	26	2	0	0	3	0	16	7	75	2.5	250	970	198.31	0	0.1	0.4	2.45	44.2	35	0.02	2
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	0	0	10	0	0.58	0.11	0.83	0	0.17	0.43	0	0	0
Lunch TOTAL	675	106	10	0	0	23	0	33	16.0	475	4.35	1835	1180	605.85	396.32	36.15	3.8	33.27	96.98	55	0.33	4.0

Daily Nutrient Analysis: Saturday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	835	127	13	0	0	39	0	34	28	585	6	2310	1215	633	991	84	4	35	176	55	0	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Carrot Parsley f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1/2cup Coleslaw f/Shredded Mix	130	9	3	0	0	2	0	2	11	75	0.75	300	150	35.34	10.16	47.65	0	3.41	64.94	5	0.01	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	0	0	10	0	0.58	0.11	0.83	0	0.17	0.43	0	0	0
1 Each Pork Pulled on WG Bun	290	42	3	0	0	16	0	17	7	100	3.5	400	830	206.47	11.06	0.17	0.2	2.96	64.97	30	0.02	2
Lunch TOTAL	835	127	13	0	0	39	0	34	27.5	585	6.1	2310	1215	633.3	991.35	83.65	3.6	34.74	176.29	55	0.34	5.5

Daily Nutrient Analysis: Sunday, Week 2, Buzzy Cafe 2023

Diet: Regular | Texture: Regular | Choice: 1

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	865	131	9	0	0	42	0	41	24	565	6	2050	1015	713	321	76	6	16	165	290	1	6
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/4cup Egg of Choice	100	1	0	0	0	0	0	8	7	40	1.25	100	100	119.34	115.72	0.01	2	1.94	39.77	225	0.14	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Sliced Parslied f/Fresh	140	30	2	0	0	2	0	3	1.5	10	0.75	550	70	68.96	14.02	17.66	0.2	4.57	12.61	0	0.1	0
2 Slice Toast Wheat Dry	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.44	42.5	0	0.02	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	0	0	9	6	40	0.75	150	400	97.44	0	0	0.4	0.22	3.36	45	0.07	1.5
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
4fl. oz Choice of Juice	80	21	0	0	0	10	0	1	0	20	0.2	225	25	20.21	4.31	48.05	0	0.13	25.51	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0.41	6.53	0	0	0
Lunch TOTAL	865	131	9	0	0	42	0	41	24.0	565	6.35	2050	1015	713.44	321.04	75.66	5.6	15.57	165.23	290	0.51	6.0



JodeO's Café - MENU PACKET Week at a Glance

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Oatmeal w/Raisins	1 Cup	Choice of Cereal	1 Cup	Choice of Cereal	1 Cup	Oatmeal w/Raisins	1 Cup
Egg of Choice	2 each	Country Omelet	1 each	Pepper & Onion Omelet	1 each	Cottage Cheese	1 each	Cinnamon French Toast	2 slice	Pancakes	2 each	Egg Muffin Sandwich	1 sandwich
Turkey Sausage Links	2 each	Diced Breakfast Potatoes	1/2 Cup	Diced Breakfast Potatoes	1/2 Cup	Turkey Sausage Links	2 each	Scrambled Egg	1/4 Cup	Turkey Bacon	2 slice	Turkey Sausage Patty	1 each
Fresh Whole Pear	1 each	Fresh Strawberries	1/2 Cup	Peaches	1 each	Chilled Pineapple	1/2 Cup	Peppers & Onions	1/2 Cup	Fresh Whole Pear	1 each	Banana	1 each
Dry Wheat Toast	2 slice	Dry Wheat Toast	2 slice	Dry Wheat Toast	2 slice	Dry Wheat Toast	2 slice	Chilled Mandarin Oranges	1/2 Cup	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	LoCal Syrup	1 fl. oz	1% Milk	8 fl. oz
Jelly	1 each	Jelly	1 each	Jelly	1 each	Jelly	1 each	LoCal Syrup	1 fl. oz	1% Milk	8 fl. oz	Choice of Juice	4 fl. oz
1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Choice of Juice	4 fl. oz		
Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz	Choice of Juice	4 fl. oz				

LUNCH

Beef Sirloin Patty	3 Oz	Grilled Chicken Breast	3 Oz	Chicken Vegetable Soup	6 fl. oz	Lemon Pepper Cod	3 Oz	Grilled Chicken Salad	1 each	Beef Taco Salad	1 each	Sirloin Steak	3 Oz
French Fries	4 Oz	French Fries	4 Oz	Grilled Chicken Breast	3 Oz	Baked Potato	1 each	Peaches	1 each	Fresh Whole Orange	1 whole	Baked Potato	1 each
Mixed Vegetables	1/2 Cup	Parslied Carrots	1/2 Cup	French Fries	4 Oz	Mixed Vegetables	1/2 Cup	Garlic Whole Grain Breadstick	1 each	Tortilla Chips	2 Oz	Mixed Vegetables	1/2 Cup
Choice of Fruit	1/2 Cup	Fresh Whole Orange	1 whole	Shredded Lettuce Garnish	1/4 Cup	Garlic Whole Grain Breadstick	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Choice of Fruit	1/2 Cup
WW Hamburger Bun	1 each	WW Hamburger Bun	1 each	Diced Tomatoes	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Salsa	2 Tbsp	Whole Wheat Bread	2 slices
Lettuce Tomato Pickle		Soft Margarine Cup	1 each	Chilled Mandarin Oranges	1/2 Cup	1% Milk	8 fl. oz	Cottage Cheese	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	1 each
Onion	1 each	Lettuce Tomato Onion	1 each	Whole Wheat Tortilla	1 each							1% Milk	8 fl. oz
Soft Margarine Cup	1 each	Ketchup Packet	1 each	Soft Margarine Cup	1 each								
Ketchup Packet	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz								
1% Milk	8 fl. oz												

JodeO's Café Specials – Café 60

To meet the nutritional guidelines of a reimbursable meal- all menu items must be offered, and meals must be prepared using minimum nutritional guidelines.

