



NORTH DAKOTA AGING SERVICES

LUNCH MENUS

February 2024

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PLEASE NOTE THAT ALL RECIPES PAGES HAVE THEIR OWN NUMBERING

INTRODUCTION

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

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

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

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

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



MENU OVERVIEW

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

Menus Best Practice Guide

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

PRINTING RECOMMENDATIONS

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

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

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



MENU PACKET

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

January 29th	January 30th	January 31st	Ranchers Chicken 3 Oz Ginger Whipped Sweet Potatoes 1/2 Cup Baby Lima Beans 1/2 Cup Wheat Bread 2 slice Soft Margarine Cup 1 each Fruit Salad 4 Oz 1% Milk 8 fl. oz	Beef & Cabbage Bake 1 Cup Wax Beans & Red Peppers 1/2 Cup Wheat Dinner Roll 1 each Soft Margarine Cup 1 each Fruity Tapioca Pudding 1/2 Cup 1% Milk 8 fl. oz
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Chicken Drumsticks	2 each	Eggs Benedict Casserole	1/2 Cup	Mexican Meatballs	3 each	Tangy Meatloaf	3 Oz	LS Vegetable Egg Roll	1 each
Scalloped Potatoes	1/2 Cup	Hollandaise Sauce	1 fl. oz	Mashed Potatoes	1/2 Cup	Potatoes & Onions	1/2 Cup	Orange Chicken	3 Oz
Seasoned Green Peas	1/2 Cup	Rosemary Potatoes	1/2 Cup	Southwest Corn	1/2 Cup	Brussels Sprouts	1/2 Cup	Garlic Noodles	1/2 Cup
Chilled Mandarin Oranges	1/2 Cup	Lemon Walnut Broccoli	1/2 Cup	Corn Muffin	1 each	Wheat Bread	2 slice	Oriental Blend Vegetables	1 Cup
Whole Grain Biscuit	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Peach Crisp	1/2 Cup	Banana	1 each	Fresh Whole Pear	1 each	Oranges In Whipped Topping	1/2 Cup
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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE									
Cheeseburger	1 each	Orange & Avocado Salad	1/2 Cup	Filet Mignon	3 Oz	Herb & Mustard Crusted Pork Loin	3 Oz	House Salad	1 Cup
Dijon Red Potatoes	1/2 Cup	Hawaiian Chicken	3 Oz	Baked Potato	1 each	Potatoes & Onions	1/2 Cup	Supreme Pizza Casserole	1 (3x3)
Squash Medley	1/2 Cup	Lemon Rice Pilaf	1/2 Cup	Asparagus Almondine	1/2 Cup	Brussels Sprouts with Bacon	1/2 Cup	Green Beans Oregano	1/2 Cup
Soft Margarine Cup	1 each	Seasoned Broccoli Florets	1/2 Cup	Garlic Toast	2 slice	Wheat Bread	2 slice	Whole Grain Breadstick	1 each
Fresh Whole Pear	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Choice of Dressing	1 each
1% Milk	8 fl. oz	Chilled Pineapple	1/2 Cup	Sour Cream	1 each	Mandarin Orange	1 each	Soft Margarine Cup	1 each
		1% Milk	8 fl. oz	Cheddar Cheese	2 Oz	1% Milk	8 fl. oz	Apple Whole Fresh	1 each
				Strawberry Cheesecake	1 (2x3)			1% Milk	8 fl. oz
				1% Milk	8 fl. oz				

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Roast Turkey	3 Oz	Beef Pie w/Biscuit Topping	1 Cup	Tomato Florentine Soup	6 fl. oz	Baked Cod w/Garlic Butter	3 Oz	BBQ Pork on Bun	1 each
Poultry Gravy	2 fl. oz	Escalloped Tomatoes	1/2 Cup	Turkey & Swiss Sandwich	1 each	Lemon Dill Orzo	1/2 Cup	Sweet Potato Waffle Fries	1/2 Cup
Mashed Potatoes	1/2 Cup	Whole Grain Breadstick	1 each	Broccoli Salad	1/2 Cup	Seasoned Zucchini	1 Cup	Succotash in Garlic Butter	1/2 Cup
Herbed Green Beans	1/2 Cup	Soft Margarine Cup	1 each	Lettuce Tomato Onion	1 each	Wheat Dinner Roll	1 each	Ketchup Packet	1 each
Wheat Bread	2 slice	Banana	1 each	Saltine Crackers	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Chilled Diced Pears	1/2 Cup	Fresh Whole Orange	1 whole	Heavenly Hash	1/2 Cup
Blushing Pineapple	1/2 Cup			1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz								

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
House Salad	1 Cup	Spinach Cheese Salad	1 Cup	Fried Chicken	3 Oz	Black Bean Cilantro Soup	6 fl. oz	March 1st	
Chicken Spaghetti	1 Cup	Beef Stroganoff	3/4 Cup	Parslied Potatoes	1/2 Cup	Crispy Beef Tacos	2 each		
Italian Vegetable Blend	1/2 Cup	Parslied Noodles	1/2 Cup	Mixed Vegetables	1/2 Cup	Cilantro Rice	1/2 Cup		
Whole Grain Breadstick	1 each	Savory Carrots	1/2 Cup	Wheat Bread	2 slice	Fat Free Sour Cream	1 each		
Soft Margarine Cup	1 each	Wheat Dinner Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each		
Choice of Dressing	1 each	Choice of Dressing	1 each	Baked Apple	1 each	Saltine Crackers	1 each		
Peach Crisp	1/2 Cup	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Fresh Grapes	1/2 Cup		
1% Milk	8 fl. oz	Blushing Pineapple	1/2 Cup			1% Milk	8 fl. oz		
		1% Milk	8 fl. oz						

RECIPES



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

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BBQ Pork on WW Bun (BBQ Pork on Bun)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Reheat	1 each	ⓘ Contains: Pork & Products, AllergenWheat, AllergenSulphites, Mustard, Garlic, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	36 g	19 g	11 g	100 mg	550 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pork, Loin Bnls	1 lb 15 Oz	4 lb 14 Oz	9 lb 12 Oz	19 lb 8 Oz	Bake roast until tender
3					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.	
4	Sauce, BBQ Bun Hamburger White Wheat RTS	1 2/3 Cup 10 each	1 Qt 25 each	2 Qt 50 each	1 Gal 100 each	Cut drained pork as desired (sliced, shredded or chopped). Add barbecue sauce reheat. Sauce can be heated separately and served on the side if desired. Serve 2 oz meat on warmed buns.
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.	

Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Apple Baked f/Fresh (Baked Apple)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1 each	ⓘ Contains: Cinnamon, AllergenMilk, AllergenSulphites, Apples, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	53 g	1 g	2 g	40 mg	75 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Apple, Red Delicious	10 each	25 each	50 each	100 each		Wash and core apples. Arrange in 2" greased baking pan.
3 Raisins, Bulk	1.5 Oz	4 Oz	8 Oz	1 lb		Fill apple cores with raisins.
4 Sugar, Brown Light	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Mix together remaining ingredients and pour over top. Cover lightly, allowing steam vent. Bake for 1 hr at 350F/177C.
Water, Tap	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Cinnamon, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

Apple Baked f/Fresh (Baked Apple)



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

Apple Whole Fresh (Apple Whole Fresh)

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

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

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

Asparagus Almondine f/Frz (Asparagus Almondine)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	300.0 °F	Steam	1/2 Cup	ⓘ Contains: Asparagus, AllergenSoy, AllergenMilk, AllergenTreeNuts

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	3 g	4 g	4.5 g	30 mg	70 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Asparagus, Cuts Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil asparagus until tender and drain.
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Spread nuts on a shallow pan in a thin layer. Bake, stirring occasionally until light brown.
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Nuts, Almonds Sliced	1.5 Oz	4 Oz	8 Oz	1 lb	
4						Add seasonings and mix lightly. Serve immediately.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Asparagus Almondine f/Frz (Asparagus Almondine)



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

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



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SERVING SIZE	ALLERGENS
1/2 Cup	Contains: Citrus

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Lettuce, Iceberg	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash and chill Lettuce, separate leaves into liners. Peel and slice Avocado into 10 slices each. Arrange Lettuce Leaves on salad plate. Place 4 Orange sections and 2 Avocado slices on each Lettuce Leaf in attractive manner.
2 Orange Sections Refrigerated	1 lb 5 Oz	3 lb 4 Oz	6 lb 8 Oz	13 lb	
Avocado, Fresh	2 whole	5 whole	10 whole	20 whole	
3 Dressing, French LoCal Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt	Drizzle 2 Tsp French Dressing on Oranges and Avocados (or serve Dressing in souffle cup on the side). *Maintain <40F.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

Beans Lima Baby f/Frz (Baby Lima Beans)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	23 g	7 g	2 g	40 mg	65 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
Beans, Lima Baby Frz	2 lb	5 lb	10 lb	20 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil Vegetables until tender. Add Seasoning and mix well.
1 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
2					CCP -- Maintain >140F for only 4 hr.
3					CCP --Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP --Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Beans Wax w/Red Peppers f/Frz (Wax Beans & Red Peppers)



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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
45 kcal	7 g	2 g	2 g	50 mg	35 mg	

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam or boil vegetables until tender. Add seasoning and mix well. NOTE: May substitute 2 #10 cans of Wax Beans for 10# Frozen
Beans, Wax Frz	2 lb	5 lb	10 lb	20 lb	
Pepper, Red Diced Cnd	1.5 Oz	4 Oz	8 Oz	1 lb	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3					CCP -- Maintain >140F/60C; discard unused product.
4					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Beef Burger w/Cheese on Bun WW * (Cheeseburger)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
410 kcal	22 g	24 g	26 g	300 mg	500 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Patty 4z Raw	10 each	25 each	50 each	100 each	Place beef patties on sheet pan. Cook to internal temp of 160F/71C held for 15 sec.
3 Cheese, American Yellow Sliced	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Place 1 oz cheese slice on each beef patty and heat only until cheese is melted.
4 Bun Hamburger White Wheat RTS	10 each	25 each	50 each	100 each	Place beef patty with cheese between hamburger bun slices.
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.

Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Beef Cabbage Rice Casserole f/Grd (Beef & Cabbage Bake)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	350.0 °F	Bake	1 Cup	Contains: Mushroom, AllergenMilk, Tomato, Beef, Onion, AllergenEggs, AllergenWheat, Rice, Cabbage, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	20 g	17 g	17 g	75 mg	520 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix together Beef, Onions, Rice, Eggs, Salt, Pepper and Water.
Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	
Rice, White Parboiled	3/4 Cup	2 Cup	1 Qt	2 Qt		
Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Water, Tap	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt		
2 Cabbage, Green Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Shredded	Place 1/2 Cabbage on bottom of steam table pan. Put Meat mixture on top of Cabbage. Put remaining Cabbage on top of Meat mixture.

Beef Cabbage Rice Casserole f/Grd (Beef & Cabbage Bake)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Basil, Dried Leaves	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Mix together Tomato Sauce, Mushroom Soup, and Spices. Pour mixture on top of layered Cabbage.
	Oregano, Dry	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Tomato Sauce, Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Soup, Cream of Mushroom Cnd Cond	3/4 Cup	2 Cup	1 Qt	2 Qt		
4							Bake 2 hrs to *internal temp 165F/74C for 15 sec.
5							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.

Beef Pie f/Grd w/Biscuit Topping (Beef Pie w/Biscuit Topping)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	375.0 °F	Bake	1 Cup	ⓘ Contains: Beef, Corn, AllergenEggs, AllergenSoy, Potatoes, AllergenMilk, AllergenWheat, Peas, Garlic, Carrots, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	24 g	17 g	19 g	75 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Mince Onion. Dice Potatoes and parboil. Combine Base and Water for broth. Crumble and brown Meat and Onions. Drain fat.
	Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	
2 Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		With whisk, blend Flour and Beef Broth until smooth. Add to Meat. Simmer and stir until thickened.
	Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
3 Potato, Red Fresh	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 5 Oz		Add Potatoes.
4 Peas & Carrots, Frz	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 5 Oz		Add Peas and Carrots to Meat. Add Seasonings. Cook on low heat 30 min to blend flavors. *Maintain >140F.
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	

Beef Pie f/Grd w/Biscuit Topping (Beef Pie w/Biscuit Topping)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
5	Baking Mix, Biscuit	7 Oz	1 lb 2 Oz	2 lb 4 Oz	4 lb 8 Oz		Prepare Biscuit following package directions rolling dough large enough to fit over Meat mixture. Portion Meat mixture in steam pans and fit rolled dough to cover pan. Bake to *internal temp >155F for 15 sec and golden brown. (15-20 min.)
6							CCP -- Hold at 140F for only 4 hrs.
7							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.

