



NORTH DAKOTA AGING SERVICES

LUNCH MENUS

April 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	
LUNCH					HAPPY NATIONAL BURRITO DAY				
Warm German Potato Salad	1/2 Cup	Teriyaki Chicken	3 Oz	Pesto Turkey	3 Oz	Tomato & Onion Salad	1/2 Cup	Braised Pork Chop	3 Oz
Breaded Cod	4 Oz	Sesame Brown Rice	1/2 Cup	Mediterranean Orzo	1/2 Cup	Beef & Bean Burrito	1 each	Baked Sweet Potato	1 whole
Green Beans Oregano	1/2 Cup	Pacific Blend Vegetables	1 Cup	Lemon Asparagus	1 Cup	Calico Corn	1/2 Cup	Capri Blend Vegetables	1/2 Cup
Wheat Bread	2 slice	Vegetable Egg Roll	1 each	Wheat Roll	1 each	Guacamole	1 #60 sc.	Wheat Bread	2 slice
Soft Margarine Cup	2 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Fresh Strawberries	1/2 Cup	Soft Margarine Cup	2 each
Fresh Whole Orange	1 whole	Peach Crisp	1/2 Cup	Banana	1 each	1% Milk	8 fl. oz	Fresh Blueberries	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									
Root Beer Ribs	1 serving	BBQ Meatloaf	3 Oz	Caprese Chicken	3 Oz	Beef Stroganoff	3/4 Cup	Seasoned Pork Roast	3 Oz
Broccoli Rice Casserole	1/2 Cup	Baked Potato	1 each	Angel Pasta/Marinara	1/2 Cup	Mashed Potatoes	1/2 Cup	Summer Corn Pilaf	1/2 Cup
Corn Cobbette	2 each	Green Beans with Thyme	1/2 Cup	Sicilian Blend Vegetables	1 Cup	Seasoned Green Peas	1/2 Cup	Stewed Tomatoes	1 Cup
Cornbread	1 (2x3)	Wheat Bread	2 slice	Wheat Roll	1 each	Wheat Bread	2 slice	Wheat Roll	1 each
Soft Margarine Cup	2 each	Soft Margarine Cup	2 each	Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Soft Margarine Cup	1 each
Fresh Cantaloupe	1 Cup	Sour Cream	1 each	Chilled Peaches	1/2 Cup	Fresh Honeydew Cubes	1 Cup	Chilled Tropical Fruit	1/2 Cup
1% Milk	8 fl. oz	Chilled Diced Pears	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									
Tuna Noodle Casserole	1 Cup	Hot Dog on Bun	1 each	Turkey Mornay	1 Cup	Salisbury Steak & Gravy	3 Oz	Parmesan Chicken	3 Oz
California Blend Vegetables	1 Cup	French Fries	4 Oz	Garlic Mashed Potatoes	1/2 Cup	Scalloped Potatoes	1/2 Cup	Angel Pasta/Marinara	1/2 Cup
Wheat Dinner Roll	1 each	Corn Cobbette	1 each	Key West Blend Vegetables	1/2 Cup	Baby Lima Beans	1/2 Cup	Italian Vegetable Blend	1 Cup
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Wheat Bread	2 slice	Wheat Bread	2 slice	Garlic Bread	1 slice
Fresh Whole Orange	1 whole	Ketchup Packet	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	Mustard Pack	1 each	Chilled Peaches	1/2 Cup	Apple Whole Fresh	1 each	Fresh Cantaloupe	1 Cup
		Blushing Pears	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	
PROVIDER CHOICE									
Hamburger on Bun	1 each	Oven Fried Chicken	3 Oz	Grilled Bratwurst	1 each	Savory Beef Tips	1/2 Cup	Honey Citrus Salmon	3 Oz
Sweet Potato Waffle Fries	1/2 Cup	Chive Mashed Potatoes	1/2 Cup	Company Potatoes	1/2 Cup	Parslied Noodles	1/2 Cup	Wild Rice Pilaf	1/2 Cup
Baked Beans	1/2 Cup	Corn Cobbette	1 each	Seasoned Beets	1/2 Cup	Squash Medley	1 Cup	Seasoned Snow Peas	1 Cup
Soft Margarine Cup	1 each	Cornbread	1 (2x3)	WW Hot Dog Bun	1 each	Wheat Roll	1 each	Wheat Roll	1 each
Mustard Mayo Ketchup	1 serv	Soft Margarine Cup	1 each	Mustard Pack	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Lettuce Tomato Onion	1 each	Peach Crisp	1/2 Cup	Ketchup Packet	1 each	Fresh Grapes	1/2 Cup	Bananas & Oranges	1/2 Cup
Fresh Watermelon & Cantaloupe Cubes	1 Cup	1% Milk	8 fl. oz	Fresh Whole Pear	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz			1% Milk	8 fl. oz				

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LUNCH

Chile Relleno Casserole	1 Cup	House Salad	1 Cup
Spanish Rice	1/2 Cup	Pork Wings	2 each
Corn & Black Bean Salad	1 Cup	Egg Noodles in Gravy	1/2 Cup
Wheat Roll	1 each	Capri Blend Vegetables	1/2 Cup
Soft Margarine Cup	1 each	Wheat Roll	1 each
Chilled Mandarin Oranges	1/2 Cup	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	Choice of Dressing	1 each
		Apple Whole Fresh	1 each
		1% Milk	8 fl. oz

May 1st

May 2nd

May 3rd

RECIPES



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

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Apple 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.

Asparagus Seasoned f/Frz (Lemon Asparagus)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	4 g	6 g	4.5 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	Juice, Lemon RTS 3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Steam or boil vegetables until tender. Add seasoning and mix well.
	Margarine, Solids 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
	Asparagus, Cuts Frz 4 lb	10 lb	20 lb	40 lb	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Banana & Oranges (Bananas & Oranges)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	⚠️ Contains: Bananas, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Banana Whole Fresh	3.6 each	9 each	18 each	36 each	Peeled & Sliced Pour oranges over bananas. Mix gently. Portion 1/2 cup servings.
	Orange, Mandarin JcPk	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
3						CCP -- Maintain <40F/4C.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

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.

BBQ Meatloaf Hmd (BBQ Meatloaf)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	9 g	16 g	17 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.
Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Chopped Fine	Combine all ingredients except BBQ sauce in bowl and gently mix. Do not over mix.
Bread White	2.4 slice	6 slice	12 slice	24 slice	Cubed	
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		
2						
Egg, Liquid	1/3 Cup	1 Cup	2 Cup	1 Qt		
Milk, 2% Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
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		

BBQ Meatloaf Hmd (BBQ Meatloaf)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Sauce, BBQ	1/3 Cup	1 Cup	2 Cup	1 Qt		Press mixture into loaf pans or form loaves on 18 x 26" baking sheet 22" long and 4" wide. Brush or pour BBQ sauce over top of loaves. Bake at 325F for 1 1/2 hrs
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.
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.

Bread White (White Bread)

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

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

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

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: Tomato, Onion, Apples, AllergenSulphites, Mustard, Pork & Products, Beans/Legumes, AllergenMilk, Garlic, AllergenSoy

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow Margarine, Solids	8.5 Oz	1 lb 5 Oz	2 lb 10 Oz	5 lb 3 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Saute onion in margarine.
	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz		
2 Beans, Baked w/Bacon Cnd Ketchup, Bulk Vinegar, Cider Apple Sugar, Brown Light Mustard, Ground	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup		Add beans, ketchup, vinegar, brown sugar and mustard to onions. Stir to mix well.
	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		
	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		
	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
3						Scale 3 1/2 qt into steam table pans. Bake, uncovered, in a 350F oven for 1 hour.

Beans Baked f/Cnd (Baked Beans)



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

Beans Lima Baby f/Frz (Baby Lima Beans)

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

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, approx 4 to 5 min. 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.

Beef Chile Relleno Casserole (Chile Relleno Casserole)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	350.0 °F	155 °F	Bake	1 Cup	ⓘ Contains: Beef, Onion, AllergenEggs, AllergenMilk, AllergenSulphites, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	7 g	15 g	17 g	225 mg	550 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Ground 80-85/20-15 Raw	1 lb 3 Oz	3 lb 0 Oz	6 lb 1 Oz	12 lb 2 Oz		Saute beef, onion, salt & pepper in a skillet until meat begins to brown. Drain off grease.
Onion, Yellow	2/3 Cup	1 1/2 Cup	3.0 Cup	1 1/2 Qt	Diced	
Salt, Iodized	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		Spread half of green chilies over bottom of pan(s). Sprinkle with 1/2 shredded cheese. Top with all meat mixture. Layer remaining green chilies. Top with remaining shredded cheese.
Pepper, Chile Green Cnd	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 5 Oz		
3 Cheese, Cheddar Shredded	7 Oz	1 lb 2 Oz	2 lb 3 Oz	4 lb 7 Oz		

Beef Chile Relleno Casserole (Chile Relleno Casserole)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Egg, Liquid	1/2 Cup	1 1/3 Cup	2 2/3 Cup	1 1/4 Qt		Combine milk, flour, second amount of salt & pepper, eggs & hot sauce. Pour mixture over casserole. If not baking immediately mixture must be refrigerated. Bake at 350F/176C for 50 min, until knife inserted comes out clean. Portion 3/4 cup per serving.
	Sauce, Hot	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2 tsp		
	Milk, 2% Bulk	1 3/4 Cup	1 1/8 Qt	2 1/8 Qt	1 Gal 1 Cup		
	Flour, All Purpose	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
	Salt, Iodized	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Beef Stroganoff f/Cubes (Beef Stroganoff)



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

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)

	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 Tips Savory (Savory Beef Tips)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	300.0 °F	160 °F	Bake	1/2 Cup	ⓘ Contains: Tomato, Carrots, Corn, Beef, AllergenFish, AllergenWheat, AllergenSoy, Celery, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	7 g	21 g	7 g	30 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						Combine flour, pepper, and salt. Combine seasoned flour with meat until meat is coated. Shake off excess flour mixture.
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
3						Place oil in a large bowl. Add meat and toss to coat. Place meat in a single layer on baking pan(s) and Bake at 325F/162C for 12 minutes.
Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
4						Prepare broth per separate recipe. Add meat and remaining ingredients to the broth. Place beef mixture into large pan(s), cover, and Bake at 300F/148C for 2.5 hrs.
Celery, Fresh	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup	Diced	
Carrot, Fresh	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup	Diced	

Beef Tips Savory (Savory Beef Tips)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Seasoning Mix Steak	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Prepared	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Soup Broth Beef f/Base	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
	Onion, Yellow	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Diced	
	Sauce, Worcestershire	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Juice, Tomato RTS	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		
	Seasoning, Cajun	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Thyme, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
5	Cornstarch	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Mix cornstarch and water until smooth. Remove pan(s) from oven and place on the range. Remove beef, reserving liquid in pan. Add cornstarch mixture to liquid and bring to boil, stirring constantly until thick and smooth. Add beef back to gravy.
	Water, Tap	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
6							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.

Beef Tips Savory (Savory Beef Tips)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							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.
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 Broth Beef f/Base (Beef Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	6 fl. oz	⚠️ Contains: Beef, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	1 g	1 g	0 g	10 mg	95 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 3/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	4 Gal 3 Cup	Heat Water and add Base, stirring until dissolved to internal temp 145F/62C held for 15 sec.
	Base, Beef Paste LS G-F 2 Tbsp	1/3 Cup	2/3 Cup	1 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.
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.

Seasoning Mix Steak (Steak Seasoning)

COOK METHOD	SERVING SIZE	ALLERGENS
Dry	1 Tbsp	ⓘ Contains: Onion, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	10 mg	2270 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine all ingredients, stirring well to incorporate.
Salt, Iodized	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
Garlic, Powder	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
Pepper, Black Ground	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Onion, Dehydrated	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	

Beets Sliced f/Cnd (Seasoned Beets)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Cook	1/2 Cup	⚠️ Contains: AllergenSoy, Beets, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	1 g	2 g	20 mg	220 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beets, Sliced Cnd	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Boil or steam beets, approximately 10-15 minutes. Drain excess liquid.
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add seasoning and margarine. Toss lightly.
	Nutmeg, 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.	

Blueberries f/Fresh (Fresh Blueberries)

SERVING SIZE	ALLERGENS
1/2 Cup	Contains: Blueberry

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

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

Bratwurst Grilled (Grilled Bratwurst)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Sausage, Bratwurst	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Grill according to package instructions, internal temp of 160 degrees.
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.

Bread Garlic RTB (Garlic Bread)

COOK-END TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGENS
145 °F	Tongs	1 slice	ⓘ Contains: Garlic, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	15 g	3 g	7 g	0 mg	150 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					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

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.

Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

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

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

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

Burrito Beef & Bean Hmd (Beef & Bean Burrito)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	135 °F	Bake	1 each	ⓘ Contains: Corn, Onion, Beef, Garlic, AllergenSoy, AllergenMilk, Beans/Legumes, AllergenSulphites, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
370 kcal	29 g	18 g	20 g	150 mg	540 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 Refried f/Cnd	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Prepared	Prepare refried beans & beef taco filling as per separate recipe.
Beef Taco Filling	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Prepared	
3 Tortilla Flour 10 in	10 each	25 each	50 each	100 each		To prepare each burrito: Spread 2 Tbsp (#30 scoop) of refried beans on each warm tortilla. Cover with 1/4 cup of beef taco filling, then 2 Tbsp of shredded cheese. Fold one end of the warm tortilla over fillings; then roll up. Place each burrito in a single layer in counter pan. (Do not stack) Cover with foil & heat in a 350F/177C oven for 15 min.
Cheese, Cheddar Shredded	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
4						Portion 1 burrito per serving.

Burrito Beef & Bean Hmd (Beef & Bean Burrito)



	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.