JodeO's Duo

Sandwich: Serving 1 each.

3oz protein (could include Cheese, low sodium deli meat, meat or egg salad, meat or meat alternate patty)

2 oz of Whole Grain (2 slices Whole Grain Bread, 1 whole Grain Bun, Wrap or Pita Bread)

Optional: Lettuce, tomato, onion

Fruit- ½ cup canned sugar free or frozen or 1 each small fruit

Vegetable: 2 servings

Each serving= 1/2c cooked or 1 cup raw vegetable or 1c dark green leafy salad

Milk 1 % , 8oz

Café 60 Special of the Day

Main Entrée, 3oz meat equivalent

Vegetable: 2 servings

Each serving= 1/2c cooked or 1c raw vegetable or 1c dark green leafy salad

Fruit- ½ cup canned sugar free or frozen or 1 each small fruit

Whole Grain Bread, 2 slices or one 2 oz whole Grain roll

Milk 1 % , 8oz



Recipes – JodeO’s Cafe

The Menu Packet contains menus, recipes, and nutrient analysis for the menu. Each meal is planned to meet 1/3 of the DRI’s and follow guidelines set by the 2020-2025 Dietary Guidelines for Americans. The menus and recipes should be printed and used by staff preparing and serving the meals.

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Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Egg of Choice (Egg of Choice)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/4 Cup	☐ Contains: AllergenMilk, AllergenSoy, AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	8 g	7 g	40 mg	100 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Egg Boiled Hard	25 each	50 each	75 each	100each	Prepared WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Eggs as listed in listed recipes.
	Egg Fried	75 each	50 each	75 each	100 each	
	Egg Poached	25 each	50 each	75 each	100 each	
	Egg Scrambled f/Frz	See Recipe				
	Egg 4 Minute	25 each	50 each	75 each	100 each	
2						CCP--Maintain >140F through service 4 hr only. Discard unused product.

Egg Boiled Hard (Hard Boiled Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. Kettle: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 10-15 min. Carefully remove from water & immediately immerse in cold water or serve immediately. Steamer: Place eggs in perforated counter pan(s), 3 dozen per 12x20x2 inch pan. Place in steamer and time as follows: at 5 lbs pressure cook 8-10 min; at 15 lbs pressure cook 7-9 min. Immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					+CCP - Serve Chilled <40F/4C.
6					Discard unused product.

Egg Boiled Hard (Hard Boiled Egg)

Egg Fried (Fried Egg)

SERVING SIZE		ALLERGENS
1 each		☐ Contains: AllergenSoy, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	7 g	8 g	30 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Egg, Shell Large	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. GRILL: Spray grill with non-stick spray or add Melted Margarine. Break Eggs onto grill and fry until starts to set. Gently flip over each Egg and cook until *Internal temp is >155F for 15 sec. Batch Cook.
Margarine, Solids	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	
2					OVEN: Melt Margarine into 12x20x2" pan(s). Break Eggs on top. Lightly spray with non-stick spary oil. Cover with foil and place in preheated 350F conventional oven for 10-15 min or *until internal temp of >155F for 15 sec.
3					CCP -- Maintain >140F for only 2 hrs. Discard unused product.

Egg Poached (Poached Egg)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
7 Min	145 °F	Poach	1 each	☐ Contains: AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
70 kcal	0 g	7 g	5 g	30 mg	100 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Break eggs in to individual containers. Carefully slide egg in shallow pan with simmering water in which vinegar has been added.
Egg, Shell Large	25 each	50 each	75 each	100 each	
Water, Tap	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt	
Vinegar, White	2.0 tsp	1 Tbsp 1 tsp	1 Tbsp 3 tsp	2 Tbsp 2 tsp	
3					Cook 5-7 min until yolk is set. Remove egg with slotted spoon. Sprinkle salt evenly over egg(s). Serve immediately.
Salt, Iodized	1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
4					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Note: Vinegar helps coagulation and allows egg to maintain its shape.

Egg Scrambled f/Frz (Scrambled Egg)



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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 mg	90 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid Frz	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
Milk, 2% Bulk	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
Margarine, Solids	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
3						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
5						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
6						Eggs: Cook to internal temp of 145F/62C held for 15 sec.

Egg Scrambled f/Frz (Scrambled Egg)

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

Egg 4 Minute (4 Minute Egg)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	Boil	1 each	<input type="checkbox"/> Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	0 g	7 g	5 g	30 mg	75 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg, Shell Large	25 each	50 each	75 each	100 each	Prepare by kettle or steamer method. KETTLE: Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), 4 min. Carefully remove from water & immediately immerse in cold water or serve immediately.
3					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
4					If serving hot: Maintain temperature >135F.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Sausage Turkey Links 1z Each (Turkey Sausage Links)

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

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

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

Pear Whole Fresh (Fresh Whole Pear)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Beef Sirloin Ground Patty (Beef Sirloin Patty)

COOK METHOD	SERVING SIZE	ALLERGENS
Broil	3 Oz	<input type="checkbox"/> Contains: Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	14 g	9 g	10 mg	45 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Ground (Sirloin) 85-90/15-10	5 lb 3 Oz	10 lb 6 Oz	15 lb 9 Oz	20 lb 12 Oz	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Form patty from ground Sirloin. Broil Meat to *internal temp >165F for 15 sec. *Maintain >140F.
2					CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Potato Fries French f/Prepared (French Fries)

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

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

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

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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

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

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

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Bun Hamburger Whole Wheat (WW Hamburger Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	26 g	6 g	3.5 g	75 mg	270 mg