Beef Stroganoff f/Cubes (Beef Stroganoff)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	155 °F	Simmer	3/4 Cup	ⓘ Contains: Onion, Garlic, Corn, Beef, Mushroom, AllergenMilk, AllergenWheat, AllergenFish, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	8 g	19 g	8 g	40 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Cubes Raw	2 lb 2 Oz	5 lb 5 Oz	10 lb 11 Oz	21 lb 5 Oz	Thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	
2 Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted	Cut meat in 1" cubes. Brown meat in margarine. Add onion and seasonings.
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3 Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup		Make beef stock from water & base. Heat stock; add to meat. Simmer 35-40 min, until meat is tender.
	Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
4						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.

Beef Stroganoff f/Cubes (Beef Stroganoff)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Sauce, Worcestershire	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Mix flour, water and worcestershire sauce. Stir until smooth. Add to meat while stirring and cook until thickened.
	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		
6	Mushrooms, Pieces Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add mushrooms to meat.
7	Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		Just before serving, add sour cream to meat mixture, stirring constantly. Cook and stir until thickened.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Beef Taco Crispy (Crispy Beef Tacos)



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SERVING SIZE	ALLERGENS
2 each	Contains: Corn, Tomato, Allergen Sulphites, Garlic, Beef, Allergen Wheat, Allergen Milk, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
370 kcal	23 g	18 g	24 g	200 mg	510 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1 Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. TACO MEAT FILLING: Brown Beef; Add: Garlic, Chili and Onion. Drain fat. Maintain >140F/60C.	
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp		
	Chili Powder, Mild	1 1/4 tsp	1 Tbsp	2 Tbsp		1/4 Cup
	Onion, Yellow	6.5 Oz	1 lb	2 lb		4 lb
2 Sauce, Salsa Mild RTS	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Add Picante Sauce, Cumin, Pepper and Salt to Beef mixture. Simmer 5-10 min to *internal temp 160F/71C for 15 sec until most liquid has evaporated. Maintain >140F/40C.	
	Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp		1/4 Cup
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp		1 Tbsp 1 tsp
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp		1 Tbsp 1 tsp
3 Shell, Taco Yellow	20 each	50 each	100 each	200 each	TACO PREP: Place Shells in counter pans. Heat in oven until warm and crisp.	

Beef Taco Crispy (Crispy Beef Tacos)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
4	Lettuce, Iceberg	13 Oz	2 lb	4 lb	8 lb	Shred Lettuce and dice Tomato.
	Tomato, Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	
5	Cheese, Cheddar Shredded	6.5 Oz	1 lb	2 lb	4 lb	To serve, fill each Taco Shell with #20 dipper of Meat mixture. Cover Meat mixture with Lettuce, Tomato and top with 1 Tsp Shredded Cheese.
6	Sauce, Salsa Mild RTS	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt	Serve with Picante Sauce or Salsa to spoon on top. *Maintain >140F/40C for only 4 hrs.
7						CCP - Maintain >140F for only 4 hrs. Discard unused product.
8						NOTES: Commercial Taco Seasoning mix may be substituted for Spices.

Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare according to package instruction.
3					CPP-Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
2 slice	ⓘ Contains: AllergenWheat

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

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

Broccoli f/Fresh (Seasoned Broccoli Florets)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Blanche	1/2 Cup	ⓘ Contains: Broccoli

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	10 g	4 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Bring Water to full boil and add Salt. Add Broccoli, cook until soft and tender.
	Salt, Seasoning	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Broccoli, Florets, Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Broccoli f/Fresh Salad (Broccoli Salad)



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COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Mix & Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Onion, Allergen Sulphites, Broccoli, Cauliflower, Pork & Products, Allergen Eggs, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	19 g	5 g	13 g	75 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1	Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine Vegetables.
	Vinegar, White	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	
	Vinegar, Cider Apple	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Mayonnaise, Light	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	
2	Broccoli, Florets Fresh	2 lb	5 lb	10 lb	20 lb	Add Bacon Bits, Sunflower Seeds, and Raisins to Vegetables.
	Cauliflower, Fresh	6.5 Oz	1 lb	2 lb	4 lb	
	Onion, Red/Burmuda	0.6 each	1.5 each	3 each	6 each	
3	Bacon Bits, Real	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Mix remaining ingredients to make Dressing until Sugar is dissolved. Combine with Salad. Best if covered and refrigerated <40F/4C for 4 1/2 hours before serving. CCP - Maintain <40F/4C.

Broccoli f/Fresh Salad (Broccoli Salad)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
Seeds, Sunflower Toasted	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
Raisins, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	

Broccoli Lemon Walnut (Lemon Walnut Broccoli)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	10 g	5 g	4.5 g	75 mg	160 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Heat margarine until melted. Add nuts and cook, stirring constantly, until margarine turns brown, about 1-2 minutes.
Nuts, Walnuts	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
3 Lemon, Zest	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Grated	Stir in seasonings, lemon zest and juice.
Juice, Lemon RTS	1/4 Cup	2/3 Cup	1 1/3 Cup	2 3/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4 Broccoli, Florets Fresh	2 lb 13 Oz	7 lb 1 Oz	14 lb 2 Oz	28 lb 4 Oz		Steam broccoli until tender. Toss in nut mixture until evenly coated.

Broccoli Lemon Walnut (Lemon Walnut Broccoli)



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

Brussels Sprouts f/Frz (Brussels Sprouts)

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

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

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

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



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

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

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

Carrot Savory f/Frz (Savory Carrots)



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

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

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

Carrot Savory f/Frz (Savory Carrots)



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

Cheesecake/Strawberries f/Mix (Strawberry Cheesecake)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	375.0 °F	Bake & Chill	1 (2x3)	ⓘ Contains: AllergenSoy, AllergenMilk, AllergenWheat, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	43 g	4 g	12 g	125 mg	340 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Cheesecake Mix, No Bake	13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Prepare cheesecake according to package directions using milk.
	Milk, 2% Bulk	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
3	Crumbs, Graham Cracker	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Crust: Blend crackers to give fine texture.
4	Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Cream margarine and sugar into crumbs. Blending well.
	Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
5	Strawberries, Sliced Unsweetened Frz	11.5 Oz	1 lb 13 Oz	3 lb 10 Oz	7 lb 5 Oz	Thawed Press mixture firmly against sides and bottoms of pan(s). Make sides 1" high for sheet pan(s). Make sides 1 1/2" high for springform pan(s).
6						Bake 375F/190C oven for 8 min.
7						Cool before filling. Add filling to cooled crust.
8						Refrigerate completed cheesecake.

Cheesecake/Strawberries f/Mix (Strawberry Cheesecake)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
9							Serve: Ladle 1/4 Cup thawed sliced strawberries on each slice.
10							CCP -- Maintain <40F/4C

Chicken Drumsticks Baked (Chicken Drumsticks)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	2 each	ⓘ Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	24 g	4.5 g	20 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chicken, Drumstick Bnls Raw	20 each	50 each	100 each	200 each	Place chicken on baking sheet, skin side up.
3	Paprika	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Sprinkle chicken with spices and bake uncovered, approximately 35 min.
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Chicken Hawaiian Thighs (Hawaiian Chicken)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	165 °F	Bake	Spatula	3 Oz	ⓘ Contains: Pineapple, Corn, Chicken, AllergenMilk, AllergenWheat, AllergenSoy, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	22 g	17 g	4 g	75 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pineapple, Chunks JcPk	9 Oz	1 lb 6 Oz	2 lb 12 Oz	5 lb 8 Oz		Thaw chicken. Drain approximately half of juice from oranges and pineapple.
Orange, Mandarin JcPk	9 Oz	1 lb 6 Oz	2 lb 12 Oz	5 lb 8 Oz		
Chicken, Thigh Bnls Sknls	10 each	25 each	50 each	100 each		
3 Bread Crumbs, Plain	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		Place milk in shallow bowl. Place bread crumbs in another shallow bowl. Dip each chicken piece in milk then in bread crumbs to coat. Place breaded chicken pieces in baking pan. Bake.
Milk, 2% Bulk	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		

Chicken Hawaiian Thighs (Hawaiian Chicken)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5	Basil, Dried Leaves	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Prepared	Prepare Sauce: Stir cornstarch into orange juice and stir until dissolved. Stir in basil. Heat to boiling, then reduce heat and continue cooking for 2 min.
	Juice Orange f/BIB 6 flz	1 1/3 Cup	3 1/3 Cup	1 3/4 Qt	3 1/4 Qt		
	Cornstarch	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
6	Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		Add salt and pepper. Gently stir in oranges and pineapple, including remaining juice. Simmer. Portion 1 piece of chicken with approximately 2 fl oz sauce per serving.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
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.

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

Chicken Orange Breast (Orange Chicken)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	3 g	20 g	4.5 g	10 mg	60 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Juice, Lemon RTS Juice Orange f/BIB 6 flz Orange, Zest Nutmeg, Ground Pepper, Black Ground Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine juices, rind and spice with margarine; mix well. Pour over chicken.
	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt		
	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
2 Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Place chicken in greased baking pans. Pour sauce over chicken.
3						Bake to *internal temp >165F for 15 sec ensuring chicken is cooked throughout.
4						Serve: Pour 3 Tbsp sauce over chicken.

Chicken Orange Breast (Orange Chicken)



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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

Chicken Pieces Brd Fried RTB Frz (Fried Chicken)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Deep Fry	3 Oz	ⓘ Contains: AllergenSoy, Chicken, AllergenEggs, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	7 g	15 g	9 g	20 mg	310 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					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.

Chicken Ranchers Thighs & Drum Bnls (Ranchers Chicken)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: Chicken, Corn, Garlic, AllergenSulphites, AllergenMilk, AllergenWheat, AllergenEggs, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	5 g	20 g	18 g	20 mg	400 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Chicken, Thigh Bnls Sknls Chicken, Drumstick Bnls Raw	2 lb 0 Oz	5 lb 1 Oz	10 lb 2 Oz	20 lb 4 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Bake Chicken until tender, for about 10 min. Remove Chicken from oven. Drain off any drippings and discard.
	15 Oz	2 lb 5 Oz	4 lb 11 Oz	9 lb 5 Oz	
2 Dressing, Ranch Bulk Cereal, Corn Flakes Bulk	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt	Coat Chicken with Dressing. Sprinkle Corn Flake Crumbs over Chicken.
	1 1/3 Cup	3 1/3 Cup	1 3/4 Qt	3 1/4 Qt	
3					Place back into oven and bake until lightly brown & to *internal temp >165F/74C held for 15 sec.
4					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.

Chicken Spaghetti f/Pulled (Chicken Spaghetti)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	34 g	28 g	14 g	200 mg	330 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2 Pasta, Spaghetti Dry	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Add pasta to boiling water and cook 8-10 minutes or to desired doneness, drain. Or prepare pasta as per package instructions. Maintain >135F/57C.	
3	Pimento, Pieces Cnd	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup	Saute onions and mushrooms in margarine. Stir flour and seasonings into sauteed vegetables.	
	Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
	Mushrooms, Pieces Cnd	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz		Chopped
	Margarine, Solids	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup		Melted
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup		

Chicken Spaghetti f/Pulled (Chicken Spaghetti)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/8 tsp		
	Milk, 2% Bulk	3 1/3 Cup	2 1/8 Qt	1 Gal	2 Gal 1 Cup		Add milk and chicken base, stirring constantly. Cook until thickened. *Maintain at >140F.
	Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
4	Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Onion, Yellow	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 3/4 Cup	Chopped Fine	
	Flour, All Purpose	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
5	Chicken, Meat Pulled Ckd	1 lb 6 Oz	3 lb 8 Oz	6 lb 15 Oz	13 lb 14 Oz	Diced	Combine cooked spaghetti, chicken and sauce. Scale into greased baking pans. CCP -- Maintain <40F/4C until ready to bake. Sprinkle 8 oz cheese over top of each pan just before baking. Bake immediately for 40-45 min until cheese bubbles and product reaches *internal temp. of >165F/74C for 15 secs.
	Cheese, Mozzarella Shredded	3.5 Oz	9 Oz	1 lb 2 Oz	2 lb 3 Oz		
6							CCP -- Maintain >135F/57C for only 4 hrs.
7							CCP -- Cool: Product must reach 135F to 70F within 2 hrs and from 70F to 40F within 4 hrs.