Beans Refried f/Cnd (Refried Beans)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Steam	1/2 Cup	ⓘ Contains: Onion, Beans/Legumes, Garlic, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	17 g	6 g	3.5 g	40 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.
2	Onion, Yellow 1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	Sauté onions in oil until tender. Add onions and spices to beans and mix well.
	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Beans, Refried Cnd 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Beans Refried f/Cnd (Refried Beans)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Note: May use onion powder in place of sauteed onions. 1 tsp onion powder = 1/3 cup chopped onion

Beef Taco Filling (Beef Taco Filling)



COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
60 Min	155 °F	Simmer	#30 scoop	3 Oz	ⓘ Contains: Onion, Corn, Beef, Garlic

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
220 kcal	3 g	15 g	17 g	30 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	Beef, Ground 80-85/20-15 Raw	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Brown meat. Drain off fat. Add chopped onions to meat & cook until onions are softened.
	Onion, Yellow	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
3						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4	Cornstarch	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Combine cornstarch & seasonings in a bowl; mix thoroughly. Add this mixture to meat & mix well.
	Chili Powder, Mild	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	

Beef Taco Filling (Beef Taco Filling)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
5						Add water to meat mixture. Stir. Simmer for 45 minutes, stirring frequently.
6 Water, Tap	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		CCP -- Maintain >140F/60C; discard unused product.
7						CCP -- Cool: Product must reach 140F/60C 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.

Tortilla Flour 10 in (Flour Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	23 g	4 g	3.5 g	20 mg	280 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.

Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, Peppers Bell, Garlic, AllergenMilk, Onion, AllergenSulphites, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	3 g	23 g	7 g	125 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Marinate chicken in Italian dressing for 4-24 hours. Refrigerate until ready to use.
Chicken, Breast Bnls Sknls Large	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
Dressing, Italian Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
3						Place chicken on greased baking sheet. Bake at 350F/176C until chicken is approx. 3/4 of the way cooked.
4						Remove chicken from oven. Place one tomato slice on each chicken breast. Top each with ~2 Tbsp shredded mozzarella cheese and sprinkle with basil. Bake uncovered until cheese is melted and chicken is cooked through.
Tomato, Fresh	7 Oz	1 lb 2 Oz	2 lb 3 Oz	4 lb 6 Oz	Sliced	
Cheese, Mozzarella Shredded	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt		
Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

Chicken Breast Mozzarella Tomato & Basil (Caprese Chicken)



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

Chicken Breast Teriyaki Glz Ckd (Teriyaki Chicken)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	145 °F	Heat	3 Oz	ⓘ Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	0 g	24 g	3 g	20 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Chicken Teriyaki	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook chicken to internal temp of >165F/74C held for 15 sec.
2					CCP -- Maintain >135F/57C for only 4 hrs.
3					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

Chicken Fried Oven f/Thigh (Oven Fried Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
55 Min	325.0 °F	165 °F	Bake	Tongs	3 Oz	ⓘ Contains: Chicken, AllergenMilk, AllergenWheat, AllergenEggs, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	4 g	18 g	4.5 g	40 mg	240 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
2	Chicken, Thigh Bnls Sknls	2 lb 11 Oz	6 lb 12 Oz	13 lb 9 Oz	27 lb 2 Oz	Prepare egg wash by combining eggs and buttermilk. Mix well. Mix dip seasoning with flour. Dip chicken into egg wash and then into flour mix. Coat well and place coated chicken pieces in single layer on baking sheet sprayed with non-stick pan spray.	
	Egg, Shell Large	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
	Milk, Buttermilk Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Seasoning, Salt Free	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Margarine, Solids	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Melted	Drizzle chicken with melted margarine and seasoned salt. Bake at 325F/162C for 45-60 min.

Chicken Fried Oven f/Thigh (Oven Fried Chicken)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Seasoning	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
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 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	375.0 °F	165 °F	Bake	3 Oz	⚠️ Contains: Chicken, AllergenSoy, AllergenMilk, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	4 g	21 g	7 g	30 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Mix crumbs, parmesan & garlic together. Roll chicken in coating mixture. Sprinkle with margarine.
Bread Crumbs, Plain	1/3 Cup	1 Cup	2 Cup	1 Qt	
2 Cheese, Parmesan Grated	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
3					Place on greased baking sheets. Bake 45-55 min or until cooked through.
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Parmesan f/Breast Bnls Sknls (Parmesan Chicken)



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

Company Potatoes (Company Potatoes)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	165 °F	Bake	#8 scoop	1/2 Cup	Contains: Potatoes, AllergenSoy, Onion, AllergenWheat, Chicken, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	17 g	8 g	10 g	225 mg	310 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Potato, Hash Brown Shredded	1 lb 8 Oz	3 lb 12 Oz	7 lb 8 Oz	15 lb	thawed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		Diced
	Cheese, Cheddar Shredded	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz		
	Seasoning, Rotisserie	1/2 tsp	1 1/4 tsp	2 tsp	1 Tbsp 2 tsp		
	Soup Crm Chicken f/Cnd	8.33 fl. oz	20.83 fl. oz	41.67 fl. oz	83.33 fl. oz		
	Sour Cream, LoCal Bulk	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz		
	Milk, Skim Bulk	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt		

Company Potatoes (Company Potatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
2							Preheat oven to 325°F. 2. Divide hash browns between 4-4 inch steam table pans (for 120 servings)
3							Mix together remaining ingredients (except for paprika)
4							Divide the mixture evenly among the pans containing the hashbrowns and mix.
5							Sprinkle the paprika over the top of the pans
6							Bake uncovered for approximately 1 1/2 hours or until slightly brown on top.
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 Crm Chicken f/Cnd (Cream of Chicken Soup)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165°F	Heat	6 fl. oz	ⓘ Contains: AllergenMilk, AllergenWheat, Chicken, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	11 g	6 g	7 g	125 mg	650 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1	Soup, Cream of Chicken Cond	0.63 no. 3 can	1.56 no. 3 can	3.13 no. 3 can	6.25 no. 3 can	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
	Milk, 2% Bulk	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
2					Mix ingredients and heat.	
3					CCP -- Heat per package instructions to *internal temp 165F for 15 sec.	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Condiment Mustard Mayo Ketchup (Mustard Mayo Ketchup)

COOK METHOD	SERVING SIZE	ALLERGENS
Sauce on the Side	1 serv	ⓘ Contains: AllergenEggs, Tomato, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	0 g	3 g	10 mg	210 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Ketchup PC	10 each	25 each	50 each	100 each	Each serving consists of 1 pkgk etchup, 1 pkg mayo, & 1 pkg mustard.
2 Mayonnaise PC	10 each	25 each	50 each	100 each	
Mustard PC	10 each	25 each	50 each	100 each	
3					CCP -- Maintain <40F/4C.

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.

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Mustard PC (Mustard Pack)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

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

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: Beans/Legumes, Corn, Tomato, Onion, Allergen Sulphites, Citrus, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	44 g	10 g	6 g	75 mg	280 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						Combine first 7 ingredients for the dressing; whisk to mix thoroughly.
Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Vinegar, White	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Oil, Vegetable	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
Juice, Lime RTS	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Corn, Whole Kernel Frz	1.0 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 4 Cup	Thawed	In a separate bowl, combine remaining ingredients. Pour dressing over vegetable mixture and stir or toss to coat the corn mixture evenly with the dressing. Cover and refrigerate for at least 1 hour.
	Beans Black f/Dry	1.0 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 4 Cup	Prepared	
	Tomato, Fresh	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup	Diced	
	Onion, Red/Burmuda	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Chopped Fine	
	Garlic, Whole Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Minced	
	Cilantro, Raw Bunch	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Minced	
5							Stir salad before serving.
6							CCP -- Maintain <40F/4C.

Beans Black f/Dry (Black Beans)



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

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

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

Beans Black f/Dry (Black Beans)



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

Corn Calico f/Frz (Calico Corn)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	3 g	2.5 g	0 mg	20 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Boil or steam corn until tender.
3 Pepper, Green Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Chopped Fine	Add chopped vegetables and cook until tender. Add black pepper and margarine.
Peppers Red Roasted f/Fresh	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		
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.

Corn Calico f/Frz (Calico Corn)



	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.

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	500.0 °F	Roast	1/2 Cup	⚠ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	20 mg	105 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pepper, Red Fresh	10 each	25 each	50 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice Pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3 Oil, Olive Salt, Iodized	2 tsp 1/2 tsp	2 Tbsp 1 tsp	1/4 Cup 2 tsp	1/2 Cup 1 Tbsp 1 tsp	Pour the oil and salt over the sliced Peppers. CCP -- Maintain >135F/57C. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
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.

Corn Cobbette Frz (Corn Cobbette)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	2 each	⚠️ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	35 g	5 g	1 g	0 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Corn, Cobbette Frz 2.75z	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Steam or boil vegetables according to package instructions.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Corn Cobbette Frz (Corn Cobbette)

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

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

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

Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	145 °F	Bake	1 (2x3)	ⓘ Contains: AllergenWheat, Corn, AllergenEggs, AllergenSoy

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid 3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
	Baking Mix, Corn Muffin 10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
3						Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Crisp Peach Hmd (Peach Crisp)



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

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)

	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 Roll Vegetable 1.5z (Vegetable Egg Roll)

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

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

INGREDIENTS	SERVINGS 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					CPP- Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Fish Cod Brd RTC 4z (Breaded Cod)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	4 Oz	⚠ Contains: AllergenWheat, AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	8 g	20 g	13 g	40 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Fish Cod	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare per manufacturer's instructions.
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.

Fruit Tropical f/Cnd (Chilled Tropical Fruit)

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

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

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

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

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

Green Beans Oregano f/Frz (Green Beans Oregano)

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

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.
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.

Green Beans w/Thyme f/Frz (Green Beans with Thyme)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb		Cook green beans until tender, 8 to 10 min to 140 degrees. Drain excess liquid.
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Add margarine and thyme. Mix and continue cooking.
	Thyme, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Guacamole f/Fresh (Guacamole)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Chill	#60 scoop	1 #60 sc.	ⓘ Contains: Tomato, Onion, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	0 g	2.5 g	0 mg	105 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Avocado, Fresh	1.25 each	3.13 each	6.25 each	12.5 each	Peeled, Seeded, & Cubed	Coarsely chop avocado and mash slightly.
3 Tomato, Fresh	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Diced	Add remaining ingredients to avocado and mix well. Place in suitable covered container in refrigerator to chill.
Onion, Yellow	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Diced	
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
4						Portion: Serve #60 scoop.
5						CCP -- Maintain <40F/4C.

Hamburger on WW Bun (Hamburger on Bun)

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

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

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

Beef Patty Baked (Baked Beef Patty)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Garlic, Powder 1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Season beef patties. Place on sheet pans & bake for 20 min.
	Paprika 1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
	Beef, Patty 80/20 Small Raw 1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	
3					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Hot Dog Beef 8/1 on Bun (Hot Dog on Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	20 g	11 g	17 g	75 mg	670 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Frank, Beef 8/1	10 frank	25 frank	50 frank	100 frank	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Wheat Bun, Hot Dog	10 each	25 each	50 each	100 each	Place franks in boiling water for 3 1/2 minutes internal temp 140 degrees.
3					Using a gloved hand and tongs, remove frank from boiling water and place in bun.
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.

House Salad (House Salad)

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

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
2 each	⚠️ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	0 g	0 g	6 g	0 mg	65 mg

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

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.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Melon Watermelon Cantaloupe f/Fresh (Fresh Watermelon & Cantaloupe C



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COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	2 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	Watermelon, Seedless	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Diced	Cut in bite size chunks, 1/2 inch in size. Mix together.
	Melon, Cantaloupe Fresh	13 Oz	2 lb	4 lb	8 lb	Diced	
3						CCP -- Maintain <40F/4C	

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	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 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C

Mustard PC (Mustard Pack)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

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

Noodles Egg in Gravy (Egg Noodles in Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	22 g	5 g	3.5 g	30 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine prepared noodles & gravy
Noodles Egg Seasoned	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Prepared	
Gravy Cream f/Mix	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	
3						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
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.

Noodles Egg Seasoned (Seasoned Egg Noodles)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	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	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 2 3/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Bring water & salt to a boil.
	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
3	Noodles, Egg Dry 9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Add noodles gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, but firm about 5-10 min. Stir occasionally to prevent sticking. Drain.
4	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Stir in margarine.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Gravy Cream f/Mix (Cream Gravy)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
135 °F	Cook	2 fl. oz	ⓘ Contains: AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	4 g	1 g	0.5 g	20 mg	260 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Gravy Mix, Country Dry	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Prepare product as per package instructions.
	Water, Tap	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	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.	

Noodles Parslied (Parslied Noodles)



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

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

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

Noodles Parslied (Parslied Noodles)



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

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.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pasta Angel Hair Buttered	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Prepared	Prepare pasta & sauce as per separate recipe. Stir sauce into pasta to ensure complete coverage.
	Sauce Marinara	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	
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.	

Sauce Marinara (Marinara Sauce)



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

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

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

Sauce Marinara (Marinara Sauce)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
	Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
	Basil, Dried Leaves	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
	Bay Leaf, Whole	0.4 each	1 each	2 each	4 each		
	Parsley, Dried	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
	Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pasta Angel Hair Buttered (Angel Hair Pasta)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup		Bring water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, approximately 8-10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
	Pasta, Angel Hair Dry 11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
3	Margarine, Solids 2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Melted	Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized 1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Pasta Angel Hair Buttered (Angel Hair Pasta)



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

Pasta Orzo Mediterranean (Mediterranean Orzo)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	28 g	7 g	8 g	75 mg	260 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, Orzo	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz		Bring a large pot of water to a boil. Add orzo and cook for 8-10 minutes until al dente. Drain.
3 Oil, Olive	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		In a large saucepan, heat oil and margarine. Add onion and celery and sautee over low heat until tender.
Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Onion, Red/Burmuda	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Diced	
Celery, Fresh	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Chopped	
4 Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	Add garlic, parsley, and basil and sautee for additional 3-5 minutes until fragrant.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

Pasta Orzo Mediterranean (Mediterranean Orzo)



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

Peaches Diced JcPk Cnd (Chilled Peaches)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	15 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Diced JcPk	0.4 no. 10 can	1 no. 10 can	2 no. 10 can	4 no. 10 can	Drained	Portion 4z spoodle or a #10 scoop.
3						CCP -- Maintain <40F/4C

Peaches Sliced Chilled JcPk Cnd (Chilled Peaches)

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

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

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

Pear Slices Blushing JcPk Cnd (Blushing Pears)

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

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

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

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 UTENSIL	SERVING SIZE	ALLERGENS
0.0 °F	#10 scoop	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	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Diced JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drained	Portion using 1/2 cup solid spoodle or #10 scoop.
3						Refrigerate at <40F until service.