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

Regular Easy to Chew (EC7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Garnish Lettuce Tomato Pickle Onion (Lettuce Tomato Pickle C

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0 g	30 mg	120 mg

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

Ketchup PC (Ketchup Packet)

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

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

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

Ketchup PC (Ketchup Packet)

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Omelet Country Griddle Method (Country Omelet)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Grill	1 each	☐ Contains: AllergenMilk, Mushroom, Peppers Bell, Onion, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	3 g	14 g	14 g	150 mg	240 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		Heat oil in a skillet and sauté peppers, mushrooms, and onions until tender.
Pepper, Green Fresh	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt	Diced	
2						Whisk together egg , milk, salt & pepper. For each omelet, pour 1/4 cup egg mixture on heated, greased griddle.
Mushrooms, Fresh	2 1/2 Cup	1 1/4 Qt	2.0 Qt	2 1/2 Qt	Sliced	
Onion, Green/Spring/Scallions	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup	Diced	
3						
Egg, Liquid Frz	5 lb 1 Oz	10 lb 2 Oz	15 lb 3 Oz	20 lb 4 Oz	Thawed	
Milk, 2% Bulk	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
Pepper, Black Ground	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		
Salt, Iodized	1 1/8 tsp	2 1/8 tsp	1 Tbsp	1 Tbsp 1 tsp		

Omelet Country Griddle Method (Country Omelet)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Swiss Shredded	1 1/2 Cup	3 1/8 Cup	1 1/8 Qt	1 1/2 Qt		When almost cooked through, sprinkle on each omelet 2 Tbsp of vegetables and 1 Tbsp of cheese. Fold over and cook through.
5							Eggs: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

Potato Slices Seasoned f/Frsh (Diced Breakfast Potatoes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	93.34 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.	

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	165 °F	Grill	Tongs	3 Oz	<input type="checkbox"/> Contains: Chicken, Garlic

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Lightly spread oil over chicken. Sprinkle with seasonings.
Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
2 Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
3					Grill chicken.
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)

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

Potato Fries French f/Prepared (French Fries)

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

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

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

Carrot Parsley f/Fresh (Parslied Carrots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	2 g	2 g	50 mg	105 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1	Carrot, Fresh	7 lb 0 Oz	14 lb 1 Oz	21 lb 1 Oz	28 lb 2 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	3 Tbsp 3 tsp	1/2 Cup	3/4 Cup	1.0 Cup	Pare and cut Carrots into desired shapes (slices, strips, or quarters). Steam or boil until just tender.
3	Parsley, Dried	1/3 Cup	2/3 Cup	1.0 Cup	1 1/4 Cup	Add Seasoning.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Bun Hamburger Whole Wheat (WW Hamburger Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	26 g	6 g	3.5 g	75 mg	270 mg

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

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

Ketchup PC (Ketchup Packet)

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

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

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

Ketchup PC (Ketchup Packet)

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Omelet Pepper & Onion Griddle Method (Pepper & Onion Omelet)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
5 Min	145 °F	Grill	1 each	☐ Contains: Peppers Bell, AllergenSoy, AllergenEggs, AllergenMilk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	4 g	12 g	13 g	75 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Onion, Yellow	1 lb	2 lb	3 lb	4 lb		Chopped
	Pepper, Green Fresh	1 lb	2 lb	3 lb	4 lb		Chopped
	Egg, Liquid Frz	5 lb	10 lb	15 lb	20 lb		thawed
	Pepper, White	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
	Oil, Vegetable	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup		
2						Melt margarine. Sauté onions and peppers until tender.	
3						Using wire whip, beat eggs and seasoning in a bowl to thoroughly blend. Mix in vegetables.	

Omelet Pepper & Onion Griddle Method (Pepper & Onion Omelet)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Pour 1/3 cup egg mixture for individual omelets on greased griddle. Cook until bottom is golden brown. Do not stir. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set. Fold omelet in half or thirds to make a long oval shaped omelet. Serve immediately.
5							Eggs: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							Discard unused product.

Potato Slices Seasoned f/Frsh (Diced Breakfast Potatoes)

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

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

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

Peaches Fresh (Peaches)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	93.34 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.	

Soup Chicken Vegetable Hmd (Chicken Vegetable Soup)



Health & Human Services



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Cook	6 fl. oz	☐ Contains: Onion, AllergenSoy, Beans/Legumes, AllergenMilk, Garlic, Celery, Spinach, Chicken, Carrots, Tomato, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	7 g	6 g	2.5 g	40 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Onion, Yellow	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Celery, Fresh	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz		Diced
	Carrot, Fresh	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz		Diced
	Margarine, Solids	1.5 Oz	2.5 Oz	4 Oz	5 Oz		
2	Soup Broth Chicken f/Base	1 Gal 1 Cup	2 Gal 1 Cup	3 Gal 2 Cup	4 Gal 3 Cup	Prepared	Thaw Chicken at <40F. Preprep: Wash Vegetables & remove skin, as appropriate. Dice Onions, Celery & Carrots. Cut Chicken into 1/2 inch pieces. Refrigerate at <40F. In a large soup kettle, saute Onions, Celery, and Carrots in Margarine until tender.
	Salt, Iodized	1 1/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
3	Pepper, White	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp		
	Tomato, Diced Cnd	11.5 Oz	1 lb 7 Oz	2 lb 3 Oz	2 lb 14 Oz		