Corn Southwest (Southwest Corn)



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COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
8 Min	Steam	4z Spoodle	1/2 Cup	ⓘ Contains: Peppers Bell, Corn, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	3 g	2.5 g	0 mg	35 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Red Roasted	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	Steam or boil vegetables until tender. (Approximately 8-10 minutes) Add margarine and seasonings. *Maintain >135F/57C.
Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		
Pepper, Green Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Minced	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Chili Powder, Mild	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Cumin, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
2						

Corn Southwest (Southwest Corn)



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

Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Crisp Peach Hmd (Peach Crisp)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	47 g	3 g	6 g	30 mg	60 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Juice, Lemon RTS	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		Preprep: Drain fruit, reserving juice. Heat juices to boiling.
Peaches, Sliced JcPk	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	3 Gal 5 Cup	Drained	
3 Cornstarch	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		Mix cornstarch and water until smooth. Add to hot juice while stirring briskly with a wire whip. Cook until thickened.
Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
4 Sugar, Granulated Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Add sugar. Bring to boiling point.
5						Add drained fruit. Mix carefully. Cool. Pour into greased baking pan(s).
6 Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		Combine remaining ingredients in a bowl and mix until crumbly. Spread evenly over fruit.

Crisp Peach Hmd (Peach Crisp)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Cinnamon, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
7							Bake at 350F/177C for 45 mins, checking periodically to avoid excess browning.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Egg Benedict Casserole (Eggs Benedict Casserole)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	375.0 °F	165 °F	Bake	1/2 Cup	ⓘ Contains: AllergenWheat, Pork & Products, AllergenMilk, Onion, AllergenSoy, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	14 g	12 g	6 g	150 mg	430 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin English WW RTS	5 each	12.5 each	25 each	50 each		Split english muffins and cut into 1 inch cubes. Layer on bottom of baking pan. Cover with chopped Canadian bacon. Whisk eggs, milk, and seasonings. Pour egg mixture over english muffins and Canadian bacon. Cover and refrigerate overnight.
Bacon, Canadian Ckd	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Chopped	
2 Egg, Liquid	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt	Thawed	
Milk, 2% Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
Onion, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Egg Benedict Casserole (Eggs Benedict Casserole)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3							Bake casserole covered with foil at 375F/190C for 35 minutes. Remove foil and bake uncovered for additional 15 minutes until center is set.
4							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Muffin English WW RTS (WW English Muffin)

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

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

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

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: AllergenSoy, Garlic, AllergenFish, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	3 g	16 g	15 g	50 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	3/4 Cup	2 Cup	1 Qt	2 Qt		Melt margarine in a saucepan over medium heat. Mix in garlic, basil and oregano. Bring to a low boil. Cook and stir about 10 minutes, until thickened.
Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
2 Basil, Dried Leaves	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Oregano, Dry	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
Fish, Cod	2 lb 6 Oz	6 lb	12 lb	24 lb	thawed	
3						Arrange cod fillets in a single layer on a medium baking sheet. Cover with 1/2 the margarine mixture. If broiling leave on sheet pan, if baking cover with foil.
4						Bake until fish is easily flaked with a fork, approximately 15-20 minutes. Pour remaining margarine mixture over fish to serve.

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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.

Fruit Heavenly Hash (Heavenly Hash)

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

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

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

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

Garnish Cheese Cheddar (Cheddar Cheese)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	2 Oz	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	2 g	13 g	19 g	450 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cheese, Cheddar Shredded	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Shredded	Separate cheese into 2oz portions.
						CCP -- Maintain <40F/4C

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

Grapes Fresh (Fresh Grapes)

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

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

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

Gravy Poultry Hmd (Poultry Gravy)



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COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Simmer	2 fl. oz	ⓘ Contains: AllergenWheat, Garlic, AllergenMilk, Chicken, Corn, Onion, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	3 g	1 g	4.5 g	0 mg	160 mg

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

Gravy Poultry Hmd (Poultry Gravy)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Seasoning, Poultry	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2 tsp		
Parsley, Dried	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp		
5						Portion using 2 oz ladle.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Green Beans Herb Frz * (Herbed Green Beans)



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

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

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

Green Beans Herb Frz * (Herbed Green Beans)



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

Green Beans Oregano Frz * (Green Beans Oregano)



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

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

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

House Salad * (House Salad)

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

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

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

Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Meatballs Mexican w/Sauce (Mexican Meatballs)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	300.0 °F	Bake	3 each	ⓘ Contains: Peppers Bell, Tomato, Beef, Onion, AllergenEggs, AllergenMilk, AllergenSoy, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	9 g	15 g	15 g	75 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Mince first portion Onion. Mix together ground Beef, Bread Crumbs, Milk, Onions and seasonings until well blended. Do not overmix. Shape into 1 1/2 oz balls using a level #24 scoop. Place on sheet pan and bake. Bake 325F to *internal temp >165F for 15 sec.	
	Bread Crumbs, Plain	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Egg, Liquid	4.8 fl. oz	12 fl. oz	24 fl. oz	48 fl. oz		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Chopped Fine
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp			
2	Pepper, Green Diced Cnd	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Chopped	Combine Onion, Peppers, Tomatoes and spices in blender; blend until smooth. Add water. Heat to 165F held 15 secs. Add Meat Balls to Sauce. Serve Meatballs with sauce.

Meatballs Mexican w/Sauce (Mexican Meatballs)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Tomato, Diced Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt		
Cumin, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Garlic, Powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Chili Powder, Mild	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Onion, Yellow	1 each	2.5 each	5 each	10 each	Chopped	
3						CCP -- Maintain: >140F or higher for only 4 hrs.
4						CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
5						CCP -- Reheat: To internal temp of >165F for at least 15 sec within 1 hr - one time only.

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Muffin Corn f/Corn Muffin Mix (Corn Muffin)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	30 g	4 g	5 g	30 mg	360 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Baking Mix, Corn Muffin	0 lb 15 Oz	2 lb 6 Oz	4 lb 12 Oz	9 lb 8 Oz	Prepare product as per package instructions.
	Water, Tap	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	

Noodles Garlic (Garlic Noodles)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Water, Tap	2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal	Bring water to boil.
3 Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Add pasta gradually while stirring. Reheat to boiling. Cook uncovered at a fast boil until tender, about 10 min. Stir occasionally to help prevent sticking. Drain well.
4 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Stir in margarine and seasonings.
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Parsley, Dried	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
5					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.

Noodles Garlic (Garlic Noodles)



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

Noodles Parslied (Parslied Noodles)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Bring water and salt to a boil.
	Water, Tap 2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal		
3	Noodles, Egg Dry 9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4	Parsley, Dried 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Stir in margarine and parsley.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Noodles Parslied (Parslied Noodles)



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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	Contains: Citrus

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

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

Orange Mandarin Fresh (Mandarin Orange)

SERVING SIZE	ALLERGENS
1 each	Contains: Citrus

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

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)



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

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

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

Oranges Mandarin JcPk w/Whip Topping (Oranges In Whipped



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

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

	INGREDIENTS	SERVINGS				PREPARATION STEP
		10	25	50	100	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Orange, Mandarin JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Gently fold whipped topping with oranges.
	Topping, Whip Non-Dairy Bag Frz	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt	
3						CCP -- Maintain <40F/4C

Pasta Orzo Lemon Dill (Lemon Dill Orzo)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	38 g	8 g	7 g	75 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Oil, Olive	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. In a large saucepan, heat oil and margarine. Add onion and sautee over low heat until tender.
	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
	Onion, Yellow	3 Oz	7 Oz	14 Oz	1 lb 12 Oz	
2	Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Stir in flour, cook for 5 minutes. Whisk in broth and simmer an additional 10 minutes, stirring occasionally. Remove onion mixture from heat and set aside.
	Soup Broth Chicken f/Base	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
3	Juice, Lemon RTS	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	In a large bowl, combine remaining ingredients. Add onion mixture. Toss to combine.
	Cheese, Parmesan Grated	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	

Pasta Orzo Lemon Dill (Lemon Dill Orzo)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Pasta, Orzo	1 lb	2 lb 8 Oz	5 lb	10 lb	Cooked/Drained	
	Dill, Weed Dried	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
4							Transfer orzo mixture to baking dish. Cover with foil and bake until heated through.
5							CCP -- Maintain >135F/57C.
6							CCP -- Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
7							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
8							Cook Time: 20-25 mins

Soup Broth Chicken f/Base (Chicken Broth)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	10 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Base, Chicken Paste LS G-F 2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap 1 3/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	4 Gal 3 Cup	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	⚠ Contains: Pear

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

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

Pears Diced f/Cnd (Chilled Diced Pears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	0 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pears, Diced JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	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.

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



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

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

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

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	ⓘ Contains: Strawberry, Pork & Products, Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	1 g	0 g	20 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pineapple, Chunks JcPk	2 lb 11 Oz	6 lb 11 Oz	13 lb 5 Oz	26 lb 11 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Gelatin, Dry Strawberry	1 Oz	2 Oz	4 Oz	8 Oz	Lightly drain fruit.
3					Sprinkle gelatin powder over fruit and stir gently.
4					Let fruit stand for 30 min before serving.
5					CCP -- Maintain <40F/4C

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

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

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

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

Pizza Casserole Supreme (Supreme Pizza Casserole)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1 (3x3)	ⓘ Contains: AllergenWheat, Pork & Products, Mushroom, AllergenMilk, Tomato, Beef, Peppers Bell, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	21 g	14 g	13 g	175 mg	470 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Sauce Pizza Hmd	1 1/2 Cup	3 2/3 Cup	1 3/4 Qt	3 3/4 Qt	Prepared	Prepare pizza sauce as per separate recipe. Keep warm. Maintain >135F/57C.
3 Pasta, Spaghetti Dry	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz	Cooked/Drained	Stir spaghetti into boiling Water. Cook 8-10 min until nearly cooked through. Drain well, and set aside. CCP -- Maintain >135F/57C.
4 Sausage, Pork Bulk	13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 6 Oz	Cooked & Crumbled	In a large skillet over medium-high heat, cook sausage until lightly browned, 5-8 minutes. Add onion, peppers, mushrooms, and olives. Cook 4-5 minutes until onion is translucent, stirring occasionally.
Onion, Yellow	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Chopped	
Pepper, Green Fresh	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt	Chopped	
Mushrooms, Fresh	1 Oz	2.5 Oz	5.5 Oz	10.5 Oz	Sliced	

Pizza Casserole Supreme (Supreme Pizza Casserole)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Olives, Black-Ripe Pieces	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		
5	Cheese, Mozzarella Shredded	1 2/3 Cup	1.0 Qt	2 1/8 Qt	1 Gal		Add pizza sauce and spaghetti to the sausage-vegetable mixture, stir to combine well. Remove from heat, and stir in half of the cheese. Spread mixture into baking pan(s).
6	Pepperoni, Sliced	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz		Sprinkle remaining cheese over pan(s), and arrange pepperoni evenly over cheese. Bake for 25-30 minutes.
7							To Serve: Cut casserole into approximate 3X3 pieces, and serve.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Sauce Pizza Hmd (Pizza Sauce)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	Simmer	2 fl. oz	⚠️ Contains: Onion, Tomato, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	8 g	2 g	1 g	20 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						Saute onions in oil until transparent.	
Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine		
Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Add remaining ingredients. Bring to boil. Reduce heat & simmer for 30-45 min.	
Tomato Paste, Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt			
Juice, Tomato RTS	1 2/3 Cup	1 Qt	2 Qt	1 Gal			
3							
Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp			
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp			
Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup			

Sauce Pizza Hmd (Pizza Sauce)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
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.

Pork Loin Herb Mustard (Herb & Mustard Crusted Pork Loin)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	145 °F	Roast	3 Oz	ⓘ Contains: AllergenWheat, Garlic, Mustard, Citrus, Pork & Products

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	7 g		18 g	13 g	40 mg	240 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Mustard, Dijon	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Combine lemon juice, oil, herbs, seasonings and mustard to make a paste.
Garlic, Powder	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
Thyme, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
2 Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Juice, Lemon RTS	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	

Pork Loin Herb Mustard (Herb & Mustard Crusted Pork Loin)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Rosemary, Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
3	Pork, Loin Bnls	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Rub paste over meat. Dredge with bread crumbs. Refrigerate several hours or overnight. CCP -- Maintain <40F/4C.
	Bread Crumbs, Plain	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt	
4						Roast uncovered at 325F/163C for approximately 2-3 hours.
5						For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
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 & Onions f/Fresh (Potatoes & Onions)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Russet/Baking Fresh	2 lb	5 lb	10 lb	20 lb	Peeled & Sliced Cook potatoes in boiling water until tender. (Pre-peeled and sliced potatoes may be used)
	Water, Tap	1 1/2 Qt	1 Gal	2 Gal	4 Gal	
3	Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Chopped Cook onions in margarine until tender, without browning.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
4	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Add cooked potatoes, salt, & pepper to onions. Cook until browned.
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
5						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. NOTE: *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times.