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

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

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

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

Peas Snow Ginger & Shallots f/Frz (Seasoned Snow Peas)



COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1 Cup	ⓘ Contains: Peas, AllergenMilk, Onion, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	21 g	8 g	3.5 g	150 mg	270 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	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Sauté shallots in melted margarine until softened. Add ginger.
2 Ginger, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Shallots, Peeled Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Minced	
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		Steam peas until tender, 8 to 10 min. Steam in small batches. Season with margarine mixture, salt and pepper.
3 Salt, Iodized	1 tsp	2 1/2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
Peas, Snow Frz	4 lb 14 Oz	12 lb 4 Oz	24 lb 8 Oz	49 lb	Trimmed	

Peas Snow Ginger & Shallots f/Frz (Seasoned Snow Peas)



	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.

Pork Chop Braised f/Bnls (Braised Pork Chop)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	6 g	19 g	9 g	20 mg	95 mg

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

Pork Chop Braised f/Bnls (Braised Pork Chop)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pork Ribs Root Beer (Root Beer Ribs)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
300.0 °F	145 °F	Bake	1 serving	ⓘ Contains: Tomato, Allergen Sulphites, Pork & Products, Allergen Fish, Allergen Soy, Citrus, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	7 g	17 g	14 g	40 mg	240 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Sauce BBQ Root Beer	10 fl. oz	25 fl. oz	50 fl. oz	100 fl. oz	Prepare root beer BBQ sauce as per separate recipe.
	Pork, Ribs Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	
3						Steam the ribs until tender. Portion into 3 rib sections & place on sheet pans. Brush with root beer BBQ sauce & bake at 300F/148C until gooey.
4						For Fresh Pork and Ham Cuts: 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						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.

Sauce BBQ Root Beer (Root Beer BBQ Sauce)



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	2 Tbsp	ⓘ Contains: Tomato, Citrus, AllergenSulphites, AllergenFish, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	7 g	0 g	0 g	10 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.
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		Combine all ingredients. Bring to a boil and reduce heat and simmer until thickened about 20-25 minutes.
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	1/4 Cup	Puree	
Drink Soft Root Beer 12 flz	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
2 Ketchup, Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
Sauce, Worcestershire	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup		
Sauce, Hot	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
Sugar, Brown Light	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Sauce BBQ Root Beer (Root Beer BBQ Sauce)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Liquid Smoke	1/2 tsp	1 1/2 tsp	3 tsp	1 Tbsp 3 tsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 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.

Pork Roast Seasoned Ckd (Seasoned Pork Roast)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	165 °F	Heat	3 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	0 g	23 g	9 g	20 mg	60 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					Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Pork Wings Ckd (Pork Wings)

SERVING SIZE	ALLERGENS
2 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	0 g	30 g	15 g	20 mg	95 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. To Bake: Thaw Pork Wings. Maintain <40F/4C. Bake at 350F/176C for 15 to 20 minutes, turning pieces halfway through heating time. Cook to internal temp of 160F/71C held for 15 sec.
2					To Fry: Heat fryer to 350F/176C. Fry Pork 2-3 minutes or until golden brown. Cook to internal temp of 160F/71C held for 15 sec.
3					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.

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 Fries French f/Prepared (French Fries)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	4 Oz	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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Fries Krinkle Cut RTC	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Spread fries in single layer on sheet pan(s). Bake until golden brown.
3					CCP -- Maintain >140F/60C

Potato Mashed Chive f/Pearls (Chive Mashed Potatoes)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls 9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
3	Margarine, Solids 0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Chives, Dry 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
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.

Potato Mashed Chive f/Pearls (Chive Mashed Potatoes)



	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.

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

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls 9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
3	Margarine, Solids 0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Garlic, Powder 1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)



	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.

Potato Salad German Hot f/Fresh (Warm German Potato Salad)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Steam	1/2 Cup	ⓘ Contains: Potatoes, Onion, Allergen Sulphites, Pork & Products, Allergen Wheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	37 g	3 g	1 g	10 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Peeled & Sliced	Steam potatoes until just tender; about 30 min. CCP -- Maintain >135F/57C.
3 Bacon, Pork 18-26 ct	3 Oz	8 Oz	16 Oz	1 lb 16 Oz	Diced	Cook bacon until crisp. Drain well. Reserve fat. CCP -- Maintain >135F/57C.
4 Onion, Yellow	1.5 Oz	4 Oz	8 Oz	16 Oz	Minced	Saute onions until lightly browned in bacon fat.
5 Flour, All Purpose	1 Oz	2 Oz	4 Oz	8 Oz		Add flour and stir until smooth. Cook 5 min.
6 Sugar, Granulated Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Mix rest of ingredients. Boil 1 min. Add to onion and flour mixture gradually while stirring. Cook until slightly thickened.
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		
Vinegar, White	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		

Potato Salad German Hot f/Fresh (Warm German Potato Salad)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt		
7							Add hot dressing to warm potatoes and bacon. Mix lightly.
8							CCP - Maintain 135F/57C for only 4 hrs.
9							CCP - Cool: Product must reach 135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
10							CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Scalloped Mix w/Sauce	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	Prepare according to package directions. Bake to *internal temp 165F/74C for 15 sec.
3					*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.	
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.	

Potato Sweet Bkd f/Fresh (Baked Sweet Potato)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Sweet Fresh	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Select small even-sized Sweet Potatoes. Scrub and arrange on baking sheet. Bake 50-60 min, or until tender, at 400F.
3					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
4					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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.
2					Cook according to package instructions on greased baking sheets.
3					CCP -- Maintain >140F/60C

Rice Broccoli Casserole (Broccoli Rice Casserole)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	325.0 °F	165 °F	Bake	1/2 Cup	ⓘ Contains: Broccoli, Onion, AllergenWheat, AllergenSoy, Mushroom, AllergenMilk, Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	17 g	6 g	7 g	125 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Rice, White Parboiled	3/4 Cup	2 Cup	1 Qt	2 Qt		Cook rice according to package directions.
3 Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced Small	Heat margarine in a large skillet and sauté onion until tender.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4 Milk, 2% Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add milk, soup, and cheese and whisk until smooth.
Soup, Cream of Mushroom Cnd Cond	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
Cheese, Cheddar Shredded	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz		
5 Broccoli, Florets Frz	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz	Thawed	Chop thawed broccoli and combine with cooked rice and sauce mixture. Divide into baking pans, cover, and bake at 325F/163C.

Rice Broccoli Casserole (Broccoli Rice Casserole)



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

Rice Brown Sesame (Sesame Brown Rice)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenSesame, Rice, AllergenMilk, Onion, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	20 mg	110 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Rice, Brown Raw	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed.
Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal	Boiled	
3						Remove from oven, uncover and fluff with fork. Drizzle sesame oil over rice, add sesame seeds and green onions and mix well to combine.
Oil, Sesame	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Seeds, Sesame	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
Onion, Green/Spring/Scallions	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Sliced Thin	

Rice Brown Sesame (Sesame Brown Rice)



	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.

Rice Pilaf Corn w/Ckn Base (Summer Corn Pilaf)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	32 g	4 g	4 g	40 mg	130 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		Sauté celery and onion in margarine until they begin to soften. Add corn and seasonings and cook, stirring occasionally, for 5-7 minutes.
Celery, Fresh	3 Oz	8 Oz	1 lb	2 lb	Chopped	
Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Diced	
2 Corn, Whole Kernel Frz	6.5 Oz	1 lb	2 lb	4 lb	Thawed	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Rice Pilaf Corn w/Ckn Base (Summer Corn Pilaf)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Rice, White Parboiled	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Add uncooked rice to vegetables and cook, stirring occasionally, for an additional 5-7 minutes.
4	Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/2 Cup		Transfer rice mixture to a counter pan. Mix base and water, add to rice and stir well. Cover tightly with aluminum foil. Bake at 350F/177C for ~45 min until rice is tender and liquid is absorbed.
	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 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	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz		
3 Onion, Yellow	1.5 Oz	4 Oz	7.5 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	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
Carrot, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
4 Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	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	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Stir in peppers and parsley.

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



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
6							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
7							CCP -- Cool: Product must reach 140F/60C 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.

Rice Spanish w/Veg Base (Spanish Rice)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2 g	40 mg	80 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 onion, celery, and bell pepper in oil.
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	
Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3						Add raw rice and stir 2-3 min until grains are coated with oil.
Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
4						Stir in seasonings. Place rice in steam table pan.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Rice Spanish w/Veg Base (Spanish Rice)



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

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

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	

Roll Wheat RTS (Wheat Roll)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 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.

Salmon Baked Honey Citrus (Honey Citrus Salmon)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	400.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: AllergenFish, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	20 g	17 g	12 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.
Honey, Bulk	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		In a large bowl, whisk together first 5 ingredients to make the marinade. Pour 1/4 of marinade into a separate smaller bowl, cover, and set aside.
Juice Orange f/BIB 6 flz	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt	Prepared	
2 Juice, Lemon RTS	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
Chili Powder, Mild	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
3 Oil, Olive	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Add the first portion of oil to the remaining marinade in the large bowl. Whisk to combine.

Salmon Baked Honey Citrus (Honey Citrus Salmon)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Salmon, Fillet Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Cut salmon into fillets approximately 4 oz each. Place fillets in oil/marinade mixture. Cover and marinate for 20 minutes.
5	Lemon, Fresh	1.67 each	4.17 each	8.33 each	16.67 each	Sliced Thin	Combine lemon, orange, thyme, red pepper flakes, oil, salt, and pepper. Toss to coat. Distribute mixture evenly between roasting pans, and lay marinated salmon fillets on top, skin-side down (if applicable). Discard marinade used for salmon. Bake at 400F/204C until cooked.
	Orange Fresh Whole	1.67 each	4.17 each	8.33 each	16.67 each	Sliced Thin	
	Thyme, Dried Leaves	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Pepper, Red Flakes	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
5	Oil, Olive	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
6	Honey, Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		While salmon cooks, whisk second portion of honey into reserved marinade to make a sauce.
7							To Serve: Portion 1 salmon fillet drizzled with 1 Tbsp sauce per serving. Discard cooked citrus mixture.
8							Fish: Cook to internal temp of 145F/63C held for 15 sec.

Salmon Baked Honey Citrus (Honey Citrus Salmon)



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

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.	

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.

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



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

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

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

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



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Gravy Brown Hmd	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Prepared	Portion into baking pans using #8 scoop and flatten slightly. *Refrigerate<40F/4C until ready to cook. Cook to internal temp of 160F/71C held for 15 sec. Transfer to steam table pans, overlapping slightly. Cover with prepared Gravy.
4							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5							Cook Time: 25-35 Min

Gravy Brown Hmd (Brown Gravy)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 1.5 Oz	3.5 Oz	7.5 Oz	14.5 Oz	Blend flour into melted margarine to make a roux.
	Flour, All Purpose 1 Oz	2.5 Oz	4.5 Oz	9.5 Oz	
3	Base, Beef Paste LS G-F 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Combine base and hot water to make a stock. Mix well and bring to boil. Stir stock into roux stirring constantly with wire whip until thickened and smooth, about 5-10 min.
	Water, Tap 2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
4	Pepper, Black Ground 1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	Add pepper and kitchen bouquet; mix well.
5					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Gravy Brown Hmd (Brown Gravy)



	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.

Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Quartered	WASH ALL PRODUCE under cool, running water. Drain well.
3						Remove stems and cut into quarters.
4						CCP -- Maintain <40F/4C

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Tomato, Onion, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	8 g	2 g	5 g	20 mg	110 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mix Vinegar, Oil and Spices until thoroughly blended.
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	
	Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
	Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
2	Tomato, Fresh	1 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 3 Cup	Add remaining ingredients to above and toss until well blended.
	Onion, Yellow	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	
3						CCP -- Maintain <40F.

Tomato Stewed f/Cnd (Stewed Tomatoes)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	3 g	0.5 g	100 mg	550 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow Celery, Fresh Pepper, Green Fresh	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Diced	
	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Diced	
2 Cornstarch Tomato, Diced Cnd Sugar, Granulated Bulk Pepper, Black Ground	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Saute Vegetables until tender.
	0.8 no. 10 can	2 no. 10 can	4 no. 10 can	8 no. 10 can		
	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp		

Tomato Stewed f/Cnd (Stewed Tomatoes)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Tuna Noodle Casserole (Tuna Noodle Casserole)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	32 g	23 g	7 g	150 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 Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Prepare noodles per package instructions; rinse and drain.	
3	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melted	Melt margarine. Add onions and celery. Sauté until tender. Add flour, pepper and garlic to flour mixture. Stir and cook 5-10 min.
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced	
	Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced	
	Flour, All Purpose	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp			

Tuna Noodle Casserole (Tuna Noodle Casserole)



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

Turkey Cutlet Pesto (Pesto Turkey)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Turkey, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	1 g	15 g	9 g	40 mg	105 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Turkey, Cutlet Unbrd Raw 3z 1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Spray steamtable pan(s) with cooking spray. Arrange turkey cutlet in pan(s). Spray turkey lightly and put in oven to brown, approximately 25-35 min. Evenly top each cutlet with 1 teaspoon pesto sauce.
	Sauce Pesto Basil Hmd 1/3 Cup	1 Cup	2 Cup	1 Qt	
3					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Sauce Pesto Basil Hmd (Basil Pesto)

COOK METHOD	SERVING SIZE	ALLERGENS
Blenderize	1 tsp	ⓘ Contains: Garlic, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	1 g	3.5 g	20 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.
Oil, Olive	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		In a blender, combine all ingredients. Process until smooth.
Basil, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
2 Cheese, Parmesan Grated	0.5 Oz	1.5 Oz	3 Oz	6.5 Oz		
Garlic, Whole Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
Pepper, Black Ground	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp		
3						CCP -- Maintain <40F/4C

Turkey Mornay f/Pulled (Turkey Mornay)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	10 g	25 g	8 g	150 mg	240 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		Prepare Mornay Sauce: Melt margarine and sauté onion until softened. Add flour and stir continuously for about 5 min.
2 Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced	
Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		Combine base and water to make broth. Add milk. Slowly whisk broth mixture into the flour. Stir continuously until smooth and thickened.
3 Water, Tap	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		
Milk, 2% Bulk	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		
4 Pepper, Cayenne	1/8 tsp	1/8 tsp	1/4 tsp	3/4 tsp		Add seasonings and cheeses. Continue to cook until cheese is melted and well blended.