Soup Chicken Vegetable Hmd (Chicken Vegetable Soup)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Green Beans, Cut Frz	7 Oz	14 Oz	1 lb 5 Oz	1 lb 12 Oz		
	Corn, Whole Kernel Frz	7 Oz	14 Oz	1 lb 5 Oz	1 lb 12 Oz		
	Spinach, Chopped Frz	4 Oz	8.5 Oz	12.5 Oz	1 lb 1 Oz		
	Chicken, Meat Pulled Ckd	13.5 Oz	1 lb 11 Oz	2 lb 9 Oz	3 lb 6 Oz		
	Parsley, Dried	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
4	Soup Broth Chicken f/Base	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	Cold	Add Tomatoes, Green Beans, Corn, Spinach, Chicken, Parsley, Salt and Pepper. Simmer 10 minutes or until Green Beans are tender.
	Cornstarch	1/4 Cup	1/2 Cup	3/4 Cup	1.0 Cup		
5							Combine second portion of Chicken Broth with Cornstarch. Mix until smooth. Bring Soup to a boil. Stir in Cornstarch slurry. Stir until soup begins to thicken. CCP -- Maintain >140F for only 4 hrs.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)



Health & Human Services



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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls	6 lb 8 Oz	13 lb	19 lb 8 Oz	26 lb	Lightly spread oil over chicken. Sprinkle with seasonings.
Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
2 Garlic, Powder	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
Salt, Iodized	3/4 tsp	1 1/2 tsp	2 1/4 tsp	1 Tbsp	
Paprika	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp	
3					Grill chicken.
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Grilled Breast Bnls Sknls (Grilled Chicken Breast)

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

Potato Fries French f/Prepared (French Fries)

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

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

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

Garnish Lettuce Shredded (Shredded Lettuce Garnish)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/4 Cup	None

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Lettuce, Iceberg	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb	Shredded	Serve 1/2 cup per portion.
4						CCP -- Maintain <40F/4C; discard unused product.

Garnish Tomato Diced f/Fresh (Diced Tomatoes)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chop	1 each	<input type="checkbox"/> Contains: Tomato

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

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Orange, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange, Mandarin JcPk	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C; discard unused product.

Tortilla Whole Wheat 10 in (Whole Wheat Tortilla)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	27 g	6 g	6 g	150 mg	350 mg

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Cereal Oatmeal w/Raisins (Oatmeal w/Raisins)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	0.0 °F	Boil	1 Cup	☐ Contains: AllergenSulphites, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	34 g	6 g	2.5 g	40 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3	Cereal, Oatmeal Quick 2 lb	4 lb	6 lb	8 lb	Stir dry cereal gradually into boiling water, using wire whip.
	Raisins, Bulk 2 Cup	1 Qt	1 1/2 Qt	2 Qt	
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes a sticky, gummy product. Gently fold in raisins and keep warm for service.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Cottage Cheese 1% Fat PC (Cottage Cheese)

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

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

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

Sausage Turkey Links 1z Each (Turkey Sausage Links)

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

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

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

Pineapple Tidbits f/Cnd (Chilled Pineapple)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Pineapple

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Pineapple, Tidbits JcPk	1 no. 10 cans	2 no. 10 cans	3 no. 10 cans	4 no. 10 cans	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
2					Refrigerate at <40F until service.

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	<input type="checkbox"/> Contains: AllergenWheat, Bran

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	50 slice	100 slice	150 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

Bread Wheat (Wheat Bread)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Fish Cod Lemon Pepper Bkd (Lemon Pepper Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Bake	3 Oz	<input type="checkbox"/> Contains: AllergenSoy, Garlic, AllergenFish, AllergenWheat, AllergenMilk, Citrus, Lemon, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	5 g	21 g	13 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Dredge fish in flour. Place in greased counter pan(s).
Fish, Cod	4 lb 11 Oz	9 lb 6 Oz	14 lb 2 Oz	18 lb 13 Oz		
Flour, All Purpose	4 Oz	8 Oz	12 Oz	1 lb		Sauté onion in margarine. Add rest of ingredients and heat slightly; 3-5 min.
Onion, Yellow	2 Oz	4 Oz	6 Oz	8 Oz	Minced	
Margarine, Solids	13 Oz	1 lb 10 Oz	2 lb 7 Oz	3 lb 4 Oz		
3						
Garlic, Powder	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp		
Water, Tap	1 Cup	2 Cup	3 Cup	1 Qt		

Fish Cod Lemon Pepper Bkd (Lemon Pepper Cod)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Juice, Lemon RTS	3/4 Cup	1 1/2 Cup	2 1/4 Cup	3 Cup		
4							Just before baking, pour 1 cup lemon sauce over fish, per pan. Bake until fish easily flakes with fork.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: Potatoes

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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

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

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

Breadstick Garlic Whole Grain 6in (Garlic Whole Grain Breadstick

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	375.0 °F	Heat	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenMilk, Garlic

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Egg Scrambled f/Fresh Pasteurized (Scrambled Egg)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	1/4 Cup	<input type="checkbox"/> Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
90 kcal	0 g	7 g	6 g	30 mg	85 mg	

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg, Shell Large	25 each	50 each	75 each	100 each	Combine Eggs and Water with a whisk.
	Water, Tap	1/2 Cup	1.0 Cup	1 1/2 Cup	2 1/8 Cup	
3	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Heat Butter and Oil in pan. Add Egg mixture and cook to desired doneness, stirring frequently.
	Oil, Vegetable	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	
4					Eggs: Cook to internal temp of 145F/62C held for 15 sec.	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
6					Discard unused product.	

Toast French Cinnamon Wheat (Cinnamon French Toast)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine cinnamon, milk, and eggs. Mix well.
Cinnamon, Ground	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	
Milk, 2% Bulk	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	
Egg, Liquid Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3					Dip bread into egg mixture. Do not let bread soak in egg mixture. Cook on a well greased griddle until golden brown and cooked through.
4					Eggs: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Bread Wheat (Wheat Bread)

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

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

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

Peppers & Onions f/Fresh (Peppers & Onions)

COOK METHOD	SERVING SIZE	ALLERGENS
Grill	1/2 Cup	☐ Contains: Peppers Bell, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	2 g	2.5 g	20 mg	5 mg

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	4z Spoodle	1/2 Cup	<input type="checkbox"/> Contains: Orange, Citrus

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange, Mandarin JcPk	3 1/2 Qt	1 Gal 5 Cup	2 Gal 4 Cup	3 Gal 3 Cup	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C; discard unused product.