Potato & Onions f/Fresh (Potatoes & Onions)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - 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	ⓘ Contains: Potatoes

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Potato Mashed Herbed f/Inst (Mashed Potatoes)



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

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

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

Potato Mashed Herbed f/Inst (Mashed Potatoes)



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

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



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	Roast	1/2 Cup	ⓘ Contains: Potatoes, Garlic, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	2 g	4.5 g	20 mg	130 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Oil, Olive	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Mustard, Dijon	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Garlic, Whole Fresh	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	Minced	
1 Thyme, Dried Leaves	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
Rosemary, Dried Whole	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		

Potato Scalloped Mix w/Sauce (Scalloped Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	20 g	3 g	1 g	20 mg	420 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Scalloped Mix w/Sauce	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare according to package directions. Bake to *internal temp 165F/74C for 15 sec.
2					CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding.
3					NOTE:*Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times.
4					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

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



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Potato, Red Fresh	2 lb 1 Oz	5 lb 3 Oz	10 lb 6 Oz	20 lb 12 Oz	Chopped	
2							In a large bowl, combine oil, mustard, garlic, thyme, rosemary, salt and pepper. Mix thoroughly. Add potatoes and toss to coat. Transfer to roasting pan.
3							Bake at 375F/191C until potatoes are tender.
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.

Potato Sliced Parslied f/Fresh (Parslied Potatoes)



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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Steam/Boil Potatoes until just tender.
3	Parsley, Dried	1 Tbsp 1 tsp	3 Tbsp	1/3 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	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 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.	

Potato Sliced Parslied f/Fresh (Parslied Potatoes)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
8							Cook Time: 15-25 min

Potato Sweet Fries Waffle f/Frz (Sweet Potato Waffle Fries)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	15 g	1 g	6 g	30 mg	125 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fries Waffle Frz	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook according to package instructions on greased baking sheets.
2					*Maintain >140F/60C

Potato Sweet Whipped Ginger (Ginger Whipped Sweet Potatoe



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Sweet Fresh	2 lb 13 Oz	7 lb	14 lb	28 lb	Peeled & Cubed	Place potatoes in a large pot with enough water to cover them, and bring to a boil. Reduce heat to medium-low, cover, and simmer 15-20 minutes until potatoes are fork tender, or to desired consistency. Drain potatoes, reserving some of the cooking water and set aside.
Margarine, Solids	2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup		In a large saucepan over medium heat, melt margarine and saute onions until soft, 3-4 minutes. Stir in garlic and ginger, and cook additional 1-2 minutes until fragrant. Remove from heat.
Onion, Yellow	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
3 Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
Ginger, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4 Salt, Iodized	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		In a blender or food processor, carefully add cooked potatoes and onion mixture. Blend or process until smooth, adding some of the reserved potato water as needed to help thin the mixture. Season the mixture with the salt, pepper, and vinegar. Process for additional 10 seconds, and serve.

Potato Sweet Whipped Ginger (Ginger Whipped Sweet Potatoe



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		
	Vinegar, Cider Apple	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	4z Spoodle	1/2 Cup	ⓘ Contains: Potatoes

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Cut into Wedges	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Wash & peel potatoes. Cut into pieces approximately 2 inches in size. (Pre-peeled and wedged potatoes may also be used.) Place potatoes in bowl.
3 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Rosemary, Dried Whole	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
4						Spread potatoes in a single layer on oiled baking sheets. Combine salt, pepper and rosemary. Sprinkle a light coat of mixture over potatoes. Roast potatoes until tender & golden brown.
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

pudding Tapioca & Fruit Cocktail (Fruity Tapioca Pudding)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Pineapple, AllergenMilk, Peach, Cherry, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	29 g	3 g	1 g	100 mg	105 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Fruit Cocktail, JcPk 0.33 no. 10 can	0.83 no. 10 can	1.66 no. 10 can	3.32 no. 10 can	Drain fruit. Put in large bowl.
	Pudding Tapioca f/Inst 2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
3					Gently mix pudding with fruit. Refrigerate until time of service.
4					CCP -- Maintain <40F/4C

pudding Tapioca f/Inst (Tapioca Pudding)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	5 g	2.5 g	150 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pudding Mix, Tapioca Inst	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Pour pudding mix into large mixing bowl.
3 Milk, 2% Bulk	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Add milk and mix until thoroughly blended.
4					Portion 1/2 Cup into individual serving dishes. Chill <40F/4C until set.
5					CCP -- Maintain <40F/4C

Rice Cilantro No Base (Cilantro Rice)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	25 g	3 g	2.5 g	30 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Boiled	Place rice, oil and salt in shallow baking pan. Add boiling water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min. until liquid is absorbed. Fluff with fork.
	Salt, Iodized 1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Oil, Vegetable 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Rice, White Parboiled 1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
3	Cilantro, Raw Bunch 1/3 Cup	1 Cup	2 Cup	1 Qt		Stir in minced cilantro.
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.

Rice Cilantro No Base (Cilantro Rice)



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

Rice Pilaf Lemon w/Ckn Base (Lemon Rice Pilaf)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Garlic, AllergenSoy, AllergenMilk, Chicken, Rice, Citrus, Corn, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	27 g	3 g	2 g	40 mg	60 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Water with Base to make Chicken Broth. Saute Onion in Margarine until Onion begins to soften. Do not brown.	
	Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/2 Cup		
	Onion, Yellow	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Minced
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
2	Rice, White Parboiled	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	Add uncooked Rice to Onions and stir over heat until completely coated with the Margarine.	
3	Pepper, White	1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp	Add Seasonings, Lemon Zest, Lemon Juice, and prepared Chicken Broth. Stir to combine. Cover tightly.	
	Bay Leaf, Whole	0.2 leaf	0.5 leaf	1 leaf	2 leaf		
	Lemon, Zest	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Juice, Lemon RTS	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		

Rice Pilaf Lemon w/Ckn Base (Lemon Rice Pilaf)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Bake at 350F for 45 min; or steam uncovered for 30 min. Remove Bay leaf, and stir before serving. *Maintain >140F. Serving 1/2.
5							CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Bake	1 each	ⓘ Contains: AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3 Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Maintain <40F/4C

Salad Fruit RTS (Fruit Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	4 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	0 g	0 g	0 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Serve as desired. CCP - Maintain <40F/4C

Sauce Hollandaise Hmd (Hollandaise Sauce)



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COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 fl. oz	ⓘ Contains: AllergenEggs, AllergenMilk, Citrus, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	3 g	10 g	20 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz		Preprep: Separate egg. Reserve the yolks and save whites for another use. Combine margarine, lemon juice and egg yolk. Cook over low flame in double boiler, beating constantly. Do not boil.
Juice, Lemon RTS	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		
Egg, Shell Large	3.75 each	9.38 each	18.75 each	37.5 each	Separated	
3						When first portion of margarine is melted, add second amount. Continue cooking and beating until mixture is almost the consistency of thick cream sauce.
Margarine, Solids	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz		Add remaining margarine and heat only until it is melted. Remove from heat. Carefully add salt and cayenne.
4						
Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Pepper, Cayenne	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		

Sauce Hollandaise Hmd (Hollandaise Sauce)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Note: If mixture curdles, add a Tsp of ice water at a time, beating constantly. If more than one cup is made, the danger of curdling is greater.
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.

Soup Bean Black Cilantro Hmd (Black Bean Cilantro Soup)



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COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Simmer	6 fl. oz	ⓘ Contains: Tomato, Peppers Bell, Onion, Garlic, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	18 g	6 g	0 g	50 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beans, Black Dry	9 Oz	1 lb 6 Oz	2 lb 12 Oz	5 lb 8 Oz		Soak beans overnight and drain and rinse.
3 Water, Tap	1 1/2 Qt	3 1/2 Qt	1 Gal 5 Cup	3 Gal 3 Cup		Add water to beans and bring to a boil. Boil for 2 minutes. Cover. Turn off heat and allow to stand for 1 hr.
Salt, Iodized	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 2 tsp		Add seasonings to beans. Simmer until almost tender, about 45 min. If beans become too thick, add more water.
4 Cumin, Ground	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		
Pepper, Black Ground	1/8 tsp	1/2 tsp	1.0 tsp	1 3/4 tsp		
Oregano, Dry	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		

Soup Bean Black Cilantro Hmd (Black Bean Cilantro Soup)



Health & Human Services



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp	Chopped Fine	
	Onion, Yellow	3 Oz	7 Oz	14 Oz	1 lb 12 Oz	Chopped	Add onion, tomato, peppers, and Worcestershire. Simmer until tender . Add more water as needed. Remove from heat and stir in cilantro. Serve immediately.
	Tomato, Diced Cnd	3/4 Cup	1 3/4 Cup	3 2/3 Cup	1 3/4 Qt		
5	Pepper, Green Fresh	1 Oz	2.5 Oz	5.5 Oz	10.5 Oz	Chopped	
	Cilantro, Raw Bunch	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Chopped	
6							
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.

Soup Tomato Florentine Hmd (Tomato Florentine Soup)



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COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Simmer	6z Ladle	6 fl. oz	ⓘ Contains: Tomato, Corn, AllergenWheat, AllergenSoy, Celery, AllergenMilk, Spinach, Garlic, Onion, Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	26 g	6 g	2.5 g	100 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Saute Onions & Celery in Margarine. Add diced Tomatoes, Tomato Puree and Spinach.
Onion, Yellow	0.3 each	0.75 each	1.5 each	3 each	Diced	
Celery, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Diced	
Margarine, Solids	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
Tomato, Diced Cnd	0.15 no. 10 can	0.39 no. 10 can	0.77 no. 10 can	1.54 no. 10 can		
Tomato Puree, Cnd	0.15 no. 10 can	0.39 no. 10 can	0.77 no. 10 can	1.54 no. 10 can		
Spinach, Fresh	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 10 Oz		

Soup Tomato Florentine Hmd (Tomato Florentine Soup)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Base, Vegetable Paste LS G-F	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add Chicken Base, Water and all Spices. Cook for 25-30 min. Add Pasta and cook until tender. Maintain >140F/60C.
	Bay Leaf, Whole	0.62 each	1.54 each	3.08 each	6.16 each		
	Macaroni, Elbow Dry	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 10 Oz		
	Cheese, Parmesan Grated	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Water, Tap	2 1/2 Qt	1 Gal 3 Cup	3 Gal 1 Cup	6 Gal 1 Cup		
	Pepper, White	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
	Seasoning Mix Italian LS Hmd	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Seasoning Mix Italian LS Hmd (Italian Seasoning)

COOK METHOD	SERVING SIZE	ALLERGENS
Dry	1 tsp	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Mix all ingredients to form an Italian seasoning blend that is salt free. May be prepared ahead of need. Store at room temperature, in a tightly closed container. Discard after 6 months.
Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Marjoram, Leaf Dried	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Oregano, Dry	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Rosemary, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	

Sour Cream Fat Free PC (Fat Free Sour Cream)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: AllergenMilk

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

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

Spinach Salad w/Cheese No Dressing (Spinach Cheese Salad)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	4 g	6 g	4.5 g	175 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Spinach, Fresh	1 lb 12 Oz	4 lb 6 Oz	8 lb 12 Oz	17 lb 8 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash and drain. Cut Spinach in bite size pieces. Dice Onion and Celery. Shred Cheese.
2 Egg Boiled Hard Whole RTS	2 each	5 each	10 each	20 each		Cut Eggs in half lengthwise. Maintain <40F.
3 Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Chopped	Combine all ingredients and mix lightly.
Celery, Fresh	1.5 Oz	4 Oz	8 Oz	16 Oz	Chopped	
Cheese, Cheddar Shredded	3 Oz	8 Oz	16 Oz	1 lb 16 Oz		
4						CCP -- Maintain <40F.