Turkey Mornay f/Pulled (Turkey Mornay)

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

Vegetable Mix California Blend f/Frz (California Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	3 g	4 g	40 mg	80 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, Cali Frz	4 lb	10 lb	20 lb	40 lb	Steam or boil vegetables until tender approx 8 to 10 min; prepare according to package instructions.
3	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted Add margarine & mix well.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Mix Capri Blend (Capri Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	1 g	2 g	20 mg	65 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 approx 8 to 10 min; . Add Seasoning and mix well.
Vegetable Mix, Capri Frz	2 lb	5 lb	10 lb	20 lb	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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

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 approx 8 to 10 min; . Add seasonings and mix well.
Vegetable Mix, Italian Frz	4 lb	10 lb	20 lb	40 lb	
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
Oregano, Dry	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Basil, Dried Leaves	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.

Vegetable Mix Key West Blend (Key West Blend Vegetables)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g		4 g	2.5 g	30 mg	60 mg

INGREDIENTS	SERVINGS 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 approx 8 to 10 min; . Add Seasoning and gently mix.
Vegetable Mix, Key West Frz	2 lb	5 lb	10 lb	20 lb	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Vegetable Mix Pacific Blend (Pacific Blend Vegetables)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1 Cup	ⓘ Contains: Carrots, Broccoli, AllergenMilk, Peas, 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	INGREDIENT PREP	PREPARATION STEP
1 Vegetable Mix, Pacific Frz	4 lb	10 lb	20 lb	40 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted	
2						Steam or boil vegetables until just tender, approx 8 to 10 min; . Do not overcook. Add margarine & mix well.
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 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.

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1 Cup	ⓘ Contains: Carrots, Onion, AllergenSoy, Garlic, Peppers Bell, Cauliflower, AllergenMilk, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	18 g	4 g	3.5 g	50 mg	80 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Sicilian Frz	4 lb	10 lb	20 lb	40 lb	Steam or boil vegetables until tender, approx 8 to 10 min;; prepare according to package instructions.
3 Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Add seasonings and mix well.
Garlic, Powder	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 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.

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



COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
15 Min	Saute	4z Spoodle	1 Cup	ⓘ Contains: Onion, AllergenSoy, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	12 g	3 g	4.5 g	50 mg	50 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	1 lb 3 Oz	3 lb	6 lb	12 lb	
2	Zucchini, Fresh	2 lb	5 lb	10 lb	20 lb	Sliced
	Squash, Yellow Fresh	2 lb	5 lb	10 lb	20 lb	
3	Garlic, Powder	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Add zucchini and squash and sauté until tender and *internal temp >145F/63C has been reached; about 10-15 min
	Paprika	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
	Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
4						Add seasonings and fold carefully to mix well.

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



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



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 March
Lunch 2024

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	810 kcal
Protein (g)	30 (g)	42 (g)
Carbohydrate	NA	106 (g)
Fat	30-35% of calories, less is acceptable	32%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	638.82 mcg
Vitamin B-6	.6 mg	1.31 mg
Vitamin B12	.8 mcg	2.91 mcg
Vitamin C	30 mcg	71.99 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1800 mg
Sodium	<1100mg avg over one month	1030 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: Friday, Week 1, Month Menu March 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	880	132	10	0	0	77	0	32	32	545	5	1515	805	398	289	52	3	35	53	65	1	8
Lunch																						
1/2cup Potato Wedges f/RTB	110	21	2	0	0	0	0	3	3	20	0.75	350	30	0	0	5.87	0	0	0	0	0.06	1
1 Each Hamburger on WW Bun *	270	20	2	0	0	1	0	16	15	75	2.5	175	140	95.09	5.21	2.4	0	1.16	4.3	45	0.7	4.5
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 Serv Condiment Mustard Mayo Ketchup	40	5	0	0	0	3	0	0	3	10	0.2	40	210	9.32	2.7	0.3	0	5.35	1.74	5	0.01	0
1 Each Garnish Lettuce Tomato Pickle Onion	20	4	1	0	0	2	0	1	0	30	0.4	175	120	21.45	23.11	6.16	0	15.4	20.74	0	0	0
1/2cup Coleslaw Confetti *	120	16	1	0	0	12	0	2	6	20	0.4	125	120	15.45	92.08	29.66	0	7.58	8.64	0	0	1
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
Lunch TOTAL	880	132	10	0	0	77	0	32	31.5	545	4.85	1515	805	397.88	288.9	51.68	3.4	35.44	52.94	65	0.9	8.0

Daily Nutrient Analysis: Monday, Week 2, Month Menu March 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	99	10	0	0	54	0	44	19	535	5	1725	775	623	1293	81	4	50	156	85	1	3
Lunch																						
3oz Chicken Breast Baked f/Bnls	100	0	0	0	0	0	0	20	2.5	10	0.4	300	135	181.5	11.07	0	0	0.32	7.73	65	0.01	0
1/2cup Potato Sweet Glazed Orange f/Fresh	180	36	3	0	0	21	0	2	3.5	50	0.75	350	85	45.37	681.06	7.39	0.6	5.8	13.03	0	0.26	0.5
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
Lunch TOTAL	710	99	10	0	0	54	0	44	19.0	535	5.15	1725	775	622.95	1293.21	81.05	4.0	50.26	156.45	85	0.79	3.0

Daily Nutrient Analysis: Tuesday, Week 2, Month Menu March 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	895	103	9	0	0	39	0	47	37	730	4	1715	1075	878	447	56	6	119	130	140	1	13
Lunch																						
1/2cup Potato Red w/Skin Sliced f/Fresh	130	28	2	0	0	1	0	3	1.5	20	0.5	450	20	54.52	14.41	10.07	0.2	4.61	12.26	0	0.1	0
1/2cup Broccoli Florets & Cheese Sauce f/Frz	180	11	3	0	0	5	0	11	12	300	1	350	230	221.46	194.14	45.61	1.5	103.67	43.52	30	0.46	6
1 Each Pork Chop Stuffed f/Bnls	240	16	1	0	0	1	0	21	10	40	1.5	400	380	215.78	6.13	0.11	0.6	0.2	30.92	70	0.06	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 2x3 Cornbread f/Mix	130	20	2	0	0	6	0	3	4	20	1	40	240	147.45	13.2	0.03	0.2	1.43	30.34	20	0	1
1/2cup Apple Scalloped Hmd f/Frz	90	15	1	0	0	13	0	0	4	0	0.2	75	60	5.94	36.91	0.08	0.6	4.18	0.76	0	0.26	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
Lunch TOTAL	895	103	9	0	0	39	0	47	37.0	730	4.3	1715	1075	877.75	447.26	55.91	6.1	119.38	130.05	140	1.06	12.5

Daily Nutrient Analysis: Wednesday, Week 2, Month Menu March 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	825	86	9	0	0	36	0	45	37	520	4	1590	1000	660	450	25	4	49	158	95	1	7
Lunch																						
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	0
1 Each 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% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup Chicken Pot Pie w/Biscuit Crust f/Pulled	360	26	2	0	0	5	0	28	15	100	2.25	350	520	297.22	247.6	4.89	1	22.11	54.36	75	0.4	3.5
1/2cup Artichoke Salad w/Vinaigrette	170	9	3	0	0	3	0	3	15	20	0.75	350	210	73.15	16.76	10	0	19.49	47.52	0	0.06	1
Lunch TOTAL	825	86	9	0	0	36	0	45	36.5	520	4.4	1590	1000	660.08	450.22	24.78	4	48.67	157.98	95	0.65	6.5

Daily Nutrient Analysis: Thursday, Week 2, Month Menu March 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	860	125	14	0	0	42	0	41	27	565	5	1520	1190	706	227	20	4	21	121	120	0	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
1/2cup Potato Tator Tots f/RTB	160	23	2	0	0	0	0	2	7	20	0.5	250	390	69.27	0	3.3	0	3.05	18.97	0	0	1.5
1 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
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Turkey Burger Hawaiian	410	45	5	0	0	13	0	26	14	175	4	450	580	325.2	41.3	5.77	0.6	5.67	54.39	100	0.17	4
1 Each Corn Cobbette Frz	70	18	2	0	0	0	0	3	0.5	0	0.5	200	5	58.51	0	3.74	0	0	24.19	0	0	0
1 Each 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
Lunch TOTAL	860	125	14	0	0	42	0	41	27.0	565	5.4	1520	1190	706.11	227.15	19.81	3.6	21.08	121.35	120	0.35	7.5

Daily Nutrient Analysis: Friday, Week 2, Month Menu March 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	700	94	11	0	0	37	0	36	27	510	5	1550	1030	600	334	62	4	55	128	130	1	8
Lunch																						
1 Each Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
3 Each Meatballs Porcupine w/Sauce *	290	18	2	0	0	3	0	18	17	50	3	500	590	195.1	45.58	6.8	0.6	3.81	26.85	110	0.91	6
1 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% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1/2cup 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 Mango Diced PC	70	18	2	0	0	16	0	1	0	20	0.2	200	5	15.88	61.23	41.28	0	4.76	48.76	0	0	0
Lunch TOTAL	700	94	11	0	0	37	0	36	27.0	510	5.1	1550	1030	599.79	333.71	61.9	4.0	54.99	128.31	130	1.26	8.0

Daily Nutrient Analysis: Monday, Week 3, Month Menu March 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	855	83	8	0	0	38	0	36	48	635	4	1600	1285	697	574	107	6	100	178	170	2	13
Lunch																						
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
1cup Cucumber & Tomato Salad f/Fresh	140	12	2	0	0	8	0	2	10	30	0.75	500	180	55.06	72.72	24.36	0	29.62	28.92	0	0.04	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
4oz Shrimp Scampi Hmd	180	5	0	0	0	0	0	14	13	75	0.5	175	580	238.33	129.83	6.49	1.5	37.7	22.01	115	0.56	2
1/2cup Pasta Linguine Herbed	270	21	1	0	0	2	0	6	18	75	1.25	125	230	88.35	173.91	1.42	1	26.92	63.95	35	0.89	8
1 Each Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
Lunch TOTAL	855	83	8	0	0	38	0	36	48.0	635	3.55	1600	1285	696.66	574.33	106.76	5.5	100.09	177.53	170	1.67	13.0

Daily Nutrient Analysis: Tuesday, Week 3, Month Menu March 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	820	111	10	0	0	37	0	46	28	475	3	1675	805	802	267	66	4	26	135	90	1	6
Lunch																						
1 Each Mango Diced PC	70	18	2	0	0	16	0	1	0	20	0.2	200	5	15.88	61.23	41.28	0	4.76	48.76	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup Chili Verde	200	4	0	0	0	2	0	26	8	20	0.75	500	430	279.84	3.48	2.11	0.6	3.16	2.87	75	0.04	2
2oz Chips Tortilla Yellow Bulk	270	39	3	0	0	0	0	5	12	75	1	125	190	127.57	0	0	0	11.85	6.8	0	0.46	1.5
1cup Corn Southwest *	180	37	5	0	0	6	0	5	5	10	1.25	450	70	146.44	60.42	22.64	0.6	5.66	64.78	0	0.26	1
Lunch TOTAL	820	111	10	0	0	37	0	46	27.5	475	3.3	1675	805	801.53	266.65	66.03	4.2	25.67	135.41	90	0.76	6.0

Daily Nutrient Analysis: Wednesday, Week 3, Month Menu March 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	770	95	12	0	0	33	0	44	29	550	6	1775	935	683	374	115	5	242	156	85	1	6
Lunch																						
1/2cup Brussels Sprouts Roasted f/Fresh	100	11	5	0	0	3	0	4	6	75	1.75	500	180	81.58	44.85	100.24	0	212.42	71.96	0	0	1
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Chicken Marsala *	210	8	1	0	0	1	0	21	10	20	1	450	210	218.85	81.73	1.54	1.5	10.41	15.14	65	0.53	2
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
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
1/2cup Peaches & Pears Diced JcPk Cnd	60	15	2	0	0	12	0	1	0	10	0.4	150	5	17.34	11.4	3.11	0	1.2	2.4	0	0	0
Lunch TOTAL	770	95	12	0	0	33	0	44	28.5	550	5.75	1775	935	683.43	373.6	115.18	4.7	241.55	155.85	85	1.0	5.5

Daily Nutrient Analysis: Thursday, Week 3, Month Menu March 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	850	115	11	0	0	36	0	41	28	610	6	1795	885	702	736	117	5	164	203	210	1	12
Lunch																						
1/2cup Strawberries f/Fresh	35	9	2	0	0	6	0	1	0	20	0.5	175	5	27.22	1.13	66.68	0	2.49	27.22	0	0	0
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% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	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 Steak Cobb Salad *	180	13	3	0	0	7	0	15	9	75	3	600	280	166.41	324.65	39.71	0.6	150.12	98.52	120	0.09	2.5
1cup Knoephla Soup *	380	59	3	0	0	7	0	11	11	125	1.25	500	150	188.45	227.95	10.51	1.5	2.78	33.85	70	0.37	7
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
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	850	115	11	0	0	36	0	41	28.0	610	6.05	1795	885	701.59	736.38	116.95	5.1	163.79	203.3	210	0.65	11.5