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	93.34 fl. oz	Dilute in cool water; stirring well, refrigerate.
Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Chicken Grilled Salad (Grilled Chicken Salad)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Grill	1 each	☐ Contains: Carrots, AllergenMilk, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	7 g	16 g	3.5 g	75 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Carrot, Fresh	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup	Shredded	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Wash, core, and drain greens. Tear greens into bite size pieces. Wash, shred carrots. Place greens into a large bowl.
2 Lettuce, Iceberg	3 lb 9 Oz	7 lb 2 Oz	10 lb 11 Oz	14 lb 4 Oz		
2 Lettuce, Green Leaf	1 lb 5 Oz	2 lb 11 Oz	4 lb 0 Oz	5 lb 6 Oz		As close to serving time as possible, add croutons and cheese to greens and mix gently.
3 Cheese, Parmesan Grated	1.0 Cup	1 3/4 Cup	2 2/3 Cup	3 1/2 Cup		
3 Croutons, Seasoned	2 2/3 Cup	1 1/4 Qt	2.0 Qt	2 3/4 Qt		Grill chicken. Cut into strips.
4 Chicken, Breast Bnls Sknls	4 lb 6 Oz	8 lb 11 Oz	13 lb 1 Oz	17 lb 6 Oz		
5						Portion one cup of salad on dinner plate. Place 2 oz meat. (in four strips) on top of salad mixture. Cool if not serving immediately. Serve with dressing of choice.

Chicken Grilled Salad (Grilled Chicken Salad)

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

Peaches Fresh (Peaches)

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

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

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

Breadstick Garlic Whole Grain 6in (Garlic Whole Grain Breadstick

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	375.0 °F	Heat	1 each	<input type="checkbox"/> Contains: AllergenWheat, AllergenMilk, Garlic

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Cottage Cheese 1% Fat PC (Cottage Cheese)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Cereal (Choice of Cereal)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3 Qt	1 Gal 3 Cup	2 Gal 2 Cup	3 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	
3	Cereal, Oatmeal Quick 1 lb 2 Oz	2 lb 4 Oz	3 lb 6 Oz	4 lb 8 Oz	Stir dry cereal gradually into boiling water using wire whisk.
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency, approximately 5-10 min. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes cereal sticky and gummy.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.
7					Cold cereal should be a 1 cup serving for 1oz grain.

Pancake f/Mix (Complete) (Pancakes)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	2 each	<input type="checkbox"/> Contains: AllergenMilk, AllergenWheat, AllergenEggs, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	31 g	4 g	1.5 g	150 mg	450 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pancake Mix, Buttermilk Dry Complete	2 lb 4 Oz	4 lb 8 Oz	6 lb 12 Oz	9 lb	Prepare pancake mix with water according to package directions.
	Water, Tap	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
3	Margarine, Solids	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup	Lightly grease griddle with margarine. Portion 1/4 c (2 oz) batter per pancake. Cook until golden brown and bubbles appear on surface. Flip pancake and cook on other side until golden brown.
4						Serve immediately or keep warm on paper-lined pans in 200F/93C oven. Stack pancakes with liners between each layer and on top to prevent sticking and retain moisture.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						Discard unused product.

Bacon Turkey 2 slice (Turkey Bacon)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	2 slice	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	1 g	5 g	5 g	30 mg	330 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Bacon, Turkey	50 slice	100 slice	150 slice	200 slice	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lay Bacon slices on baking sheet(s). Bake in oven to *internal temp >155F/68C for 15 sec until crisp. Pour off grease. Drain on paper towel.
2					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.
3					Cook Time: 6 - 10 min

Pear Whole Fresh (Fresh Whole Pear)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Syrup, LoCal Bulk	3 Cup	1 1/2 Qt	2 1/4 Qt	3.0 Qt	Portion 1.5 Fl Oz in soufflé cup and serve.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	93.34 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	2 Gal 1 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.	

Taco Salad (Beef Taco Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	8 g	18 g	21 g	250 mg	570 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Ground 80-85/20-15 Raw Chili Powder, Mild	4 lb 1/3 Cup	8 lb 3/4 Cup	12 lb 1 1/8 Cup	16 lb 1 1/2 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, drain, shred or tear Lettuce. Chop Onions and Tomatoes. Crumble and brown Beef with Chili Powder in skillet. Pour off fat.
2 Tomato Sauce, Cnd	1 1/2 Qt	3 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Add Sauce and heat to *internal temp 165F for 15 sec.
3 Lettuce, Iceberg Cheese, Cheddar Shredded	2 Gal 3 Cup 1 lb 10 Oz	5 Gal 3 lb 4 Oz	7 Gal 3 Cup 4 lb 14 Oz	10 Gal 6 lb 8 Oz	Place 1 1/2 Cup Lettuce on platter. Place #12 Scp Meat mixture over Lettuce. Top with 1/2c of Tomato, 2 Tbs Onions and top with 2 Tbsp (1 oz) shredded Cheese.
4					CCP - Maintain Meat Sauce >140F for only 4 hrs.
5					CCP - Cool Meat Mixture: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6					CCP - Reheat Meat Mixture: To internal temp of 165F held 15 sec within 1 hr - one time only.

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<input type="checkbox"/> Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	39 g	5 g	12 g	75 mg	190 mg

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Sauce Salsa f/RTS (Salsa)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	2 Tbsp	☐ Contains: Allergen Sulphites, Garlic, Tomato, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	0 g	0 g	0 mg	115 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Sauce, Salsa Mild RTS	3 Cup	1 1/2 Qt	2 1/4 Qt	3 Qt	Portion 2 Tbsp (#30 scoop) per serving.
3					CCP -- Maintain <40F/4C; discard unused product.