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Steak Filet Mignon (Filet Mignon)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Pan Fry	3 Oz	ⓘ Contains: Beef, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	0 g	26 g	7 g	20 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Beef, Steak Filet Mignon	2 lb 6 Oz	5 lb 14 Oz	11 lb 12 Oz	23 lb 8 Oz	<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Pan Broil: Place Meat on preheated ungreased griddle or heavy fry pan. Cook slowly at moderate temp to *internal temp >155F for 15 sec; turning as necessary. Care should be taken not to puncture Meat. Do not add additional fat or Water. Average cooking time is 12-18 min. Season Meat with Margarine and Spices.</p> <p>Broil: This is a dry heat method, used most successfully for cuts 1-2" thick. Preheat broiler. Place Meat 3-5" from heat. If Meat if frozen, increase distance from heat source.</p> <p>Broil Meat until side closest to heat source is attractively browned and *internal temp >155F for 15 sec is reached. Turn Meat once during cooking. Season with Margarine and Seasonings.</p>
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Salt, Iodized	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
Paprika	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
2					CCP -- Maintain >140F for only 4 hrs.
3					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Succotash Sauteed w/Garlic Butter (Succotash in Garlic Butter)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Saute	1/2 Cup	ⓘ Contains: AllergenMilk, Corn, Garlic, Beans/Legumes, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	15 g	3 g	4.5 g	40 mg	55 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Spread Garlic Butter	1.5 Oz	4 Oz	8 Oz	1 lb	Prepared	Prepare Garlic Butter per separate recipe.
3 Corn, Whole Kernel Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	Thawed	Saute Corn, Green Beans, and Tomatoes in Garlic Butter until crisp-tender. Season with Salt and Pepper.
Green Beans, Whole Fresh	1 lb 8 Oz	3 lb 12 Oz	7 lb 8 Oz	15 lb	Blanched	
Tomato, Grape Fresh	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Halved	
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Succotash Sauteed w/Garlic Butter (Succotash in Garlic Butter)



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

Spread Garlic Butter (Garlic Butter Spread)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Butter, Unsalted Bulk	10.5 Oz	1 lb 11 Oz	3 lb 5 Oz	6 lb 11 Oz		Blend butter with a mixer 10 minutes until light and fluffy.
3 Garlic, Whole Fresh	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Minced	Add garlic and blend for 1 minute. Add thyme and blend for 1 minute. Add parsley and blend for 5 minutes until mixed thoroughly.
Thyme, Ground	1/2 tsp	1 1/4 tsp	3 tsp	1 Tbsp 2 tsp		
Parsley, Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
4						CCP -- Maintain <40F/4C.

Tangy Meatloaf * (Tangy Meatloaf)



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COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	155 °F	Bake	3 Oz	ⓘ Contains: AllergenMilk, AllergenEggs, Tomato, Beef, Onion, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	12 g	21 g	21 g	75 mg	480 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Tomato Paste, Cnd	1 Oz	3 Oz	6 Oz	12 Oz		Combine all ingredients in step #2 in bowl and gently mix. Do not over mix.
Bread Crumbs, Italian	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
Soup Mix, French Onion	0.5 Oz	1 Oz	2 Oz	4 Oz		
2 Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Chopped Fine	
Beef, Ground 80-85/20-15 Raw	3 lb	7 lb 8 Oz	15 lb	30 lb		
Egg, Liquid	1/3 Cup	1 Cup	2 Cup	1 Qt		
Milk, 2% Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		

Tangy Meatloaf * (Tangy Meatloaf)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Press mixture into loaf pans or form loaves on 18 x 26" baking sheet 22" long and 4" wide. Bake at 325F for 1 1/2 hrs ; For glaze; cook onions in oil until transparent. Add remaining ingredients, mix well and heat until 170F. Serve 2oz over cooked meatloaf.
4							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
5							Drain fat. Let stand minutes before slicing. Portion into 3 oz slices. Top with 2 oz tangy sauce.
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.

Tomato Escaloped f/Cnd (Escaloped Tomatoes)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Tomato, Peppers Bell, Onion, AllergenSoy, AllergenMilk, AllergenWheat, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	22 g	4 g	1 g	100 mg	510 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Tomato, Diced Cnd	0.61 no. 10 can	1.52 no. 10 can	3.03 no. 10 can	6.06 no. 10 can		Drain Tomatoes. Reserve juice.
3 Celery, Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	To Juice, add coarsely chopped Celery, Onions, & Green Pepper. Cook about 15 min.
Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Diced	
4 Pepper, Black Ground	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/4 tsp		Add Tomatoes & Pepper, and place in greased baking pan(s).
5 Bread Crumbs, Plain	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt		Cover with Bread crumbs and bake at 350F for 30 min to internal temp >135F/57C for 15 sec.

Tomato Escalloped f/Cnd (Escalloped Tomatoes)



Health & Human Services



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

Turkey Cheese Swiss Sndw Wheat (Turkey & Swiss Sandwich)



Health & Human Services



COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: AllergenWheat, AllergenMilk, Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	24 g	27 g	8 g	200 mg	320 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Cheese, Swiss Sliced	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Sliced Thin	Combine 2 oz turkey and 1/2 oz cheese between 2 slices of bread to make a sandwich. Cut as desired. Wrap and chill under refrigeration.
2 Bread Wheat	20 slice	50 slice	100 slice	200 slice		
Turkey, Breast Whole Ckd	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Sliced Thin	
3						CCP -- Maintain <40F/4C.

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

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

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

Turkey Roast f/Whole BI (Roast Turkey)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	3 Oz	ⓘ Contains: Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	0 g	28 g	9 g	20 mg	430 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Turkey, Whole Raw Bone-In	4 lb	10 lb	20 lb	40 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Thaw turkey under refrigeration. Allow 2-3 days. Remove giblets and neck from body cavities. Tuck wing tips under back of bird. Do not stuff bird with dressing. Prepare dressing and bake in baking pan.
2 Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Brush turkey with oil. Season inside and out. Place on rack in roasting pan breast side up. Place aluminum tent over turkey for about 1/4 of the time. Remove for browning. Baste with pan juices frequently. Refer to roasting chart for length of roast time for different weights. Roast turkey to *internal temp of >165F for 15 sec and juices run clear. Insert thermometer in the center of the inside thigh muscle. Do not touch bone with thermometer tip. Allow to stand 20 min before carving.
Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Pepper, White	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Sage, Rubbed	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Paprika	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3					CCP - Maintain >140F for only 4 hrs.
4					CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
5					CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Vegetable Mix 4 Blend (Mixed Vegetables)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Vegetable Mix, 4 Way Frz 2 lb	5 lb	10 lb	20 lb		Steam or boil Vegetables until just tender. Approximately 8-10 minutes. Do Not Overcook. Add Margarine & mix well.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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

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

Vegetable Mix Oriental Blend (Oriental Blend Vegetables)



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

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

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

Zucchini & Squash Yellow Seasoned f/Frz (Squash Medley)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Steam vegetables until tender.
Squash, Yellow Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	
Zucchini, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	
3					Pour margarine and seasonings over squash.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Oregano, Dry	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Zucchini & Squash Yellow Seasoned f/Frz (Squash Medley)



Health & Human Services



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

Zucchini Seasoned f/Frz (Seasoned Zucchini)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	7 g	3 g	4 g	40 mg	35 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Zucchini, Frz 4 lb	10 lb	20 lb	40 lb	Steam or boil vegetables until tender, approximately 6-8 min; or cook according to package instructions. Gently stir in margarine.
	Margarine, Solids 3 Tbsp 1 tsp	1/2 Cup	1 Cup	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.



NUTRIENT ANALYSIS

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

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

Nutrient Analysis
North Dakota Department
on Aging
Month Menu
February
2024

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	780 kcal
Protein (g)	30 (g)	40 (g)
Carbohydrate	NA	101 (g)
Fat	30-35% of calories, less is acceptable	31%
Fiber (g)	9 (g)	10 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	455.07 mcg
Vitamin B-6	.6 mg	1.07 mg
Vitamin B12	.8 mcg	2.64 mcg
Vitamin C	30 mcg	59.94 mcg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1650 mg
Sodium	<1100mg avg over one month	940 mg

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

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

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

Daily Nutrient Analysis: Thursday, Week 1, Month Menu February Lunch 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	865	108	11	0	0	38	0	45	31	535	7	1675	1045	691	1265	52	4	60	111	120	1	6
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Ranchers Thighs & Drum Bnls	260	5	0	0	0	2	0	20	18	20	1.75	300	400	234.3	26.1	0.63	0.2	44.56	15.8	100	0.08	3
1/2cup Beans Lima Baby f/Frz	140	23	4	0	0	0	0	7	2	40	2.25	450	65	94.6	27.74	7.53	0.4	2.1	25.45	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
4oz Salad Fruit RTS	60	16	1	0	0	14	0	0	0	0	0	0	15	0	94.49	39.69	0	0	0	0	0	0
1/2cup Potato Sweet Whipped Ginger	140	27	4	0	0	6	0	3	3	50	1	450	180	62.71	932.77	3.6	0.6	6.05	15.13	0	0.23	0.5
Lunch TOTAL	865	108	11	0	0	38	0	45	31.0	535	7.1	1675	1045	690.55	1264.7	51.56	4.2	60.46	111.23	120	0.64	5.5

Daily Nutrient Analysis: Friday, Week 1, Month Menu February Lunch 2024

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



	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	91	10	0	0	45	0	35	28	625	5	1300	1035	614	284	43	5	108	98	100	1	9
Lunch																						
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 Beans Wax w/Red Peppers f/Frz	45	7	3	0	0	2	0	2	2	50	1	125	35	29.2	31.69	11.48	0.4	36.9	21.64	0	0.13	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Beef Cabbage Rice Casserole f/Grd	300	20	3	0	0	3	0	17	17	75	2.5	450	520	184.22	19.76	28.17	0.4	61.68	44.99	75	0.91	6
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
1/2cup Pudding Tapioca & Fruit Cocktail	130	29	1	0	0	23	0	3	1	100	0.3	200	105	70.85	48.77	2.87	0.8	2.77	6.1	5	0.05	1
Lunch TOTAL	710	91	10	0	0	45	0	35	27.5	625	5.15	1300	1035	613.91	283.82	42.53	4.6	107.5	97.83	100	1.27	9.0

Daily Nutrient Analysis: Monday, Week 2, Month Menu February Lunch 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
IDEAL VALUES	660	100	9	0	0	0	0	30	25	350	8	1600	1100	700	300	30	3	90	400	200	0	10
DAILY TOTAL	690	83	8	0	0	30	0	46	22	590	6	1350	1160	672	366	63	3	37	114	140	0	6
Lunch																						
1/2cup Oranges Mandarin Chilled JcPk Cnd	45	12	1	0	0	11	0	1	0	20	0.4	175	10	12.43	53.45	42.51	0	0	6.21	0	0	0
2 Each Chicken Drumsticks Baked	140	0	0	0	0	0	0	24	4.5	20	1	300	140	207.46	15.15	0	0	4.08	4.92	110	0.02	1
1/2cup Potato Scalloped Mix w/Sauce	90	20	2	0	0	0	0	3	1	20	0.75	250	420	51.38	0	4.3	0	0	8.35	5	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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
Lunch TOTAL	690	83	8	0	0	30	0	46	22.0	590	5.5	1350	1160	672.34	366.35	63.26	3.4	36.83	114.14	140	0.33	5.5

Daily Nutrient Analysis: Tuesday, Week 2, Month Menu February Lunch 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	875	114	11	0	0	56	0	35	37	645	5	1905	1060	672	521	142	8	162	171	230	1	8
Lunch																						
1/2cup Potato Wedges Rosemary f/Fresh	170	30	2	0	0	2	0	3	4.5	20	0.75	550	150	68.43	0.45	17.58	0	3.73	13.08	0	0.02	0
1/2cup Crisp Peach Hmd	240	47	3	0	0	35	0	3	6	30	1	250	60	51.91	86.18	5.79	0.8	9.23	7.5	0	0.41	1
1/2cup Broccoli Lemon Walnut	90	10	4	0	0	2	0	5	4.5	75	1.25	450	160	106.23	58.29	117.61	0.4	133.02	83.44	0	0.13	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1fl. oz Sauce Hollandaise Hmd	100	0	0	0	0	0	0	3	10	20	0.4	30	115	37.81	117.35	0.58	2	9.82	9.22	70	0.63	2
1/2cup Egg Benedict Casserole	150	14	2	0	0	4	0	12	6	150	1.75	225	430	173.43	75.6	0.46	1.5	0.63	45.3	140	0.04	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
Lunch TOTAL	875	114	11	0	0	56	0	35	36.5	645	5.25	1905	1060	672.25	521.47	142.03	7.7	161.73	170.89	230	1.41	7.5

Daily Nutrient Analysis: Wednesday, Week 2, Month Menu February Lunch 2024

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



	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	121	11	0	0	43	0	36	30	485	5	1625	1020	777	278	35	4	18	148	130	1	10
Lunch																						
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Corn Southwest *	90	19	2	0	0	3	0	3	2.5	0	0.75	225	35	73.22	30.21	11.32	0.4	2.83	32.39	0	0.13	0
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
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3 Each Meatballs Mexican w/Sauce	230	9	1	0	0	3	0	15	15	75	2.25	300	350	166.02	40.79	3.91	0.8	2.3	28.96	105	0.77	6
1 Each Muffin Corn f/Corn Muffin Mix	180	30	3	0	0	9	0	4	5	30	1.25	50	360	210.72	8.19	0.04	0	2.15	40.07	5	0	1.5
Lunch TOTAL	835	121	11	0	0	43	0	36	29.5	485	5.15	1625	1020	777.02	278.38	35.29	4.4	17.87	147.92	130	1.16	9.5