Daily Nutrient Analysis: Friday, Week 3, Month Menu March 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)	
PROVIDER CHOICE																							
DAILY TOTAL	1040	126	14	0	0	49	0	39	49	575	6	1775	2225	607	1306	70	4	113	188	90	1	14	
Lunch																							
1/2cup Carrot Glazed f/Frz	110	14	4	0	0	9	0	1	7	50	0.75	225	120	35.67	1020.83	2.62	0.8	22.45	12.56	0	0.44	1	
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1	
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5	
1/2cup Potato Red Roasted Quarter w/Peel	180	25	2	0	0	1	0	3	9	20	0.4	450	150	49.72	0.03	9.16	0	9.13	11.16	0	0.03	0.5	
1cup Beef Corned w/Cabbage	190	6	2	0	0	3	0	14	13	50	2	450	1050	122.46	4.54	56.02	0	68.95	43.23	50	0	4	
2 Slice Bread Rye Seeded Thick Slice	250	47	6	0	0	4	0	9	3	75	3	175	580	120	0	0.38	0	1.15	105.6	0	0	0.5	
1 2x3 ~ Sq Gelatin Seafoam Salad w/Pineapple	160	21	0	0	0	19	0	3	8	30	0.1	75	150	46.16	57.44	2.02	0	0.81	3.23	20	0.22	5	
Lunch TOTAL	1040	126	14	0	0	49	0	39	48.5	575	6.35	1775	2225	607.41	1306.26	70.21	3.8	112.83	188.08	90	1.06	13.5	

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

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

Daily Nutrient Analysis: Monday, Week 4, Month Menu March 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	645	101	9	0	0	42	0	37	17	810	7	2170	1250	709	774	95	4	90	284	45	0	6
Lunch																						
1cup Pasta Ziti Italian Bake	330	49	3	0	0	9	0	19	7	350	4	600	660	313.89	90.28	13.25	0.4	6.76	125.33	25	0.1	3.5
1/2cup Zucchini Seasoned f/Fresh	30	3	1	0	0	2	0	2	2	20	0.4	250	120	34.59	27.52	16.24	0.4	5.97	21.79	0	0.13	0
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% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
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 Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	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
Lunch TOTAL	645	101	9	0	0	42	0	37	17.0	810	6.65	2170	1250	709.17	773.52	95.09	3.8	90.2	283.74	45	0.41	5.5

Daily Nutrient Analysis: Tuesday, Week 4, Month Menu March 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	90	10	0	0	28	0	37	28	560	5	1975	790	611	330	164	4	159	179	55	1	4
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Salmon Herb Roasted	120	2	1	0	0	0	0	13	8	20	0.75	350	60	123.75	45.46	8.41	0.6	4.9	16.82	35	0.26	1
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 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
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
1/2cup Fruit Fresh Spring/Summer	40	11	1	0	0	8	0	1	0	20	0.3	150	5	14.46	2.68	20.74	0	4.18	10.65	0	0	0
Lunch TOTAL	710	90	10	0	0	28	0	37	28.0	560	5.15	1975	790	610.77	330.3	164.45	4.0	158.62	178.79	55	0.8	4.0

Daily Nutrient Analysis: Wednesday, Week 4, Month Menu March 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	675	101	12	0	0	33	0	31	23	840	8	1625	835	583	394	82	4	35	195	45	0	9
Lunch																						
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
2 Each Enchiladas Bean Black	410	50	7	0	0	3	0	17	17	450	6	600	670	240.15	122.04	8.54	0.2	17.5	119.32	30	0.28	6
1/4cup Garnish Lettuce Shredded	5	2	0	0	0	1	0	0	0	10	0.2	75	5	8.16	10.21	1.14	0	9.84	11.84	0	0	0
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
1 #12 sc. Pico de Gallo f/Fresh	10	3	1	0	0	1	0	1	0	10	0.2	125	15	13.39	18.03	6.4	0	3.6	8.04	0	0	0
1/2cup Corn Southwest f/Frz	90	19	3	0	0	3	0	3	2.5	0	0.75	250	25	76.1	46.7	22.12	0.4	3.41	37.47	0	0.13	0
Lunch TOTAL	675	101	12	0	0	33	0	31	23.0	840	7.65	1625	835	583.37	394.36	82.48	3.6	34.84	195.34	45	0.41	8.5

Daily Nutrient Analysis: Thursday, Week 4, Month Menu March 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	705	93	9	0	0	38	0	46	24	625	7	1775	970	659	681	38	4	418	249	95	0	8
Lunch																						
1/2cup Spinach w/Garlic Butter	45	4	2	0	0	0	0	3	3.5	100	2.25	500	105	41.13	407.85	23.01	0	395.22	158.57	10	0	2
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Beef Roast f/Top Round	140	0	0	0	0	0	0	21	6	30	1.75	350	200	190.93	0.07	0	0	1.58	10.83	60	0	2.5
2fl. oz Gravy Mushroom Semi_scratch *	40	5	1	0	0	2	0	2	2	40	0.3	75	115	39.38	12.26	0.22	0.4	0.41	7.3	5	0.01	0.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
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
1/2cup Peaches Sliced JcPk Cnd w/Cranberry Sauce	80	23	2	0	0	19	0	2	0	10	0.5	175	10	22.99	25.46	4.77	0	4.5	6.42	0	0	0
Lunch TOTAL	705	93	9	0	0	38	0	46	24.0	625	7.2	1775	970	659.08	680.94	38.18	3.6	418.25	248.82	95	0.48	7.5

Daily Nutrient Analysis: Friday, Week 4, Month Menu March 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)	
			9																				
DAILY TOTAL	910	115	11	0	0	50	0	48	34	730	9	1550	1120	736	795	19	5	50	135	135	1	10	
Lunch																							
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5	
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0	
1/2cup Vegetable Mix Prince Edward Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0	
1/2cup Crisp Apricot Hmd	200	38	3	0	0	28	0	3	6	40	1	300	55	55.31	182.38	7.51	0.8	9.91	5.89	0	0.41	1	
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1	
3oz Chicken Cornflake Thigh & Drum	160	11	1	0	0	1	0	19	4.5	10	4.5	250	290	169.93	67.12	2.38	0.6	3.07	44.17	85	0.02	1	
1/2cup Company Potatoes	180	17	1	0	0	2	0	8	10	225	1	350	310	165	108.43	6.04	0.6	1.26	12.34	30	0.18	5	
Lunch TOTAL	910	115	11	0	0	50	0	48	33.5	730	9.35	1550	1120	736.36	795.06	18.95	5.4	50.42	134.56	135	1.13	9.5	

Daily Nutrient Analysis: Monday, Week 5, Month Menu March 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	805	95	6	0	0	34	0	36	35	570	6	1700	860	591	349	89	5	30	110	120	2	10
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
3oz Meatloaf & Gravy f/Mix	240	6	0	0	0	1	0	16	17	75	2	300	280	168.57	30.68	0.17	0.6	1.73	19.41	95	0.92	6
1/2cup Vegetable Mix Capri Blend	35	4	0	0	0	3	0	1	2	20	0.3	200	65	17.49	50.23	49.3	0.4	8.03	19.13	0	0.13	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1/2cup Potato Mashed caramelized onions *	190	34	2	0	0	4	0	4	5	50	0.75	650	95	102.97	43.77	18.36	0.8	7.22	14.49	5	0.22	1
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
1/2cup Applesauce Strawberry	50	14	2	0	0	10	0	0	0	0	0.4	75	5	4.39	0.88	20.64	0	0.44	2.64	0	0	0
Lunch TOTAL	805	95	6	0	0	34	0	36	35.0	570	5.55	1700	860	591.32	348.98	88.58	4.8	30.21	110.47	120	1.66	9.5

Daily Nutrient Analysis: Tuesday, Week 5, Month Menu March 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	690	81	8	0	0	34	0	43	27	585	5	1630	1160	623	708	26	4	139	204	185	1	8
Lunch																						
1 Each Crackers Saltine Unsalted PC	25	5	0	0	0	0	0	1	0.5	10	0.4	10	50	6.3	0	0	0	0	7.44	0	0	0
1 Each Breadstick Garlic f/7 in	150	20	1	0	0	0	0	4	7	10	1.25	40	240	35.09	41.5	0.01	0.6	5.27	46.04	0	0.3	1
2 Each Dressing Italian LoCal PC	30	3	0	0	0	3	0	0	2	0	0.1	30	270	3.55	0.3	0	0	3.7	0.89	0	0.01	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
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Chef Salad Mixed greens *	200	6	2	0	0	2	0	21	11	175	2.5	500	220	256.18	382.63	14.05	0.8	118.45	105.02	150	0.17	4.5
6fl. oz Soup Beef Barley Hmd f/Cubes	60	8	2	0	0	2	0	6	1	30	0.75	200	230	64.18	97.72	1.86	0	5.87	10.09	15	0.04	0
Lunch TOTAL	690	81	8	0	0	34	0	43	27.0	585	5.4	1630	1160	622.76	708.01	25.76	4.4	139.14	204.33	185	0.7	7.5

Daily Nutrient Analysis: Wednesday, Week 5, Month Menu March 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	805	116	11	0	0	36	0	46	20	535	5	1675	710	643	673	46	4	63	159	85	1	5
Lunch																						
1/2cup Rice Steamed	120	27	1	0	0	0	0	3	0	30	0.3	75	50	50.49	0	0	0	0.03	2.64	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
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
1/2 Each Bread Naan	190	33	1	0	0	2	0	7	3.5	75	2.25	100	300	63.79	0	0	0	0	65.06	0	0.03	1
3oz Chicken a la Orange Breast	160	3	0	0	0	1	0	20	7	10	0.4	350	85	184.5	60.13	9.17	0.8	5.9	12.08	65	0.37	1.5
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.71	5.1	30.62	0	4.93	32.32	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
Lunch TOTAL	805	116	11	0	0	36	0	46	20.0	535	4.85	1675	710	642.97	672.86	45.62	4.4	62.91	158.87	85	0.84	5.0

Daily Nutrient Analysis: Thursday, Week 5, Month Menu March 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	1065	158	13	0	0	61	0	47	33	740	6	2325	865	788	1170	70	6	106	119	100	1	8
Lunch																						
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1/2cup Carrot Parsley *	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
1cup Turkey Mornay f/Pulled	210	10	2	0	0	4	0	25	8	150	1.25	400	240	254.79	115.3	29.46	1.5	68.29	31.59	75	0.38	2.5
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
Lunch TOTAL	1065	158	13	0	0	61	0	47	32.5	740	5.85	2325	865	787.61	1170.37	70.36	5.7	105.71	119.1	100	1.1	8.0

Daily Nutrient Analysis: Friday, Week 5, Month Menu March 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	890	114	15	0	0	36	0	43	33	640	7	1650	705	659	893	92	7	130	249	60	2	6
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1 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% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
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
1/2cup Rice Pilaf Wild f/Rice Blend	170	33	1	0	0	1	0	4	2.5	40	1.5	125	25	65.17	70.4	8.94	0.4	38.58	107.4	0	0.13	0
1cup Vegetable Mix Garden Blend	150	24	8	0	0	6	0	6	4	50	1.5	350	95	93.04	425.22	5.9	0.6	47.64	34.64	0	0.26	0.5
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	890	114	15	0	0	36	0	43	32.5	640	6.55	1650	705	658.66	893.18	91.74	7.0	129.86	248.86	60	1.83	5.5



ALTERNATE MEALS

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE				LUNCH					
Broccoli Salad	1/2 Cup	Confetti Coleslaw	1/2 Cup	Grandma's Hot Dish	1 Cup	Chicken & Wild Rice Casserole	1 Cup	Taco Casserole	6 Oz
Macaroni & Cheese	1 Cup	Italian Submarine Sandwich	1 each	Seasoned Broccoli Florets	1 Cup	Brussels Sprouts & Tomatoes	1 Cup	Spanish Rice	1/2 Cup
Stewed Tomatoes	1/2 Cup	Cucumber Slices	1/2 Cup	Garlic Whole Grain Breadstick	1 each	Wheat Roll	1 each	Refried Beans	1/2 Cup
Chilled Mandarin Oranges	1/2 Cup	Lettuce Tomato Onion	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Whole Kernel Corn	1/2 Cup
1% Milk	8 fl. oz	Mayonnaise	1 each	Fresh Watermelon & Cantaloupe Cubes	1 Cup	Fresh Whole Pear	1 each	Soft Margarine Cup	1 each
		Banana	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Peaches	1 each
		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									
Egg & Sausage Bake	1 Cup	House Salad	1 Cup	Relish Plate w/Dip	1 each	Peach French Toast Bake	1/2 Cup	Corn Chowder	6 fl. oz
Hash Browns	1/2 Cup	Chicken Parmesan	3 Oz	Pizza Casserole	1 Cup	Scrambled Egg	2 #16 sc.	Taco Stuffed Potato	1 each
Asparagus Almondine	1/2 Cup	Angel Hair Pasta	1/2 Cup	Squash Medley	1/2 Cup	Glazed Sweet Potatoes	1/2 Cup	Cornbread	1 (2x3)
Dry Wheat Toast	1 slice	Sicilian Blend Vegetables	1/2 Cup	Wheat Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Whole Grain Breadstick	1 each	Soft Margarine Cup	1 each	LoCal Syrup	1 fl. oz	Saltine Crackers	1 each
Jelly	1 each	Soft Margarine Cup	1 each	Chilled Applesauce	1/2 Cup	Banana	1 each	Fresh Whole Orange	1 whole
Banana	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	Fresh Berries w/Whip Topping	1 Cup						
		1% Milk	8 fl. oz						

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Applesauce JcPk Cnd (Chilled Applesauce)

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

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

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

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, AllergenMilk, AllergenTreeNuts, AllergenSoy

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	Sauteed	
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)



	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.

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.

Beans Refried f/Cnd (Refried Beans)



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COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	Steam	1/2 Cup	ⓘ Contains: Onion, Beans/Legumes, Garlic, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	17 g	6 g	3.5 g	40 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.
2	Onion, Yellow 1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	Sauté onions in oil until tender. Add onions and spices to beans and mix well.
	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Beans, Refried Cnd 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Beans Refried f/Cnd (Refried Beans)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Note: May use onion powder in place of sauteed onions. 1 tsp onion powder = 1/3 cup chopped onion

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

SERVING SIZE	ALLERGENS
1 Cup	Contains: Strawberry, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 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	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	4.5 Oz	12 Oz	1 lb 8 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

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

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

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

INGREDIENTS	SERVINGS 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.