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Cereal Oatmeal w/Raisins (Oatmeal w/Raisins)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	0.0 °F	Boil	1 Cup	<input type="checkbox"/> Contains: AllergenSulphites, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	34 g	6 g	2.5 g	40 mg	60 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 Gal 3 Cup	3 Gal	4 Gal 3 Cup	6 Gal	Bring water & salt to a boil.
	Salt, Iodized 1/2 tsp	1 tsp	1 1/2 tsp	2 tsp	
3	Cereal, Oatmeal Quick 2 lb	4 lb	6 lb	8 lb	Stir dry cereal gradually into boiling water, using wire whip.
	Raisins, Bulk 2 Cup	1 Qt	1 1/2 Qt	2 Qt	
4					Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency. Cereal should be thick and creamy but not sticky. Do not stir excessively - over stirring or overcooking makes a sticky, gummy product. Gently fold in raisins and keep warm for service.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					Discard unused product.

Egg Muffin Sandwich (Egg Muffin Sandwich)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	27 g	11 g	17 g	75 mg	440 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Muffin English RTS	25 each	50 each	75 each	100 each	Sliced	Toast English Muffins, lightly spread each half with Margarine.
	Margarine, Solids	13 Oz	1 lb 10 Oz	2 lb 6 Oz	3 lb 3 Oz	Softened	
3	Egg, Shell Large	25 each	50 each	75 each	100 each		Poach Eggs in ring until firm and internal temp reaches 155F/68C held for 15 sec.
4							To assemble each Sandwich, place 1 each Egg between 2 halves of English Muffin.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							Discard unused product.

Muffin English RTS (English Muffin)

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

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

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

Muffin English RTS (English Muffin)

Sausage Turkey Patty Ckd 1.5z (Turkey Sausage Patty)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Heat	1 each	<input type="checkbox"/> Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	0 g	11 g	4.5 g	10 mg	290 mg

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

Sausage Turkey Patty Ckd 1.5z (Turkey Sausage Patty)



Banana Whole Fresh (Banana)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.

Choice of Juice (Choice of Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 EX4 Juice Orange f/Frz Conc 4 flz	100 fl. oz	200 fl. oz	300 fl. oz	400 fl. oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Maintain <40F/4C.
4					May use any flavor of juice in 4 oz serving that is 100% juice.

Juice Orange f/Frz Conc 4 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	4 fl. oz	<input type="checkbox"/> Contains: Citrus, Orange

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc Unsweetened	23.34 fl. oz	46.67 fl. oz	70.01 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	2 1/4 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
3					CCP -- Maintain <40F/4C; discard unused product.

Steak Sirloin Strip (Sirloin Steak)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Broil	3 Oz	<input type="checkbox"/> Contains: Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	0 g	16 g	3 g	20 mg	40 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Beef, Steak Sirloin 6z	4 lb 11 Oz	9 lb 6 Oz	14 lb 1 Oz	18 lb 12 Oz	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Pan Broil: Place Meat on a preheated ungreased griddle or heavy fry pan. Cook slowly, turning as needed. May need to turn more than once since Meat is in contact with hot metal.</p> <p>Broil: Cook Meat at a moderate temp. Care should be taken not to puncture Meat by using long-handled tongs or spatula. Place Meat 2-3 inch from heat and grill 10 min for rare, 13 min for medium. Heat to *internal temp >145F/62C for 15 sec. and *Maintain >140F/60C.</p>
2					<p>Holding: Prepare Steaks close to service. If holding is required, add a small amount of Water to a steam pan and layer Steaks. Seal tightly and *Maintain >140F/60C.</p> <p>Optional - Add Onion Slices on top for flavoring.</p>
3					<p>NOTES: Seasoning such as Salt, Pepper, All Purpose Seasoning, Garlic, Garlic Powder, Onion Powder, etc can be applied to the Steak before grilling.</p>
4					<p>CCP -- Maintain >140F/60C for only 4 hrs.</p> <p>CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.</p> <p>CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.</p>
5					<p>Cook Time: 10-15 min</p>

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	<input type="checkbox"/> Contains: Potatoes

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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

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

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

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	1/2 Cup	1 Cup	1 1/2 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C; discard unused product.
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Orange Fresh Whole (Fresh Whole Orange)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Milk, 1% Bulk	1 Gal 4 Cup	3 Gal 1 Cup	4 Gal 4 Cup	6 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Pour Milk in sanitary drinking cups. CCP - Maintain <40F/4C.



Nutrient Analysis – JodeO’s Cafe

Daily Nutrient Analysis: Monday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1525	205	20	71	0	74	52	1080	12	2900	1700	1194	9	355	1	17
Breakfast																
1/4cup Egg of Choice	100	1	0	0	0	8	7	40	1.25	100	100	119.34	2	225	0.14	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Slice Toast Wheat Dry	140	24	2	3	0	6	2.5	75	2	75	240	64.5	0	0	0.02	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Pear Whole Fresh	90	24	5	15	0	1	0	20	0.3	200	5	18.71	0	0	0	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	9	6	40	0.75	150	400	97.44	0.4	45	0.07	1.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
1cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
Breakfast TOTAL	755	109	9	48	0	37	22.5	565	5.7	1270	950	639.18	5.4	290	0.41	6.0
Lunch																
1 Each Ketchup PC	5	2	0	1	0	0	0	0	0	20	65	1.82	0	0	0	0
1 Each Bun Hamburger Whole Wheat	150	26	2	4	0	6	3.5	75	2.25	100	270	69.54	0	0	0	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Garnish Lettuce Tomato Pickle Onion	20	4	1	2	0	1	0	30	0.4	175	120	21.45	0	0	0	0
3oz Beef Sirloin Ground Patty	140	0	0	0	0	14	9	10	1.25	200	45	108.93	0	45	0.31	3.5
4oz Potato Fries French f/Prepared	250	39	4	0	0	4	9	20	1.75	550	55	73.71	0	0	0	4.5
1/2cup Vegetable Mix 4 Way Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.38	0.4	0	0.13	0
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	10	0	0.58	0	0	0	0
Lunch TOTAL	770	96	11	23	0	37	29.0	515	6.5	1630	750	555.01	3.4	65	0.62	11.0