Daily Nutrient Analysis: Thursday, Week 2, Month Menu February Lunch 2024

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



	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	103	14	0	0	37	0	43	33	570	6	1775	1070	629	296	63	4	204	203	125	2	10
Lunch																						
1/2cup Brussels Sprouts f/Frz	50	8	4	0	0	2	0	4	2	30	0.5	300	30	51.2	62.44	41.46	0.4	178.13	91.69	0	0.13	0
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 Tangy Meatloaf *	320	12	1	0	0	2	0	21	21	75	3	400	480	209.46	29.88	1.31	0.6	8.8	33.48	105	1.14	8
1/2cup Potato & Onions f/Fresh	110	22	2	0	0	2	0	2	2	20	0.4	400	170	50.8	18.46	12.96	0.4	2.48	11.64	0	0.13	0
1 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
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
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
Lunch TOTAL	835	103	14	0	0	37	0	43	33.0	570	6.3	1775	1070	629.11	295.94	62.54	4.4	204.02	202.58	125	1.6	10.0

Daily Nutrient Analysis: Friday, Week 2, Month Menu February Lunch 2024

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

	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	655	88	12	0	0	36	0	43	19	470	4	1950	715	592	720	59	4	59	128	110	1	5
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Vegetable Mix Oriental Blend	150	24	8	0	0	6	0	6	4	50	1.5	350	95	92.88	425.16	5.82	0.6	46.76	34.52	0	0.26	0.5
1/2cup Oranges Mandarin JcPk w/Whip Topping	60	14	1	0	0	12	0	1	1	20	0.4	175	10	13.77	55.86	44.28	0	0.25	6.47	0	0	1
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Orange Breast	130	3	0	0	0	1	0	20	4.5	10	0.4	350	60	184.31	31.72	9.17	0.4	2.71	12.04	65	0.17	1
1/2cup Noodles Garlic	120	20	1	0	0	1	0	4	3	20	1.25	75	125	66.53	23.2	0.16	0.4	3.94	62.88	25	0.15	0.5
1 Each Egg Roll Vegetable LS	70	14	2	0	0	3	0	3	0.5	20	0.5	600	280	0	0	0	0	0	0	0	0	0
Lunch TOTAL	655	88	12	0	0	36	0	43	18.5	470	4.15	1950	715	591.93	719.54	59.44	4.4	58.96	128.26	110	0.76	5.0

Daily Nutrient Analysis: Monday, Week 3, Month Menu February Lunch 2024

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



	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	775	83	10	0	0	33	0	38	38	710	5	1450	800	562	270	20	4	28	48	105	1	13
Lunch																						
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 Beef Burger w/Cheese on Bun WW *	410	22	2	0	0	2	0	24	26	300	3	300	500	242.83	57.83	2.4	0.8	2.33	7.38	85	1.17	10
1/2cup Potato Red Roasted Dijon f/Fresh	120	20	2	0	0	1	0	2	4.5	20	0.75	350	130	41.67	0.35	7.14	0	6.99	8.98	0	0	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
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 Zucchini & Squash Yellow Seasoned f/Frz	30	4	1	0	0	2	0	2	2	20	0.5	200	20	24.51	27.11	4.09	0.4	6.25	8.36	0	0.13	0
Lunch TOTAL	775	83	10	0	0	33	0	38	38.0	710	4.65	1450	800	562.16	270.45	20.34	4.2	27.73	47.99	105	1.48	12.5

Daily Nutrient Analysis: Tuesday, Week 3, Month Menu February Lunch 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	680	107	11	0	0	53	0	36	18	600	4	1825	750	594	296	195	4	166	189	90	0	4
Lunch																						
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 Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Hawaiian Thighs	190	22	1	0	0	10	0	17	4	75	1.75	350	290	180.54	29.06	21.03	0.4	4.59	28.12	70	0.03	1
1/2cup Rice Pilaf Lemon w/Ckn Base	140	27	1	0	0	1	0	3	2	40	0.5	100	60	50.02	20.24	4.74	0.4	2.13	6.44	0	0.13	0
1/2cup Avocado & Orange Salad w/Dressing	100	14	4	0	0	8	0	2	6	40	0.5	350	100	31.05	18.34	35.69	0	14.8	50.12	0	0	0.5
1/2cup Broccoli f/Fresh	45	10	4	0	0	2	0	4	0.5	75	1	450	150	89.81	42.18	121.38	0	138.8	85.73	0	0	0
Lunch TOTAL	680	107	11	0	0	53	0	36	18.0	600	4.25	1825	750	593.63	296.01	195.15	3.8	166.01	189.23	90	0.34	3.5

Daily Nutrient Analysis: Wednesday, Week 3, Month Menu February Lunch 2024

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



	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	1415	147	9	0	0	51	0	68	67	1045	8	2340	1520	1119	586	74	6	117	337	175	2	25
Lunch																						
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1 Each Sour Cream PC	60	2	0	0	0	1	0	1	6	30	0	40	10	21.55	35.15	0.26	0	0.43	1.7	20	0.23	3
2oz Garnish Cheese Cheddar	230	2	0	0	0	0	0	13	19	450	0.1	50	380	257.98	191.08	0	0.4	1.36	15.31	60	0.52	11
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 Steak Filet Mignon	170	0	0	0	0	0	0	26	7	20	1.75	350	190	206.37	21.35	0	0.4	3.78	8.55	70	0.13	2
1/2cup Asparagus Almondine f/Frz	60	3	2	0	0	1	0	4	4.5	30	0.75	200	70	66.42	54.74	22.14	0.4	74.67	124.72	0	0.13	0.5
2 Slice Toast Garlic Whole Grain 1in	240	29	2	0	0	3	0	6	11	20	2.25	75	370	59.16	8.84	0.14	0.2	20.06	126.48	0	0.16	3.5
1 2x3 Cheesecake/Strawberries f/Mix	290	43	1	0	0	29	0	4	12	125	2.25	225	340	146.67	91.19	19.6	1.5	9.37	24.77	5	0.46	3
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
Lunch TOTAL	1415	147	9	0	0	51	0	68	66.5	1045	8.2	2340	1520	1118.59	585.95	74.41	5.9	116.5	336.56	175	1.81	25.0

Daily Nutrient Analysis: Thursday, Week 3, Month Menu February Lunch 2024

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



	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	685	85	11	0	0	29	0	40	25	555	5	1675	840	598	258	97	4	192	183	80	0	6
Lunch																						
1 Each Orange Mandarin Fresh	40	11	2	0	0	8	0	1	0	40	0.1	150	0	10.56	9.68	39.6	0	0	14.96	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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Pork Loin Herb Mustard	220	7	1	0	0	1	0	18	13	40	1.5	350	240	182.25	2.21	1.6	0.6	5.38	9.88	55	0.01	4
1/2cup Potato & Onions f/Fresh	110	22	2	0	0	2	0	2	2	20	0.4	400	170	50.8	18.46	12.96	0.4	2.48	11.64	0	0.13	0
1/2cup Brussels Sprouts w/Bacon f/Frz	50	8	4	0	0	2	0	4	1.5	30	0.5	300	45	55.07	43.99	42.25	0	176.07	91.76	5	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
Lunch TOTAL	685	85	11	0	0	29	0	40	24.5	555	4.6	1675	840	597.62	257.94	96.52	4.0	191.68	183.09	80	0.34	6.0

Daily Nutrient Analysis: Friday, Week 3, Month Menu February Lunch 2024

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



	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	625	84	13	0	0	39	0	32	23	665	5	1570	930	605	479	43	4	120	205	65	0	7
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1 Each Apple Whole Fresh	70	20	3	0	0	14	0	0	0	10	0.2	150	5	15.18	4.14	6.35	0	3.04	4.14	0	0	0
1/2cup Green Beans Oregano Frz *	40	6	3	0	0	2	0	2	2	50	0.75	150	20	26.69	37.65	3.73	0.4	37.75	21.31	0	0.13	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 3X3 Pizza Casserole Supreme	250	21	2	0	0	4	0	14	13	175	2	400	470	204.35	43.5	24.42	0.2	5.57	57.34	45	0.11	5
Lunch TOTAL	625	84	13	0	0	39	0	32	23.0	665	5.05	1570	930	604.72	478.63	42.92	3.6	119.88	205.37	65	0.42	7.0

Daily Nutrient Analysis: Monday, Week 4, Month Menu February Lunch 2024

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



	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	750	92	8	0	0	38	0	50	25	525	5	1285	1130	644	302	26	4	58	104	115	1	5
Lunch																						
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Pineapple Blushing Chunks f/Cnd	80	22	1	0	0	19	0	1	0	20	0.4	150	15	10.46	2.42	11.49	0	0.36	6.12	0	0	0
3oz Turkey Roast f/Whole Bl	210	0	0	0	0	0	0	28	9	20	1.25	300	430	236.46	25.41	0.04	0.4	2.35	9.21	95	0.09	2
2fl. oz Gravy Poultry Hmd	50	3	0	0	0	0	0	1	4.5	0	0.1	10	160	3.78	46.16	0.02	0.6	5.52	0.92	0	0.33	1
1/2cup Green Beans Herb Frz *	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
Lunch TOTAL	750	92	8	0	0	38	0	50	24.5	525	5.1	1285	1130	644.14	302.34	25.58	4.4	57.53	103.8	115	0.79	5.0

Daily Nutrient Analysis: Tuesday, Week 4, Month Menu February Lunch 2024

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



	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	755	101	11	0	0	41	0	37	27	575	7	1850	1150	672	327	35	3	24	132	75	1	9
Lunch																						
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
1/2cup Tomato Escalloped f/Cnd	100	22	3	0	0	8	0	4	1	100	3.5	500	510	62.48	20.97	20.89	0	9.83	28.25	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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Beef Pie f/Grd w/Biscuit Topping	330	24	2	0	0	4	0	17	19	75	2.5	400	350	267.74	118.6	4.28	0	7.92	41.56	55	0.9	7
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
Lunch TOTAL	755	101	11	0	0	41	0	37	27.0	575	7.4	1850	1150	671.6	326.56	35.05	3	24.11	131.76	75	1.08	9.0

Daily Nutrient Analysis: Wednesday, Week 4, Month Menu February Lunch 2024

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



	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	810	105	11	0	0	46	0	48	26	765	8	1850	985	761	366	113	3	226	261	85	0	8
Lunch																						
1 Each Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Turkey Cheese Swiss Sndw Wheat	280	24	2	0	0	3	0	27	8	200	2.25	225	320	276.14	42.46	0.1	0.2	2.65	49.02	60	0.17	3.5
1/2cup Broccoli f/Fresh Salad	200	19	3	0	0	11	0	5	13	75	1.25	450	280	112.65	28.3	90.27	0	102.91	75.34	5	0	2
1 Each Garnish Lettuce Tomato Onion	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
6fl. oz Soup Tomato Florentine Hmd	140	26	3	0	0	5	0	6	2.5	100	3	500	230	102.05	130.74	14.98	0.2	106.34	99.45	5	0.08	1
1/2cup Pears Diced f/Cnd	60	16	2	0	0	12	0	0	0	20	0.4	125	5	14.28	0	1.9	0	0.36	1.19	0	0	0
Lunch TOTAL	810	105	11	0	0	46	0	48	26.0	765	7.5	1850	985	761.1	366.47	113.1	3.4	226.32	260.97	85	0.26	8.0

Daily Nutrient Analysis: Thursday, Week 4, Month Menu February Lunch 2024

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
DAILY TOTAL	825	100	11	0	0	35	0	42	34	640	6	1775	780	706	449	87	7	53	205	65	2	7
Lunch																						
1 cup Zucchini Seasoned f/Frz	60	7	2	0	0	3	0	3	4	40	1	400	35	51.02	55.04	9.62	0.6	11.76	18.18	0	0.26	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
3oz Fish Cod w/Garlic Butter Sauce	210	3	1	0	0	0	0	16	15	50	1.25	400	170	182.95	158.74	2.31	3	30.85	10.02	40	1.05	2.5
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
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 Pasta Orzo Lemon Dill	250	38	2	0	0	2	0	8	7	75	1.75	150	200	122.84	36.44	0.84	0.4	4.45	110.11	5	0.21	1.5
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
Lunch TOTAL	825	100	11	0	0	35	0	42	33.5	640	5.55	1775	780	706.05	449.22	87.26	7.0	53.21	205.41	65	1.7	6.5