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, Apples, AllergenSulphites, Broccoli, Cauliflower, Pork & Products, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	16 g	4 g	9 g	50 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Broccoli, Florets Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Combine vegetables.
2 Cauliflower, Fresh	6.5 Oz	1 lb	2 lb	4 lb	
Onion, Red/Burmuda	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
Bacon Bits, Real	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Add bacon bits, sunflower seeds, and raisins to vegetables.
3 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	
4 Vinegar, White	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	Mix remaining ingredients to make dressing until sugar is dissolved. Combine with salad. Best if covered and refrigerated for 4 1/2 hours before serving.

Broccoli f/Fresh Salad (Broccoli Salad)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
Vinegar, Cider Apple	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
Mayonnaise, Light	3/4 Cup	2 Cup	1 Qt	2 Qt	
Sugar, Granulated Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
5					CCP -- Maintain <40F/4C.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g	6 g	4 g	100 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	Broccoli, Florets Frz 4 lb	10 lb	20 lb	40 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Parsley, Dried 1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 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.

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomato)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	145 °F	Bake	1 Cup	ⓘ Contains: Tomato, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	7 g	5 g	100 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Brussels Sprouts, Frz	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz		Preheat oven to 425°F /218C. Toss together all ingredients in large bowl. Spread mixture in single layer on large shallow baking pan.
Tomato, Diced Cnd	1 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 3 Cup	Drained	
Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
2 Garlic, Powder	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		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3						Bake 20 minutes or until brussels sprouts are tender and browned, stirring once halfway.

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)



	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.

Chicken & Wild Rice Casserole (Chicken & Wild Rice Casserole)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	28 g	33 g	9 g	100 mg	330 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
1 Soup Crm Chicken f/Cnd	14.5 Oz	2 lb 5 Oz	4 lb 10 Oz	9 lb 3 Oz	
1 Rice, Wild Raw	10.5 Oz	1 lb 10 Oz	3 lb 5 Oz	6 lb 10 Oz	
Chicken, White Diced Frz	1 lb 15 Oz	4 lb 12 Oz	9 lb 9 Oz	19 lb 2 Oz	
2					Heat oven to 375 degrees F
3					Heat water until hot - add chicken base
4 Base, Chicken Paste LS G-F	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Add cream of chicken soup & seasoning packet from wild rice to water - stir until combined
4 Water, Tap	2 1/3 Cup	1 1/2 Qt	3.0 Qt	1 Gal 3 Cup	
Milk, 2% Bulk	1 2/3 Cup	1.0 Qt	2.0 Qt	1 Gal	
5					Spray counter pan(s) with Food Release. Place chicken & wild rice in lightly greased 4 inch steamtable pan

Chicken & Wild Rice Casserole (Chicken & Wild Rice Casserole)



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INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6					Pour soup mixture over chicken & rice - str.
7					Cover pan with aluminum foil.
8					Bake for 1 hour.
9					If wild rice is tender, it is done - if it is not tender, continue cooking until rice is tender (about 20-30 additional minutes)
10					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
11					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
12					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
13					+CCP - Serve Hot >140F/60C

Soup Crm Chicken f/Cnd (Cream of Chicken Soup)



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COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Heat	6 fl. oz	ⓘ Contains: AllergenMilk, AllergenWheat, Chicken, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	11 g	6 g	7 g	125 mg	650 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1	Soup, Cream of Chicken Cond	0.63 no. 3 can	1.56 no. 3 can	3.13 no. 3 can	6.25 no. 3 can	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
	Milk, 2% Bulk	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
2					Mix ingredients and heat.	
3					CCP -- Heat per package instructions to *internal temp 165F for 15 sec.	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Coleslaw Confetti (Confetti Coleslaw)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: Corn, Cabbage, Carrots, Peppers Bell, Onion, Citrus, Allergen Sulphites, Raspberry, Allergen Eggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	16 g	2 g	6 g	20 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Oranges Mandarin Chilled JcPk Cnd	13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Drained	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Mayonnaise, Light	1/2 Cup	1 1/2 Cup	3.0 Cup	1 1/2 Qt		
	Dressing, Vinaigrette Raspberry	0.5 Oz	1.5 Oz	3.5 Oz	6.5 Oz		
	Juice, Lemon RTS	0.5 Oz	1.5 Oz	3.5 Oz	6.5 Oz		
	Coleslaw Mix, Cabbage & Carrots	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup		
	Onion, Green/Spring/Scallions	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	Minced	
	Pepper, Red Fresh	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup	Minced	
	Corn Whole Kernel f/Frz	3/4 Cup	2.0 Cup	3 3/4 Cup	2.0 Qt	Cooked/Drained	
2						Combine cabbage mix, onions and peppers, corn, oranges in a large bowl.	

Coleslaw Confetti (Confetti Coleslaw)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Pepper, Green Fresh	1.5 Oz	3.5 Oz	6.5 Oz	13.5 Oz	Minced	In a separate bowl, whisk together dressing, lemon juice, Mayo, and sugar. Mix until sugar is dissolved. Pour dressing over the cabbage mixture and mix lightly. Chill for up to 2 hrs.
	Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		
4							+CCP - Serve Chilled <40F/4C.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

Corn Whole Kernel f/Frz (Whole Kernel Corn)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	⚠️ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	3 g	0.5 g	0 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Place Corn in cooking pan. Add Water. Steam for 4-6 min or until tender.
	Corn, Whole Kernel Frz 1 lb 13 Oz	4 lb 9 Oz	9 lb 2 Oz	18 lb 4 Oz	
3	Pepper, White 1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp	Sprinkle with Pepper.
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.

Corn Whole Kernel f/Frz (Whole Kernel Corn)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	⚠️ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	3 g	0.5 g	0 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Place Corn in cooking pan. Add Water. Steam for 4-6 min or until tender.
	Corn, Whole Kernel Frz 1 lb 13 Oz	4 lb 9 Oz	9 lb 2 Oz	18 lb 4 Oz	
3	Pepper, White 1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp	Sprinkle with Pepper.
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.

Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
16 Min	425.0 °F	145 °F	Bake	1 (2x3)	ⓘ Contains: AllergenWheat, Corn, AllergenEggs, AllergenSoy

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid 3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
	Baking Mix, Corn Muffin 10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
3						Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

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.

Creamy Chicken Parm (Chicken Parmesan)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	375.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	3 g	25 g	7 g	150 mg	410 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Base, Cream Dry LS G-F	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Cheese, Parmesan Grated	1 2/3 Cup	1 Qt	2 Qt	1 Gal	
2 Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Preheat oven to 350F. Layer chicken into 2 full 4 inch steamtable pans
3					Prepare cream base according to package directions - add black pepper
4					Add 6 cups parmesan cheese into sauce - continue to heat until cheese is melted.
5					Spread cream base over chicken
6					Bake, covered, for 25-30 minutes
7					Sprinkle remainder of parmesan cheese on top of chicken. Serve 1 chicken breast with small amount of sauce over top.
8					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Creamy Chicken Parm (Chicken Parmesan)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
9						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

Cucumber Slices Plain (Cucumber Slices)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	Contains: Cucumber

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Cucumber, Fresh	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Peeled & Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Slice crosswise and serve.
3						CCP -- Maintain <40F/4C

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 and Sausage Bake (Egg & Sausage Bake)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	19 g	20 g	15 g	300 mg	540 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bread Wheat	11.25 slice	28.13 slice	56.25 slice	112.5 slice	Remove crust from bread & cut remaining bread into cubes. Grease the bottom of 2 12x20x2" pans - spread with bread cubes
3 Sausage, Pork Bulk	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Cook sausage until brown - drain excess fat
4 Cheese American Slice Low Fat LS	12.5 slice	31.25 slice	62.5 slice	125 slice	Spread sausage crumbles & cheese over bread cubes
5 Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	Beat eggs - add milk & seasonings. Pour mixture over sausage & cheese
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
Mustard, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
Milk 1% Bulk 8 flz	3 Cup	2.0 Qt	3 3/4 Qt	1 Gal 5 Cup	

Egg and Sausage Bake (Egg & Sausage Bake)



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Egg, Liquid	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
6						Cover & refrigerate overnight
7						Bake in oven uncovered for 1-1 1/2 hours, or until done
8						+CCP - Serve Hot >140F/60C
9						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

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.

Cheese American Slice Low Fat LS (Cheese American Slice Low Fat LS)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	4 g	2 g	125 mg	90 mg

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

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	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 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C

Egg Scrambled f/Frz (Scrambled Egg)



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COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	155 °F	Bake	#16 scoop	2 #16 sc.	ⓘ Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	2 g		15 g	14 g	100 mg	180 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	thawed	Combine eggs and milk. Beat until blended. Add margarine during cooking process. Stir to distribute. Refrigerate egg mixture until ready to use.
	Milk, 2% Bulk 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		
3						Oven: Pour egg mixture into baking pan(s). Bake in preheated 350F/176C oven for 20-30 min, stirring once during baking process.
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook.
5						Griddle: Spray griddle with non-stick vegetable spray. Preheat to 350F/176C. Pour egg mixture onto grill in batches (keep uncooked mixture refrigerated), and cook, turning spatula, for 3-5 min.
6						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.

Egg Scrambled f/Frz (Scrambled Egg)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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	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	
	Onion, Yellow	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
4						Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.
5						CCP -- Maintain <40F/4C

Grandmas Hot Dish (Grandma's Hot Dish)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	Simmer	Solid Spoon	1 Cup	ⓘ Contains: Tomato, Beef, Onion, Garlic, Apples, AllergenSulphites, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	33 g	17 g	14 g	50 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Onion, Yellow	3/4 Cup	2 Cup	1 Qt	2 Qt	Diced	Brown meat and onions and drain.
Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb		
3 Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Mix garlic powder, vinegar, ketchup, & tomato juice together - heat to a light boil
Juice, Tomato LS Bulk RTS	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Vinegar, Cider Apple	1 1/2 tsp	3 tsp	2 Tbsp	1/4 Cup		
Ketchup, Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
4 Macaroni, Elbow Dry	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Cooked	Add noodles to sauce mixture & let simmer for 15 minutes

Grandmas Hot Dish (Grandma's Hot Dish)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Tomato, Diced Cnd LS	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz		Divide meat & diced tomatoes between 6 inch steamtable pans - add sauce & noodle mixture, str
6							Bake in oven for 30 minutes - stirring after 15 minutes
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							+CCP - Serve Hot >140F/60C
10							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

House Salad (House Salad)

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

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

Italiane Sub Sndw (Italian Submarine Sandwich)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Make	1 each	ⓘ Contains: AllergenWheat, AllergenMilk, Beef, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
510 kcal	32 g	18 g	33 g	300 mg	1580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Cheese, American Yellow Sliced Pepperoni, Sliced Salami, Genoa	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	1/2 oz Slices	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Thinly slice Meat and Cheese.
	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
2 Roll Hoagie	10 each	25 each	50 each	100 each		Place 1 oz each of Meats and Cheese between open Hoagie Bun. Alternate slices and arrange so that full length of each Bun is covered. Wrap securely and keep chilled <40F.
3						CCP -- Maintain <40F.

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Macaroni & Cheese Entree (Macaroni & Cheese)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 Cup	ⓘ Contains: Mustard, AllergenMilk, AllergenWheat, AllergenFish, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
470 kcal	50 g	19 g	22 g	400 mg	570 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Macaroni, Elbow Dry	1 lb	2 lb 8 Oz	5 lb	10 lb		Stir macaroni into boiling Water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
3 Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Melted	Heat 1st portion margarine. Stir in flour and seasoning.
Flour, All Purpose	1/3 Cup	1 Cup	2 Cup	1 Qt		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Mustard, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Sauce, Worcestershire	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
4 Milk, 2% Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		Add milk gradually, stirring constantly. Cook until thickened.

Macaroni & Cheese Entree (Macaroni & Cheese)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Cheese, Cheddar Shredded	13 Oz	2 lb	4 lb	8 lb	Shredded	Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pan(s), 12 lb per pan.
6	Bread Crumbs, Plain	3 Oz	8 Oz	1 lb	2 lb		Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted #2	
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							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.
11							Cook Time: 30-40 min

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.

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Melon Watermelon Cantaloupe f/Fresh (Fresh Watermelon & Cantaloupe Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	2 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	Watermelon, Seedless	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Diced	Cut in bite size chunks, 1/2 inch in size. Mix together.
	Melon, Cantaloupe Fresh	13 Oz	2 lb	4 lb	8 lb	Diced	
3						CCP -- Maintain <40F/4C.	

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

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.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

Pasta Angel Hair Buttered (Angel Hair Pasta)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup		Bring water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, approximately 8-10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
	Pasta, Angel Hair Dry 11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
3	Margarine, Solids 2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Melted	Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized 1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Pasta Angel Hair Buttered (Angel Hair Pasta)



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

Peaches Fresh (Peaches)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Peach

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

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

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.

Pizza Casserole (Pizza Casserole)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g	17 g	18 g	150 mg	480 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Beef, Ground 80-85/20-15 Raw	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	
	Pasta, Rotini Dry	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz	
	Sauce, Pasta Garlic & Herb	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	11 lb 1 Oz	
	Mushrooms, Pieces Cnd	0.5 Oz	1.5 Oz	3.5 Oz	6.5 Oz	
2						Brown the hamburger and diced onions. Drain off the fat. Season with pepper
3						Stir pasta into boiling Water. Cook 8-10 min until nearly cooked through. Drain well, and set aside. CCP -- Maintain >135F/57C.

Pizza Casserole (Pizza Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Onion, Yellow	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Chopped	Add the spaghetti sauce and the pizza seasoning to the meat mixture. Cook for 30 minutes.
	Pepper, Green Fresh	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
5	Cheese, Mozzarella Shredded	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz		Mix sauce and noodles together. Add peppers, mushrooms and pepperoni. Pour into baking pans.
6	Pepperoni, Sliced	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz		Top with cheese and bake for 20 minutes or until internal temperature of 165 degrees
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.