Daily Nutrient Analysis: Tuesday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1625	238	22	81	0	81	49	1235	12	4015	1475	1373	9	455	1	15
Breakfast																
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Slice Toast Wheat Dry	140	24	2	3	0	6	2.5	75	2	75	240	64.5	0	0	0.02	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1/2cup Strawberries f/Fresh	35	9	2	6	0	1	0	20	0.5	175	5	27.22	0	0	0	0
1 Each Omelet Country Griddle Method	190	3	0	1	0	14	14	150	1.75	200	240	228.56	2.5	350	0.13	4.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
1cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
1/2cup Potato Slices Seasoned f/Frsh	140	30	2	2	0	3	2	10	0.75	550	25	69	0.4	0	0.13	0
Breakfast TOTAL	830	124	8	42	0	37	25.5	645	6.4	1745	715	728.47	5.9	370	0.46	6.5
Lunch																
1 Each Ketchup PC	5	2	0	1	0	0	0	0	0	20	65	1.82	0	0	0	0
3oz Chicken Grilled Breast Bnls Sknls	110	0	0	0	0	20	3.5	0	0.4	300	110	181.69	0	65	0.01	0.5
1 Each Bun Hamburger Whole Wheat	150	26	2	4	0	6	3.5	75	2.25	100	270	69.54	0	0	0	1
1/2cup Carrot Parsley f/Fresh	70	13	4	6	0	2	2	50	0.5	450	105	46.16	0.4	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Whole Orange Fresh Whole	70	17	3	13	0	2	0	75	0.2	300	0	19.6	0	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Garnish Lettuce Tomato Onion	15	4	1	2	0	1	0	20	0.3	150	10	19.28	0	0	0	0
4oz Potato Fries French f/Prepared	250	39	4	0	0	4	9	20	1.75	550	55	73.71	0	0	0	4.5
Lunch TOTAL	795	114	14	39	0	44	23.5	590	5.5	2270	760	644.4	3.4	85	0.32	8.0

Daily Nutrient Analysis: Wednesday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1645	236	22	79	0	83	51	1160	12	3845	1495	1450	10	460	1	16
Breakfast																
1 Each Peaches Fresh	60	15	2	13	0	2	0	10	0.4	300	0	30	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Slice Toast Wheat Dry	140	24	2	3	0	6	2.5	75	2	75	240	64.5	0	0	0.02	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Omelet Pepper & Onion Griddle Method	180	4	1	1	0	12	13	75	1.75	200	135	184.11	3	340	0.19	3.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
1cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
1/2cup Potato Slices Seasoned f/Frsh	140	30	2	2	0	3	2	10	0.75	550	25	69	0.4	0	0.13	0
Breakfast TOTAL	845	131	9	49	0	36	24.5	560	6.3	1870	605	686.8	6.4	360	0.52	5.5
Lunch																
3oz Chicken Grilled Breast Bnls Sknls	110	0	0	0	0	20	3.5	0	0.4	300	110	181.69	0	65	0.01	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
6fl. oz Soup Chicken Vegetable Hmd	70	7	1	2	0	6	2.5	40	0.75	150	210	43.15	0.2	15	0.09	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1/2cup Oranges Mandarin Chilled JcPk Cnd	50	14	1	12	0	1	0	20	0.4	200	10	13.94	0	0	0	0
1/4cup Garnish Lettuce Shredded	5	2	0	1	0	0	0	10	0.2	75	5	8.16	0	0	0	0
1 Each Garnish Tomato Diced f/Fresh	10	3	1	1	0	1	0	10	0.2	150	5	13.61	0	0	0	0
4oz Potato Fries French f/Prepared	250	39	4	0	0	4	9	20	1.75	550	55	73.71	0	0	0	4.5
1 Each Tortilla Whole Wheat 10 in	180	27	6	1	0	6	6	150	1.5	150	350	196.18	0	0	0	3
Lunch TOTAL	800	105	13	30	0	47	26.5	600	5.3	1975	890	763.04	3.2	100	0.28	10.5

Daily Nutrient Analysis: Thursday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	1580	230	19	85	0	93	42	1105	9	3295	1720	1387	10	145	1	9
Breakfast																
1cup Cereal Oatmeal w/Raisins	170	34	4	8	0	6	2.5	40	2	225	60	160.14	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Slice Toast Wheat Dry	140	24	2	3	0	6	2.5	75	2	75	240	64.5	0	0	0.02	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1/2cup Pineapple Tidbits f/Cnd	70	20	1	18	0	1	0	20	0.4	150	5	7.35	0	0	0	0
2 Each Sausage Turkey Links 1z Each	100	2	0	0	0	9	6	40	0.75	150	400	97.44	0.4	45	0.07	1.5
1 Each Jelly Assorted 0.5z PC	40	10	0	7	0	0	0	0	0.1	20	5	2.69	0	0	0	0
1 Each Cottage Cheese 1% Fat PC	100	5	1	4	0	18	1.5	100	0.2	125	320	189.94	0	10	0	1
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
Breakfast TOTAL	825	129	8	63	0	50	18.0	645	5.75	1370	1200	774.87	3.4	75	0.27	4.5
Lunch																
1 Each Potato Bkd f/Fresh	240	55	4	4	0	5	1.5	20	1	1000	15	126	0	0	0	0
3oz Fish Cod Lemon Pepper Bkd	210	5	0	0	0	21	13	20	0.75	250	170	124.9	3	50	0.86	2.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1/2cup Vegetable Mix 4 Way Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.38	0.4	0	0.13	0
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	2	0	5	1.5	40	1	100	140	82.08	0	0	0	0
Lunch TOTAL	755	101	11	22	0	43	23.5	460	3.6	1925	520	611.96	6.4	70	1.17	4.5