Daily Nutrient Analysis: Friday, Week 4, Month Menu February Lunch 2024

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



	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	730	95	8	0	0	47	0	33	28	530	4	1395	950	452	285	34	3	40	61	80	0	9
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 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
1/2cup Fruit Heavenly Hash	60	14	1	0	0	11	0	1	1	10	0.3	125	10	11.91	23.18	15.33	0	1.2	4.74	0	0	0.5
1/2cup Succotash Sauteed w/Garlic Butter	100	15	3	0	0	4	0	3	4.5	40	1	350	55	68.62	71.11	13.09	0	32.34	41.97	15	0	2.5
1 Each *BBQ Pork on WW Bun	320	36	2	0	0	14	0	19	11	100	2	350	550	135.23	5.71	3.03	0.4	0.72	1.45	45	0	3
1/2cup Potato Sweet Fries Waffle f/Frz	120	15	2	0	0	4	0	1	6	30	0.3	150	125	0	0	2.38	0	0	0	0	0.12	0.5
Lunch TOTAL	730	95	8	0	0	47	0	33	28.0	530	3.7	1395	950	452.02	285.42	34.13	3.4	39.77	61.14	80	0.3	8.5

Daily Nutrient Analysis: Monday, Week 5, Month Menu February Lunch 2024

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



	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	965	130	14	0	0	63	0	50	30	690	6	1645	875	747	826	19	6	117	228	90	1	8
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Chicken Spaghetti f/Pulled	380	34	2	0	0	6	0	28	14	200	2	350	330	289.95	133.9	2.16	2	10.36	80.75	70	0.53	4.5
1/2cup Crisp Peach Hmd	240	47	3	0	0	35	0	3	6	30	1	250	60	51.91	86.18	5.79	0.8	9.23	7.5	0	0.41	1
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup Vegetable Mix Italian Blend f/Frz	80	12	4	0	0	3	0	3	2	30	1	175	50	46.55	212.64	2.91	0.4	24.27	17.49	0	0.13	0
Lunch TOTAL	965	130	14	0	0	63	0	50	30.0	690	6.1	1645	875	746.91	826.06	19.28	6.2	117.38	228.32	90	1.25	7.5

Daily Nutrient Analysis: Tuesday, Week 5, Month Menu February Lunch 2024

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



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	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	740	99	11	0	0	45	0	44	27	695	9	1895	1065	733	1448	39	5	418	276	165	1	8
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Noodles Parslied	120	20	1	0	0	1	0	4	3	20	1.25	100	125	66.82	23.32	0.32	0.4	5.68	63.08	25	0.15	0.5
1/2cup Pineapple Blushing Chunks f/Cnd	80	22	1	0	0	19	0	1	0	20	0.4	150	15	10.46	2.42	11.49	0	0.36	6.12	0	0	0
3/4cup Beef Stroganoff f/Cubes	170	8	1	0	0	2	0	19	8	40	2.25	400	200	195.33	33.8	1.54	0.4	2.64	8.11	65	0.39	3.5
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
1/2cup Carrot Savory f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	29.31	786.24	2.73	0.4	16.34	10.53	5	0.13	0
1cup Spinach Salad w/Cheese No Dressing	70	4	2	0	0	1	0	6	4.5	175	2.5	500	140	99.28	418.64	22.69	0.4	384.98	163.1	50	0.08	2
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
Lunch TOTAL	740	99	11	0	0	45	0	44	26.5	695	8.5	1895	1065	732.61	1448.17	38.78	4.6	418.0	276.48	165	0.93	8.0

Daily Nutrient Analysis: Wednesday, Week 5, Month Menu February Lunch 2024

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

	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	138	12	0	0	72	0	37	23	525	5	1450	890	437	433	28	4	41	90	80	1	5
Lunch																						
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 Apple Baked f/Fresh	220	53	4	0	0	46	0	1	2	40	0.5	250	75	22.93	23.15	7.29	0.4	5.7	5.22	0	0.13	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Pieces Brd Fried RTB Frz	160	6	0	0	0	5	0	15	9	20	0.75	0	310	0	0	0	0	0	0	60	0	2.5
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
1/2cup Vegetable Mix 4 Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
Lunch TOTAL	865	138	12	0	0	72	0	37	22.5	525	4.85	1450	890	437.21	433.35	27.97	4.0	41.4	89.94	80	0.56	4.5

Daily Nutrient Analysis: Thursday, Week 5, Month Menu February Lunch 2024

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	830	108	9	0	0	39	0	38	32	690	5	1790	1180	701	321	21	3	46	187	90	1	12
Lunch																						
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 Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
2 Each Beef Taco Crispy	370	23	3	0	0	6	0	18	24	200	2.5	600	510	272	107.98	12.21	0.2	16.56	48.78	65	0.95	10
6fl. oz Soup Bean Black Cilantro Hmd	90	18	4	0	0	2	0	6	0	50	1.75	450	300	95.6	3.47	4.62	0	3.66	113.94	0	0	0
1/2cup Rice Cilantro No Base	130	25	1	0	0	0	0	3	2.5	30	0.3	75	150	46.21	2.17	0.17	0	3.58	2.8	0	0.01	0
1 Each Sour Cream Fat Free PC	20	5	0	0	0	0	0	1	0	40	0	40	40	26.93	20.7	0	0	0	3.12	5	0	0
1/2cup Grapes Fresh	80	21	1	0	0	18	0	1	0	20	0.5	225	5	22.68	3.4	3.63	0	16.56	2.27	0	0	0
Lunch TOTAL	830	108	9	0	0	39	0	38	32.0	690	5.35	1790	1180	700.92	321.35	20.64	3.2	46.42	187.28	90	1.15	12.0



ALTERNATE MEALS

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

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

Lunch Alternate Meals-F/W 2023 - Week 1

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

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

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

Lunch Alternate Meals-F/W 2023 - Week 2

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

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

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

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

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

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

Gravy Brown f/Mix (Brown Gravy)

84

Milk 1% 8 flz PC (1% Milk)

85

Lettuce Tossed Salad (Garden Salad)

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

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

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

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



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

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

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

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

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

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

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

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

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

Rice Fried w/Soy Sauce (Fried Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Stir Fry	1/2 Cup	<input type="checkbox"/> Contains: Carrots, Onion, AllergenEggs, AllergenWheat, AllergenSoy, Rice, Peas

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

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

Rice Fried w/Soy Sauce (Fried Rice)

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

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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

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

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

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

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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

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

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

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

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

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

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

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

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

Potato Baked (Baked Potato)

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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

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

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

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

Beans Baked f/Cnd (Baked Beans)

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

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

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

Beans Baked f/Cnd (Baked Beans)

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

Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Ham Ckd Bnls RS (RS Ham)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

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

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

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

Banana Whole Fresh (Banana)



Health & Human Services



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.



Health & Human Services



Banana Whole Fresh (Banana)

Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

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



Health & Human Services



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Cook	1 Cup	<input type="checkbox"/> Contains: Onion, Carrots, Tomato, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

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

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

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

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

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

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

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

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	<input type="checkbox"/> Contains: Corn, Cinnamon, AllergenSoy, AllergenMilk, Peach

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

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	<input type="checkbox"/> Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Noodles Parslied (Parslied Noodles)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	1/2 Cup	<input type="checkbox"/> Contains: AllergenWheat, AllergenEggs, AllergenSoy, AllergenMilk

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

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

Noodles Parslied (Parslied Noodles)

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

Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1/2 Cup	<input type="checkbox"/> Contains: Cinnamon, AllergenMilk, Apples, AllergenSoy

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

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

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

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

Beef Kabobs Marinated (Marinated Beef Kabob)

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

Marinade Beef (Beef Marinade)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 fl. oz	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, Citrus, Garlic, Lemon, Mustard, AllergenSulphites, AllergenFish

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

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

Marinade Beef (Beef Marinade)

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

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

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

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

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

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

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

Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

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

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

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

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

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

Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

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Milk 1% 8 flz PC (1% Milk)

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

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

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

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

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

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

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

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

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

Greens Collard f/Frz (Collard Greens)

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

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

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

Greens Collard f/Frz (Collard Greens)

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

Crisp Pineapple Hmd (Pineapple Crisp)

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

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

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

Crisp Pineapple Hmd (Pineapple Crisp)

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

Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	Bake	1 (2x3)	<input type="checkbox"/> Contains: AllergenWheat, Corn, AllergenSoy, AllergenEggs

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

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

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

Meatloaf No Sauce (Meatloaf)

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	<input type="checkbox"/> Contains: Pork & Products

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

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

Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

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

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

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



Banana Whole Fresh (Banana)

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

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

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

Banana Whole Fresh (Banana)

Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Lunch Alternate Meals- S/ S 2023 - Week 1

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

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

*Meals ≥ 1400 mg Sodium are considered "Provider Choice"

Lunch Alternate Meals- S/ S 2023 - Week 2

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

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Milk 1% 8 flz PC (1% Milk)	89

Spinach Salad w/Chicken (Spinach/Chicken Salad)



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

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

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

Spinach Salad w/Chicken (Spinach/Chicken Salad)



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

Dressing Asian Style (Asian Style Dressing)

SERVING SIZE	ALLERGENS
2 Tbsp	<input type="checkbox"/> Contains: AllergenWheat, AllergenSoy, AllergenSesame

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

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

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

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

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

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

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 Cup	☐ Contains: Orange, 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 Orange Fresh Whole Grapes Fresh Strawberries f/Fresh Apple Slices f/Fresh	5 each	10 each	15 each	20 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
	5 whole	10 whole	15 whole	20 whole	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
2					Wash & prepare as appropriate for the Fruit. Place prepared Fruit in serving dish. Chill <40F.

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<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.

Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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

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

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

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



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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

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



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

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

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

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



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	0.0 °F	Simmer	1/2 Cup	<input type="checkbox"/> Contains: AllergenMilk, Cinnamon, Apples, AllergenSoy

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Bratwurst Grilled (Grilled Bratwurst)

SERVING UTENSIL	SERVING SIZE	ALLERGENS
Tongs	1 each	<input type="checkbox"/> Contains: Pork & Products

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

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

Potato Fries French f/Prepared (French Fries)



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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

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

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

Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)



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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
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	
1 Grapes Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Strawberries f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
Apple Slices f/Fresh	1 1/4 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 2 Cup	
2					Wash & prepare as appropriate for the Fruit. Place prepared Fruit in serving dish. Chill <40F.

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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Grapes Fresh (Fresh Grapes)

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

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

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

Strawberries f/Fresh (Fresh Strawberries)

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

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

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

Apple Slices f/Fresh (Chilled Apple Slices)



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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 Hot Dog Whole Wheat (WW Hot Dog Bun)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

BBQ Pork Ribs (BBQ Pork Ribs)



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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

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

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

Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Po



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

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

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

Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Po



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

Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

Sauce Vinaigrette (Vinaigrette)



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

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

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

Sauce Vinaigrette (Vinaigrette)



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

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

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

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

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

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	<input type="checkbox"/> Contains: Broccoli, Onion, AllergenSoy, Corn, Garlic, AllergenMilk, AllergenWheat, Chicken

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

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

Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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

Coleslaw f/Shredded Mix & Dressing (Coleslaw)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Cabbage, Green Shredded Mix	3 lb 2 Oz	6 lb 4 Oz	9 lb 6 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Coleslaw mix into large mixing bowl. *Maintain <40F.
Dressing, Coleslaw Bulk	2 Cup	1 Qt	1 1/2 Qt	2 Qt	
2					Combine Dressing Mix and mix lightly.
3					CCP -- Keep chilled at 40F.

Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	<input type="checkbox"/> Contains: AllergenMilk, Cherry, Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	15 g	3 g	175 mg	390 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Lettuce, Green Leaf	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Separated	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place 1 Lettuce Leaf on each plate. Top with 1/2 cup of Cheese. Arrange Fruits around Cheese. Cover and chill <40F.
Cottage Cheese, 2% Fat	3 1/8 Qt	1 Gal 4 Cup	2 Gal 2 Cup	3 Gal 1 Cup		
Melon, Cantaloupe Fresh	6.25 each	12.5 each	18.75 each	25 each	Peeled & Sliced	
Strawberries, Fresh	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Hulled & Sliced	
Cherries, Maraschino	1/3 Cup	3/4 Cup	1 1/8 Cup	1 1/2 Cup		
2						CCP - Maintain <40F.