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	400.0 °F	155 °F	Bake	1 each	ⓘ Contains: Potatoes, Tomato, Beef, Onion, AllergenMilk, AllergenSulphites, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	47 g	13 g	11 g	100 mg	470 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
2 Beef, Ground 80-85/20-15 Raw	1 lb 3 Oz	3 lb	6 lb	12 lb		Scrub potatoes and remove blemishes. Rub or brush lightly with oil and place on baking pans. Bake at 400F/204C for 1 to 1 1/2 hrs.
3 Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Diced	Crumble and brown meat. Drain fat.
	Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Add vegetables and seasonings and cook until onions are transparent.
	Sauce, Salsa Mild RTS	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
5							Slice open each potato and pinch both ends toward middle creating pocket. Place 1/2 cup meat mixture in each potato pocket. Add 1 Tbsp cheese to each potato. Top with 1 oz salsa.
6							For Ground Meat (Beef, Pork, Veal, Lamb, Fish and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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.

Potato Hashbrown f/Dehydrated (Hash Browns)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	16 g	2 g	7 g	10 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	Water, Tap	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup	Boiled	Add potatoes to water. Hydrate according to package directions under refrigeration.
	Potato, Hash Brown Dry	6.5 Oz	1 lb	2 lb	4 lb		
3	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Season with salt and pepper.
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Pan Coating, Spray	5 g	5 g	5 g	5 g		Grill Method: Place half of margarine on griddle of 375F/190C and top with a thin layer of potatoes.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt		

Potato Hashbrown f/Dehydrated (Hash Browns)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Press potatoes with spatula. When well browned, turn layers of potatoes only once onto section of grill which has fresh margarine.
6							Place in pan and serve immediately. Potatoes should be brown and crisp on outside, moist on inside.
7							Bake Method: Spray sheet pan with pan spray and spread with melted margarine. Bake at temperature & time according to package instructions. Remove from oven and place Potatoes evenly on sheet pan. Spray top of potatoes with pan spray. Return to oven until lightly browned.
8							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
9							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes, Sweet, AllergenMilk, Citrus, AllergenSoy

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 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	5 lb	10 lb	20 lb	Boiled	Pre-prep: Zest Oranges. When potatoes are cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
Orange Fresh Whole	0.4 whole	1 whole	2 whole	4 whole		
3 Sugar, Brown Light	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Mix sugar, margarine, orange zest and juice. Heat to boiling point to make a syrup.
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		
Juice Orange f/BIB 6 flz	1/3 Cup	1 Cup	2 Cup	1 Qt		
4						Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.
5						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

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



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Cook Time: 20-30Minutes

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.	

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.

Relish Plate/Dip f/Fresh (Relish Plate w/Dip)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: Cucumber, Carrots, Garlic, AllergenEggs, AllergenMilk, Onion, AllergenSulphites, Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	9 g	2 g	13 g	40 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Carrot, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, trim and drain Vegetables. Pour Dressing into souffle cup (1 oz per serving). Cut Vegetables into attractive pieces. Arrange on small plate and garnish with fresh Parsley.
Radish, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
Pepper, Green Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
Cucumber, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
Dressing, Ranch Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	
2					NOTE: May lightly steam and chill for softer texture. (Do not steam Cucumber)
3					A variety of Vegetables may be used. For example: Zucchini, Yellow Squash, Green Onion, etc.
4					CCP - Keep chilled at 40F.

Rice Spanish w/Veg Base (Spanish Rice)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2 g	40 mg	80 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 onion, celery, and bell pepper in oil.
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	
Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3						Add raw rice and stir 2-3 min until grains are coated with oil.
Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
4						Stir in seasonings. Place rice in steam table pan.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Rice Spanish w/Veg Base (Spanish Rice)



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

Roll Wheat RTS (Wheat Roll)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 mg

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

Soup Chowder Corn Vegetarian Hmd (Corn Chowder)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	6 fl. oz	ⓘ Contains: Corn, Onion, AllergenMilk, AllergenSoy, Garlic, Celery, AllergenWheat, Carrots, Potatoes, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	23 g	5 g	5 g	100 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Place butter in pot and melt. Add onion, carrots and celery. Saute until lightly browned.
Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Diced	
Carrot, Fresh	3 Oz	7 Oz	14 Oz	1 lb 12 Oz	Diced	
Celery, Fresh	3 Oz	7 Oz	14 Oz	1 lb 12 Oz	Diced	
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Add flour to sauteed vegetable mixture and stir continuously to create the roux. Cook 5 minuets. Combine base and water to make broth/stock. Slowly add the broth to the vegetable/roux mixture while stirring with a spoon or whisk to prevent lumps.
3						
Flour, All Purpose	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		
Water, Tap	1 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 3 Cup		
Base, Vegetable Paste LS G-F	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Soup Chowder Corn Vegetarian Hmd (Corn Chowder)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Corn, Cream Style Cnd	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		Bring soup to a low boil then immediately reduce to a simmer. Add corn and potatoes, simmer until potatoes are tender.
	Potato, Russet/Baking Fresh	6.5 Oz	1 lb	2 lb	4 lb	Peeled & Cubed	
5	Milk, 2% Bulk	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup		Add milk, seasonings and sugar to the soup mixture. Bring back to a simmer and immediately reduce the heat to maintain a simmer. DO NOT BOIL or soup will break. Simmer for 20 minutes stirring occasionally to keep the mixture smooth. If too thin you can cook a little longer or if too thick you can add some broth/stock. CCP -- Cook to internal temp of 165F/74C held for 15 sec.
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Sugar, Granulated Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
6	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Chopped Fine	To Serve: Garnish with parsley (optional).
7							Note: You can use par cooked diced potatoes or lightly steam them prior to adding into soup.
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.

Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Syrup, LoCal Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3.0 Qt	Portion 1.5 Fl oz in soufflé cup and serve.
3					CCP -- Maintain <40F/4C

Taco Casserole (Taco Casserole)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
25 Min	350.0 °F	165 °F	Bake	#6 scoop	6 Oz	ⓘ Contains: Mushroom, AllergenMilk, Corn, Onion, AllergenWheat, AllergenSoy, Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
440 kcal	22 g	23 g	28 g	450 mg	520 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						In a large pot, melt margarine and sauté onions until tender. Add spices and ground beef and brown. Drain.
Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb		
Chili Powder, Mild	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped	
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
3						Add the soup, milk, green chiles to the pot stir until well combined.
Milk 1% Bulk 8 flz	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		
Pepper, Chile Green Cnd	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz		
Soup, Cream of Mushroom Cnd Cond	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		

Taco Casserole (Taco Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	13 Oz	2 lb	4 lb	8 lb		While this Mixture is Heating: Take approx. 3 pounds large flour tortillas and cut into 2 inch wide strips. Put a layer of tortilla strips on the bottom of the sprayed pans
	Tortilla Corn 6 in	12 each	30 each	60 each	120 each		
5							Put one-fourth of the hamburger mixture in each pan. Then put another layer of tortilla strips. Then the rest of the hamburger. Put a layer of tortilla strips on top. Top that with a layer of Shredded Cheddar Cheese.
6							Cover the pan with foil and bake at 350 degrees for 40 minutes. Remove foil and bake an additional 20 minutes. Let pan sit for 5 minutes before cutting
7							

Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	2 g	1 g	100 mg	10 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.

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	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 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C

Toast French Bake Peach (Peach French Toast Bake)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Bake	1/2 Cup	ⓘ Contains: Peach, Cinnamon, AllergenWheat, AllergenMilk, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	24 g	7 g	3.5 g	125 mg	210 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Egg, Liquid	3/4 Cup	1 3/4 Cup	3 2/3 Cup	1 3/4 Qt	Thawed	Cut bread into 1" cubes and place in steam table pan. In a large bowl combine all remaining ingredients (except peaches). Pour mixture over bread cubes, cover and refrigerate overnight.
Milk, 2% Bulk	2.0 Cup	1 1/4 Qt	2 1/4 Qt	1 Gal 1 Cup		
Sugar, Granulated Bulk	2 Oz	6 Oz	11.5 Oz	1 lb 7 Oz		
2 Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 1/8 tsp		
Cinnamon, Ground	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Extract, Vanilla	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
Bread White	9.5 Oz	1 lb 8 Oz	2 lb 16 Oz	5 lb 15 Oz	Cubed	

Toast French Bake Peach (Peach French Toast Bake)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Peaches, Diced JcPk	1/2 Cup	1 1/3 Cup	2 2/3 Cup	1 1/4 Qt	Drained	Evenly disperse peaches on top of bread mixture. Bake at 350F/177C until golden.
4							To serve, cut pans 6 x 8 into 1/2 cup portions.
5							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Bread White (White Bread)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	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 Bread Wheat	10 slice	25 slice	50 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

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.

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

Tomato Stewed f/Cnd (Stewed Tomatoes)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	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.

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	9 g	2 g	2 g	30 mg	40 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Sicilian Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions.
3 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add seasonings and mix well.
Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	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.

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



COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
15 Min	Saute	4z Spoodle	1/2 Cup	Ⓢ Contains: Onion, AllergenSoy, AllergenMilk, Garlic

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	
2 Zucchini, Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Sliced	Melt margarine; sauté onion in margarine until tender.
	Squash, Yellow Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	
3 Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Add zucchini and squash and sauté until tender and *internal temp >145F/63C has been reached; about 10-15 min
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4						Add seasonings and fold carefully to mix well.

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



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

Lunch Alternate Meals F/W 2024 - Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Chicken Florentine	3 Oz	Pulled Pork on Bun	1 each	House Salad	1 Cup	Beef & Cabbage Bake	1 Cup	Potato Bacon Soup	6 fl. oz
Broccoli & Noodles Parmesan	1 Cup	Rosemary Potatoes	1/2 Cup	Cheese Lasagna Rollup	1 each	Peas & Carrots	1 Cup	Egg Salad/Pita Plate	1 each
Parsley Cauliflower	1/2 Cup	Herbed Green Beans	1/2 Cup	Seasoned Spinach	1/2 Cup	Wheat Dinner Roll	1 each	Pickled Beets	1/2 Cup
Whole Grain Breadstick	1 each	Strawberry Delight	1 (2x3~ sq)	Whole Grain Breadstick	1 each	Margarine Cup	1 each	Saltine Crackers	1 each
Margarine Cup	1 each	1% Milk	8 fl. oz	Marinara Sauce	2 fl. oz	Banana	1 each	Fresh Cantaloupe	1 Cup
Fresh Grapes	1/2 Cup			Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz			Margarine Cup	1 each				
				Cherry Crisp	1/2 Cup				
				1% Milk	8 fl. oz				

Lunch Alternate Meals F/W 2024 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Coleslaw	1/2 Cup	Creamed Turkey	3/4 Cup	Spaghetti & Meat Sauce	1 Cup	Meatball Sub Sandwich	1 each	Chicken Cacciatore	3 Oz
Beef Enchiladas	2 each	Dutchess Potatoes	1/2 Cup	Seasoned Broccoli Florets	1 Cup	Waffle Fries	1/2 Cup	Mashed Potatoes	1/2 Cup
Southwest Corn	1/2 Cup	Glazed Baby Carrots	1/2 Cup	Whole Grain Breadstick	1 each	Tomato Cucumber Salad	1/2 Cup	Peas & Carrots	1/2 Cup
Cilantro Cream Sauce	2 Tbsp	Wheat Bread	2 slice	Margarine Cup	1 each	Ketchup Packet	1 each	Wheat Bread	2 slice
Pico de Gallo	1 #12 sc.	Soft Margarine Cup	2 each	Chilled Apricots	1/2 Cup	Chilled Mandarin Oranges	1/2 Cup	Margarine Cup	2 each
Diced Mangos	1 each	Oranges, Pineapples & Bananas	1/2 Cup	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Banana	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz					1% Milk	8 fl. oz

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Apricots f/JcPk (Chilled Apricots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 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 Apricots, JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Drained	Portion according to serving size.
3						CCP -- Maintain <40F/4C.

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

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



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	350.0 °F	Bake	1 Cup	Contains: Mushroom, AllergenMilk, Tomato, Onion, Beef, 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)



	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.

Beets Pickle Cnd (Pickled Beets)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Beets

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	19 g	1 g	0 g	20 mg	170 mg

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

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.

Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	39 g	15 g	13 g	250 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Broccoli, Florets Frz	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Steam broccoli until nearly done.
Noodles, Egg Dry	1 lb	2 lb 8 Oz	5 lb	10 lb		Cook noodles to al dente.
3 Margarine, Solids	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz		
Onion, Yellow	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Diced	
Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Heat margarine in a large skillet. Sauté onion until softened. Add soup, garlic powder, and basil, stir to combine and bring to a simmer. Add cheese and stir until melted. Remove from heat.
4 Soup, Cream of Mushroom Cnd Cond	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cheese, Cheddar Shredded	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Cheese, Parmesan Grated	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup		
5	Yogurt, Plain Low Fat Bulk	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		Add yogurt, broccoli and noodles. Stir to combine, divide among baking pans. Cover and bake at 350F/177C for approximately 30 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.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g	6 g	4 g	100 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	Broccoli, Florets Frz 4 lb	10 lb	20 lb	40 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Parsley, Dried 1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 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.

Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	1 g	4.5 g	40 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Baby Whole Fresh	2 lb	5 lb	10 lb	20 lb		Wash Carrots. Mix all ingredients except Carrots. Add to Carrots mix well. Place in baking pan.
Juice, Orange Conc Unsweetened	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Water, Tap	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
2 Seasoning, Pepper Lemon	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted	
Sugar, Brown Light	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3						Bake at 400F for 15-20 min or until tender, turning frequently.

Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



	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.