Daily Nutrient Analysis: Friday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	1255	167	14	88	0	86	36	1210	9	2725	1460	1401	10	460	1	11
Breakfast																
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
2 Slice Toast French Cinnamon Wheat	230	28	2	6	0	13	8	175	3	225	330	206.32	2	175	0.1	2.5
1/2cup Peppers & Onions f/Fresh	50	8	2	4	0	2	2.5	20	0.3	175	5	26.67	0	0	0.01	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1/2cup Oranges Mandarin Chilled JcPk Cnd	50	14	1	12	0	1	0	20	0.4	200	10	13.94	0	0	0	0
1/4cup Egg Scrambled f/Fresh Pasteurized	90	0	0	0	0	7	6	30	1	75	85	99.07	1.5	190	0.11	2
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
1 cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
Breakfast TOTAL	750	111	7	54	0	36	23.5	635	6.0	1400	685	694.8	6.5	385	0.4	6.5
Lunch																
1 Each Peaches Fresh	60	15	2	13	0	2	0	10	0.4	300	0	30	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Chicken Grilled Salad	120	7	1	2	0	16	3.5	75	1	400	170	171.09	0	45	0.04	1
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	2	0	5	1.5	40	1	100	140	82.08	0	0	0	0
1 Each Cottage Cheese 1% Fat PC	100	5	1	4	0	18	1.5	100	0.2	125	320	189.94	0	10	0	1
Lunch TOTAL	505	56	7	34	0	50	12.0	575	2.7	1325	775	705.71	3	75	0.22	4.0

Daily Nutrient Analysis: Saturday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	1395	197	17	86	0	57	52	1340	8	2600	2060	1324	6	145	2	17
Breakfast																
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Pear Whole Fresh	90	24	5	15	0	1	0	20	0.3	200	5	18.71	0	0	0	0
2 Each Pancake f/Mix (Complete)	150	31	1	7	0	4	1.5	150	1.5	100	450	244.97	0	5	0.19	0
2 Slice Bacon Turkey 2 slice	70	1	0	0	0	5	5	30	0.5	125	330	66.6	0	30	0.06	1.5
1fl. oz Syrup Pancake & Waffle LoCal f/Bulk	45	13	0	9	0	0	0	0	0	0	55	12.3	0	0	0	0
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
1cup Choice of Cereal	80	14	2	0	0	3	1.5	20	1	100	30	83.69	0	0	0	0
Breakfast TOTAL	640	117	8	54	0	23	13.5	590	3.6	1150	1040	679.08	3	55	0.43	3.5
Lunch																
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
1 Whole Orange Fresh Whole	70	17	3	13	0	2	0	75	0.2	300	0	19.6	0	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
2tbsp Sauce Salsa f/RTS	10	3	0	2	0	0	0	0	0.3	125	115	11.4	0	0	0	0
2oz Chips Tortilla Yellow Bulk	270	39	3	0	0	5	12	75	1	125	190	127.57	0	0	0.46	1.5
1 Each Taco Salad	280	8	3	4	0	18	21	250	2.5	500	570	253.93	0.4	70	0.87	10
Lunch TOTAL	755	80	9	32	0	34	38.5	750	4.1	1450	1020	645.1	3.4	90	1.51	13.5

Daily Nutrient Analysis: Sunday, JodeO's Cafe 60

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT D (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1560	228	19	68	0	80	44	1000	11	3535	1485	1319	9	315	2	10
Breakfast																
1 cup Cereal Oatmeal w/Raisins	170	34	4	8	0	6	2.5	40	2	225	60	160.14	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
1 Each Banana Whole Fresh	100	26	3	14	0	2	0	10	0.3	450	5	24.86	0	0	0	0
1 Sandwich Egg Muffin Sandwich	310	27	2	0	0	11	17	75	2.5	150	440	175.53	3	190	0.86	4
1 Each Sausage Turkey Patty Ckd 1.5z	80	0	0	0	0	11	4.5	10	0.75	150	290	85.91	0	40	0.18	1
4fl. oz Choice of Juice	80	21	0	10	0	1	0	20	0.2	225	25	20.21	0	0	0	0
Breakfast TOTAL	865	121	9	45	0	40	29.5	505	5.85	1600	965	699.25	6	250	1.22	7.0
Lunch																
1 Each Potato Bkd f/Fresh	240	55	4	4	0	5	1.5	20	1	1000	15	126	0	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	3	0	0	0	35	0.8	0	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	13	0	9	2.5	350	0.1	400	110	231.8	3	15	0	1.5
3oz Steak Sirloin Strip	90	0	0	0	0	16	3	20	1.25	250	40	140.84	0	45	0	1
2 slices Bread Whole Wheat	160	27	2	3	0	7	2.5	75	2.25	100	270	73.14	0	0	0.02	0
1/2cup Vegetable Mix 4 Way Blend	80	12	4	3	0	3	2	30	0.75	175	50	46.38	0.4	0	0.13	0
1/2cup Choice of Fruit -Summer	0	0	0	0	0	0	0	0	0	10	0	0.58	0	0	0	0
Lunch TOTAL	695	107	10	23	0	40	14.5	495	5.35	1935	520	619.54	3.4	65	0.33	3.0