Muffin Banana Bran f/Bran Mix (Banana Bran Muffin)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1 each	☐ Contains: AllergenEggs, AllergenWheat, Bran, Bananas, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	19 g		2 g	3 g	20 mg	170 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	1 lb 12 Oz	3 lb 7 Oz	5 lb 3 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
2 Water, Tap	1 1/3 Cup	2 3/4 Cup	1.0 Qt	1 1/2 Qt		
Banana Whole Fresh	1 2/3 Cup	3 1/3 Cup	1 1/4 Qt	1 3/4 Qt	Sliced	
3						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
4						Remove muffins from pan(s) as soon as baked.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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Dressing Italian LoCal PC (LoCal Italian Dressing)



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SERVING SIZE	ALLERGENS
1 each	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Artichoke Salad w/Vinaigrette (Artichoke Salad)



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

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

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

Sauce Vinaigrette (Vinaigrette)



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SERVING SIZE	ALLERGENS
1 fl. oz	<input type="checkbox"/> Contains: Allergen Sulphites, Garlic

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

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

Sauce Vinaigrette (Vinaigrette)



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

Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	160 °F	Bake	3 each	<input type="checkbox"/> Contains: Potatoes, AllergenWheat, Beef, Onion, Garlic, AllergenMilk

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

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	<input type="checkbox"/> Contains: Rice, Onion, Garlic, Chicken, Corn

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

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)



Health & Human Services



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1/2 Cup	<input type="checkbox"/> Contains: Carrots, AllergenSoy, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	5 g	2 g	2 g	30 mg	35 mg

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

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

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

Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Liver & Onions (Liver & Onions)



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

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

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

Liver & Onions (Liver & Onions)



Health & Human Services



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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

Greens Mixed/Veg Base f/Frz (Steamed Buttered Greens)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	4 g	3 g	2 g	125 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Greens, Mustard Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Steam Vegetables until tender.
Greens, Turnip Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
3 Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add Margarine and Seasonings.
Base, Vegetable Paste LS G-F	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Banana Whole Fresh (Banana)



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

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

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

Banana Whole Fresh (Banana)



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Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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

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

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

Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐ Contains: Tomato, Cucumber, Allergen Sulphites, Carrots, Lemon, Chicken, Allergen Eggs, Celery, Allergen Wheat, Allergen Milk, Citrus, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
2 Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
3 Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
4						CCP -- Maintain <40F/4C.

Chicken Salad w/Egg & Celery (Chicken Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Lemon, Allergen Eggs, Celery, Allergen Soy, Chicken, Citrus, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	2 g	15 g	14 g	20 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg Boiled Hard Whole RTS	5.26 each	10.53 each	15.79 each	21.05 each	Diced	Combine all ingredients. Toss well. *Chill in refrigerator. Maintain Eggs <40F.
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
3 Chicken, Meat Pulled Ckd	2 lb 9 Oz	5 lb 2 Oz	7 lb 11 Oz	10 lb 4 Oz		CCP -- Maintain <40F/4C; discard unused product.
Celery, Fresh	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Diced	
Dressing, French Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
Pepper, White	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
Juice, Lemon RTS	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp		

Bread Banana Whole Grain PC (Whole Grain Banana Bread)



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SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenWheat, Bananas, AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	3 g	6 g	20 mg	180 mg

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

Meatloaf No Sauce (Meatloaf)



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

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

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

Meatloaf No Sauce (Meatloaf)



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

Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	175 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Saute Garlic, in Oil over medium heat. DO NOT brown.
Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp	Minced	
3						Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
Spinach, Fresh	4 lb	8 lb	12 lb	16 lb	Chopped	
Kale, Fresh	2 lb	4 lb	6 lb	8 lb	Chopped	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



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

Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	1 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh Strawberries, Fresh	15.63 each	31.25 each	46.88 each	62.5 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Strawberries and drain. Remove stem. Slice Strawberries. Peel and slice Kiwi. Combine fruit to serve.
	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
2					CCP - Maintain <40F.

Gravy Brown f/Mix (Brown Gravy)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

Standard Breakfast Meal Pattern

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

Based on USDA Child and Adult Care Food Program 2022

Standard Lunch and Supper Meal Pattern

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



CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.

Carbohydrate Content Breakfast

15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
Milk: Low-fat (1%) or fat-free milk, unflavored or flavor	8 fl oz	15 g
Meat/meat alternates Lean meat, poultry, or fish	1 oz	None
Cheese	1 oz	
Cottage cheese	1 oz	
Egg, large	1 each	
Cooked dry beans or peas	N/A	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
Fruit (Fresh or juice packed)	½ c or 1 small piece	15 g
Grains	2 oz served each meal	30 g
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	1/2c cooked cereal = 1oz	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 c= 1 oz	
Total Per Meal (average)		60 g= 4 Exchanges

Carbohydrate Content Lunch and Dinner

15g= 1 Carbohydrate Exchange

Food Components	Serving Size	Carbohydrate s per serving
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	15g
Meat/meat alternates Lean meat, poultry, or fish	3 oz	None
Cheese	3 oz	
Cottage cheese	$\frac{3}{4}$ c	
Egg, large	2 each	
Cooked dry beans or peas	$\frac{1}{2}$ c	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
Vegetables	$\frac{1}{2}$ c	5g
Fruits (Fresh or juice packed)	$\frac{1}{2}$ c or 1 small piece	15g
Grains	2 oz served each meal	30g
WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1 oz 1 small roll= 1 oz	
WGR, pasta or rice	$\frac{1}{2}$ c pasta= 1 oz $\frac{1}{2}$ c rice= 1 oz	
Total Per Meal (average)		65g= 4 Exchanges



MILK ALTERNATIVES

Milk or milk alternatives are required to meet nutritional needs of older adults as outlined in the Dietary Guidelines for Americans 2020-2025 and to meet Dietary Reference Intakes (DRIs). This reference is provided to clarify food items and serving sizes that meet the dairy requirement.

MILK ALTERNATIVES

The daily dairy recommendation for Older Americans is 3 cups of Dairy (or equivalent). Below is a list of 1 cup dairy equivalents. Reduced fat or low-fat choices are recommended.

Fortified soy milk and yogurt with added calcium, vitamin A, and vitamin D are a part of the Dairy Group. This is because their nutritional content is like dairy milk and yogurt.

Other products sold as “milks” but made from plants like almond, rice, coconut, oat, and hemp “milks” may have calcium. But they are not a part of the Dairy Group because their nutrition content is not like dairy milk and fortified soy milk

Amount that Counts as 1 Serving in the Dairy Group		
MILK	Milk, (1%-2%), white and flavored	8oz
	Milk, (skim), white and flavored	8oz
	Milk, (whole), white and flavored	8oz
	Buttermilk, low-fat	8oz
	Evaporated Milk	4oz
	Soy Milk, Calcium Fortified	8oz
	Dry Milk, Reconstituted	8oz
	Lactose Free Milk	8oz
YOGURT	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
CHEESE	Hard cheese (cheddar, mozzarella, swiss, parmesan)	1 ½ oz
	Shredded Cheese	1/3 cup
	Processed Cheese (American)	1 oz
	Ricotta Cheese	½ cup
	Cottage Cheese	2 cups
OTHER	Kefir, plain, low-fat	1 cup



SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

To ensure substitutions are appropriate and meet the nutritional needs of participants served please follow these general guidelines:

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.
- Substitutions should be similar cooking methods. For example, substituting chicken for beef in a BBQ recipe is an acceptable substitution. Substituting scalloped potatoes for rosemary potatoes is not an acceptable substitution because the scalloped potatoes are much higher in fat, calories, and sodium.

SUBSTITUTION LISTS

BREADS AND STARCHES:

1oz serving.

Please note meal pattern requires 2oz per meal to meet requirements.

WG= Whole Grain Rich

Food Item	1oz Serving
Whole Wheat Bread	1 slice
Rye Bread	1 slice
Oatmeal Bread	1 slice
Raisin Bread	1 slice
Pumpernickel Bread	1 slice
WG Bagel	½ each
WG English Muffin	½ each
WG Hot Dog Bun	½ each
WG Hamburger Bun	½ each
WG Pita 6 inch	1 each
WG Tortilla 6 inch	1 each
WG Roll, small	1 each
WG Breadsticks	1 each
Graham Crackers 2-1/2" square	3 each
Animal Crackers	8 each
WG soda crackers	6 each
WG cooked cereal	½ cup
WG cold cereal	1 cup
WG granola	¼ cup
WG Biscuit 2 ½ inch	1 each
WG Muffin, small 1oz	1 each
WG Pancake 4 inch	2 each
WG Waffle, 4 ½ inch	1 each
Cornbread 2 inch	1 each
Granola Bar	1 each
WG Cooked Pasta	½ cup
WG Cooked Rice	½ cup

SUBSTITUTION LISTS

MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

Food Item	Serving Size
Round Steak	3oz
Sirloin	3oz
Flank Steak	3oz
Beef Tenderloin	3oz
Ground Beef (90 to 95% recommended)	3oz
Chipped Beef	3oz
Pork (tenderloin, roast, chops, cutlets)	3oz
Ground Turkey	3oz
Ground Chicken	3oz
Fresh or Frozen Fish	3oz
Tuna or Salmon (canned in water)	3oz
Crab, Lobster, Scallops, Shrimp, Clams	3oz
Cottage Cheese (reduced sodium recommended)	½ cup
Reduced sodium turkey or chicken sausage	3oz
Reduced sodium bacon or turkey bacon	3oz
Chicken (baked, broiled, roasted without skin)	3oz
Turkey (baked, broiled, roasted without skin)	3oz
Reduced sodium lunchmeat	3oz
Egg substitute	3oz
Egg	3 each
Mozzarella Cheese	3oz
Liver (serve rarely due to high cholesterol item)	3oz
Tofu	4oz
Peanut Butter	4 TBSP

SUBSTITUTION LISTS

VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

Food Item	Good Source Vitamin A	Good Source Vitamin C
Asparagus		
Beans (green, wax, Italian)		
Beets		
Broccoli	X	X
Brussels Sprouts		X
Cooked Cabbage		
Carrots	X	
Cauliflower		X
Egg Plant		
Potatoes		
Yams/Sweet Potatoes	X	
Pumpkin	X	X
Red Peppers	X	X
Collard Greens	X	
Mustard Greens	X	
Turnip Greens	X	X
Cooked Mushrooms		
Okra		
Onions		
Pea Pods		
Green Peppers		X
Rutabaga		
Spinach (1/2c cooked, 1c raw)	X	X
Summer Squash	X	X
Tomato (One Large)		X
Reduced Sodium Tomato Juice		X
Turnip		
Water Chestnuts		
Zucchini (1/2c cooked, 1c raw)		
Raw Cabbage		X
Celery		
Cucumber		
Dark Green Lettuce (Romaine, field greens)	X	X

SUBSTITUTION LISTS

FRUITS

Canned fruit is recommended to be purchased in juice, or extra light syrup.

Light syrup and water are also acceptable.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple, Raw, 2-inch diameter	1 each		
Applesauce	½ cup		
Apricots, Raw, Medium	4 each	X	
Apricots, Canned	½ cup or 4 halves	X	
Banana, 9 inches long	½ each		
Blackberries, Raw	¾ cup		X
Blueberries, Raw	¾ cup		
Cantaloupe, Cubes	1 cup	X	X
Cherries, Large Raw	12 each		
Cherries, Canned	½ cup		
Fruit Cocktail, Canned	½ cup		
Grapefruit, Medium	½ each		X
Grapefruit, Canned	¾ cup		X
Grapes, Small	15 each		
Honeydew Melon, Cubes	1 cup		X
Kiwi, Large	1 each		
Mandarin Oranges	½ cup		
Mango, Small	½ each	X	
Nectarine, 1 ½ inch	1 each		X
Orange, 2 ½ inch	1 each		X
Papaya	1 cup		X
Peaches, Raw	1 each or ¾ cup	X	
Peaches, Canned	½ cup or 2 halves	X	
Pear, Raw, small	1 each		
Pear, Canned	½ cup or 2 halves		
Pineapple, Raw	¾ cup		X
Pineapple, Canned	½ cup		X
Plum, Raw 2 inch	2 each		

SUBSTITUTION LISTS

FRUITS

Fruit juice must be 100% juice to meet requirements.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Raspberries, Raw	1 cup		X
Strawberries, Raw Whole	1 cup		X
Tangerine, 2 ½ in	2 each		X
Watermelon Cubes	1 cup		
Food Item- Juice	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Juice	½ cup		
Apple Cider	½ cup		
Cranberry Juice Cocktail	1/3 cup		
Grapefruit Juice	½ cup		X
Grape Juice	1/3 cup		
Orange Juice	½ cup		X
Pineapple Juice	½ cup		X
Prune Juice	1/3 cup		
Food Item- Dried Fruit	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Rings	4 each		
Apricot, Halves	7 each		
Dates, Medium	10 each		
Figs	10 each		
Prunes, Medium	3 each		
Raisins	2 TBSP		



PRODUCTION GUIDES

Production guides are intended as a resource to help staff cooking and serving to produce and serve foods in portion sizes to meet the menu requirements.

Production Guides

GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet Baking Pan	18 x 13 x 1 13-1/2 x 23 x 2	40 - 2 x 2-1/2" pieces 50 - 2 x 2-1/2" pieces	8 x 5 10 x 5	Cakes, bar cookies, oven baking Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items

Production Guides

GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce

Production Guides

GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables



NOTES