Cauliflower Parsley f/Frz (Parsley Cauliflower)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g		2 g	2 g	20 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.
2	Cauliflower, Frz 2 lb	5 lb	10 lb	20 lb	Thawed	Steam or boil vegetables until tender.
3	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Add seasoning & margarine. Mix well.
	Parsley, Dried 1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	12 g	16 g	3 g	50 mg	350 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine flour and seasonings. Dredge chicken pieces in flour. Shake off excess. Brown in deep fat at 375F/190C until golden brown. Place in roasting pan.
Chicken, Thigh Bnls Sknls	10 each	25 each	50 each	100 each		
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1.0 tsp		
Flour, All Purpose	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
3						Add tomatoes, onions, green peppers and chicken stock to chicken. Cover tightly and bake in oven at 350F/176C.
Soup Broth Chicken f/Base	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt	Prepared	
Pepper, Green Fresh	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz	Diced	

Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	0.31 no. 10 can	0.78 no. 10 can	1.56 no. 10 can	3.12 no. 10 can		
	Onion, Yellow	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz	Diced	
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.

Soup Broth Chicken f/Base (Chicken Broth)

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

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.

Chicken Florentine (Chicken Florentine)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
375.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, Mushroom, AllergenMilk, Spinach, AllergenSulphites, Garlic, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	3 g	21 g	6 g	40 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Chicken Baked Breast Bnls Sknls	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Prepared	Bake Chicken.
3 Base, Cream Soup Dry	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 2 Cup	Prepared	Sauce: Saute Garlic in Butter. Add the Mushrooms and stir. Add in Spinach and Wine and stir. Slowly add the Cream Soup mixture and heat through.
Wine, White	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
Mushrooms, Fresh	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	Sliced	
Spinach, Chopped Frz	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	Chopped	

Chicken Florentine (Chicken Florentine)



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

Chicken Baked Breast Bnls Sknls (Baked Chicken Breast)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	0 g	20 g	2.5 g	10 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Place Chicken on greased baking sheet. *Maintain <40F/4C until ready to use.
3	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Sprinkle Chicken with Seasonings.
	Paprika	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
4					Bake uncovered or Grill to *internal temp >165F/74C held 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.	

Coleslaw f/Shredded Mix (Coleslaw)

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

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

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

Corn Southwest f/Frz (Southwest Corn)



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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g		3 g	2.5 g	0 mg	25 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Steam or boil vegetables until tender. Add margarine and seasonings. *Maintain >135F/57C.
Peppers Red Roasted f/Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
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		
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.

Corn Southwest f/Frz (Southwest Corn)



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

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	500.0 °F	Roast	1/2 Cup	⚠ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	20 mg	105 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pepper, Red Fresh	10 each	25 each	50 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice Pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3	Oil, Olive	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Pour the oil and salt over the sliced Peppers. CCP -- Maintain >135F/57C. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

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 Cherry f/Frz (Cherry Crisp)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Bake	#10 scoop	1/2 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, AllergenMilk, Citrus, Cinnamon, Cherry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	39 g	3 g	6 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.
Cherries, Sweet Pitted Frz	1 lb 15 Oz	4 lb 14 Oz	9 lb 11 Oz	19 lb 6 Oz		Mix sugar, lemon juice and fruit.
2 Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Softened	Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit. Bake 350F/177C for 40-50min until top is browned, checking periodically to avoid excessive browning.
3 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		

Crisp Cherry f/Frz (Cherry Crisp)

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

Cucumber & Tomato Salad f/Fresh (Tomato Cucumber Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	6 g	1 g	5 g	20 mg	90 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		Mix vinegar, oil and spices until thoroughly blended.
Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
2 Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
Salt, Iodized	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		
Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
3 Tomato, Fresh	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Diced	Add seasoning mixture to vegetables and toss well.
Cucumber, Fresh	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Diced	
4						CCP -- Maintain <40F/4C.

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 Salad Soft/Pita Plate (Egg Salad/Pita Plate)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: AllergenEggs, AllergenWheat, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	37 g	16 g	11 g	100 mg	500 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Bread Pita	10 each	25 each	50 each	100 each	Halved	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Egg Salad Soft Hmd	1 lb 14 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb	Prepared	Refrigerate prepared egg salad until used.
3						Cut pita bread in half. Soften pita bread, if needed, by warming in a damp towel. Wrap in foil & keep warm.
4 Lettuce, Green Leaf	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Rinsed/Drained	Wash, separate & dry lettuce leaves. Keep chilled.
5						To serve: Put a lettuce leaf on plate. Place one #10 scoop of egg salad on leaf. Place 2 pita halves on plate.
6						+CCP - Serve Chilled <40F/4C.

Egg Salad Soft Hmd (Egg Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	3 g	10 g	10 g	40 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	Egg Boiled Hard Whole RTS	15 each	37.5 each	75 each	150 each	Ground	Combine eggs and dressing, mix well. *Maintain <40F/4C until used.
	Mayonnaise, Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
3	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		Add spices to egg mixture. Mix well.
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4						CCP -- Maintain <40F/4C	

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Enchiladas Beef Hmd (Beef Enchiladas)



COOK TIME	COOK TEMP	COOK-END TEMP	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	160 °F	2 each	ⓘ Contains: Corn, Tomato, Onion, Beef, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	32 g	16 g	16 g	300 mg	270 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Base, Beef Paste LS G-F Water, Tap Tortilla Corn 6 in	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Combine base and water in saucepan. Soak tortillas in base mixture.
	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		
	20 each	50 each	100 each	200 each		
2 Beef, Ground 80-85/20-15 Raw Onion, Yellow	1 lb 10 Oz	4 lb	8 lb	16 lb		Crumble and brown meat and onion. Drain well. Add 1oz meat in each tortilla, roll up and place in baking pan.
	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz	Diced	
3						For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
4 Tomato Sauce, Cnd Pepper, Chile Green Cnd	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Mix remaining ingredients except cheese and spread over enchiladas.
	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		

Enchiladas Beef Hmd (Beef Enchiladas)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chili Powder, Mild	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Cumin, Ground	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
5	Cheese, Cheddar Shredded	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Top with grated cheese. Cover and bake for 30 min. Uncover and bake for another 15 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.

Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	2 g	1 g	100 mg	10 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.

Gelatin Strawberry Delight w/Crust (Strawberry Delight)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 (2x3~ sq)	ⓘ Contains: Pork & Products, Strawberry, AllergenSoy, AllergenWheat, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	40 g	3 g	9 g	20 mg	210 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Gelatin, Dry Strawberry	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz		Preprep: Crush strawberries. Whip topping per package instructions. In a large bowl. Empty dry gelatin. Add boiling water over gelatin and stir until dissolved.
Water, Tap	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	Boiled	
3 Strawberries, Sliced Unsweetened Frz	0 lb 16 Oz	2 lb 7 Oz	4 lb 14 Oz	9 lb 12 Oz	Thawed	Combine fruit, lemon juice, 1st sugar and salt; blend well until sugar is dissolved. Combine fruit with gelatin mixture. Chill to partially congealed.
Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup		
Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1.0 tsp		
4 Topping, Whip Non-Dairy Bag Frz	1 1/8 Cup	2 3/4 Cup	1 1/4 Qt	2 3/4 Qt	Prepared	Fold in whipped topping.
5 Crumbs, Graham Cracker	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 7 Oz		Crust: Mix graham cracker crumbs, sugar and melted margarine. Pat crust in 12x18" pan(s). Bake 375F/190C for 5 min.
Sugar, Granulated Bulk	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		

Gelatin Strawberry Delight w/Crust (Strawberry Delight)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Margarine, Solids	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Melted	
6							When crust is cooled; spread strawberry mixture over crust. Chill 4-5 hr. Cut 2x3" slices.
7							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; discard unused product.

Green Beans Herb f/Frz (Herbed Green Beans)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					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.
Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Add margarine and seasonings and mix well.
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3 Rosemary, Dried Whole	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	

Green Beans Herb f/Frz (Herbed Green Beans)



	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.

House Salad (House Salad)

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

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.

Lasagna Cheese Rollup Frz (Cheese Lasagna Rollup)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	13 g	6 g	5 g	150 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Cook according to package instructions. *Maintain >140F/60C for 4 hrs only.

Mango Diced PC (Diced Mangos)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 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.

Margarine Cup (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.
3					CCP -- Maintain <40F/4C;

Margarine Cup (Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	0 g	0 g	6 g	0 mg	70 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
4					

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	0 g	0 g	6 g	0 mg	65 mg

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

Meatball Italian Sub Sandwich (Meatball Sub Sandwich)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 each	ⓘ Contains: AllergenEggs, Beef, Celery, Garlic, AllergenWheat, AllergenMilk, AllergenSoy, Onion, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
430 kcal	37 g	16 g	23 g	125 mg	870 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Sauce, Marinara	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Marinara Sauce to temp of >145F held for 15 sec.
2 Meatballs Italian No Sauce	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Prepare Meatballs as per separate recipe. CCP - Maintain >140F for only 4 hrs.
3 Roll Hoagie	10 each	25 each	50 each	100 each	At time of service, place 3 Meatballs in each Roll. Cover with 2 f/z ladle Sauce, or serve Sauce on the side. Serve Immediately. 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 hours. CCP - Reheat: To internal temp of 165F held for 15 sec within 1 hr - one time only.

Meatballs Italian No Sauce (Italian Meatballs)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	450.0 °F	Bake	3 each	ⓘ Contains: Onion, Beef, AllergenEggs, AllergenSoy, AllergenMilk, AllergenWheat, Celery, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	4 g	15 g	17 g	40 mg	390 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 Celery and Onion. Combine all ingredients. Shape into 1 1/2 oz. Meatballs using #24 scoop. Place on sheet pans. Bake in 450F oven to brown Meat. Drain fat. Cover and turn heat down to 325F and continue to bake 20-25 min to *internal temp >155F for 15 sec until completely cooked.	
	Celery, Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Chopped Fine
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Chopped Fine
	Egg, Liquid	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Bread Crumbs, Plain	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Cheese, Parmesan Grated	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup			

Meatballs Italian No Sauce (Italian Meatballs)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
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 165F held 15 sec within 1 hr - one time only.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	19 g	1 g	0 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	Orange, Mandarin JcPk 0.17 no. 10 can	0.42 no. 10 can	0.83 no. 10 can	1.66 no. 10 can		Pour undrained mandarian oranges into undrained pineapple. Mix gently. Fold in sliced bananas. Portion with slotted spoon. Chill <40F.
	Pineapple, Chunks JcPk 2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		
	Banana Whole Fresh 13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Sliced	
3						CCP -- Keep chilled at 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.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	19 g	6 g	4.5 g	50 mg	160 mg

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

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

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

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

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

Pico de Gallo f/Fresh (Pico de Gallo)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1 #12 sc.	ⓘ Contains: Onion, Garlic, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	10 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Tomato, Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Diced	WASH ALL PRODUCE under cool, running water. Drain well.
Onion, Red/Burmuda	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine	
Cilantro, Raw Bunch	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
2 Pepper, Jalapeno Cnd	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Minced	
Garlic, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
3						Combine all Ingredients.
4						CCP -- Maintain <40F/4C.

Pork Pulled on WG Bun (Pulled Pork on Bun)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	26 g	23 g	6 g	100 mg	770 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pork Pulled No Sauce RTC	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Thaw pork under refrigeration <40F/4C.
	Water, Tap	1/2 Cup	1 1/4 Cup	2 1/2 Cup	
2 Bun Hamburger Whole Wheat	10 each	25 each	50 each	100 each	Portion 3 oz. between bun at time of service.
3					CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.

Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Potato Dutchess f/Pearls (Dutchess Potatoes)



COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	165 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenEggs, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	22 g	5 g	2 g	75 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	Water, Tap	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	Boiled Heat milk and water. Mix hot milk/water with potatoes.
	Milk, 2% Bulk	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
	Potato, Pearls	8 Oz	1 lb 4 Oz	2 lb 9 Oz	5 lb 2 Oz	
3	Egg, Liquid	1/3 Cup	1.0 Cup	2.0 Cup	4.0 Cup	Add beaten eggs. Pile lightly into shallow baking pans.
4						Bake as directed, until tops are golden brown and product is hot.
5						CCP -- Heat until product reaches 165F or more for at least 15 sec.
6						CCP -- Maintain >140F/60C; discard unused product.
7						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Potato Dutchess f/Pearls (Dutchess Potatoes)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							Cook Time: 20-30 Minutes

Potato Fries Waffle Bkd (Waffle Fries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	19 g	2 g	4.5 g	10 mg	240 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Fries Criss Cut/Waffle RTC	1 lb 10 Oz	4 lb	8 lb	16 lb	Prepare product as per package instructions.
3					CCP -- Maintain >140F/60C

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	400.0 °F	Roast	4z Spoodle	1/2 Cup	ⓘ 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						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Cut into Wedges	Wash & peel potatoes. Cut into pieces approximately 2 inches in size. Place potatoes in bowl.
3 Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
4 Rosemary, Dried Whole	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		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.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



	INGREDIENTS	SERVINGS 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.

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

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	

Sauce Cilantro Cream (Cilantro Cream Sauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	2 Tbsp	1 Contains: AllergenMilk, Citrus, AllergenSulphites, AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	2 g	0 g	4.5 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						Combine all ingredients. Cover and refrigerate at least 15 minutes before service.
Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
Cilantro, Raw Bunch	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	
Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Lime, Zest	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Juice, Lime RTS	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3						CCP -- Maintain <40F/4C.

Sauce Marinara (Marinara Sauce)

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

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

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

Sauce Marinara (Marinara Sauce)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
	Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
	Basil, Dried Leaves	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
	Bay Leaf, Whole	0.4 each	1 each	2 each	4 each		
	Parsley, Dried	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
	Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Soup Potato Bacon Hmd (Potato Bacon Soup)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	21 g	5 g	4 g	125 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Red Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Bacon, Pork 18-26 ct	1.5 Oz	4 Oz	8 Oz	1 lb		
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Fry bacon until crisp. Drain well. Mince bacon. CCP -- Maintain <40F/4C until ready to use.
	Flour, All Purpose	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
4 Base, Chicken Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Melt margarine. Add flour and seasoning. Blend well and heat until well mixed.
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		

Soup Potato Bacon Hmd (Potato Bacon Soup)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Milk, 2% Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
5	Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	Add base, water, and milk, stirring constantly. Simmer for 10 min.
	Onion, Yellow	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
6							Add potatoes, bacon, onion, and celery. Heat to *internal temp >145F/63C for 15 sec.
7							Cook Time: 1 1/2 hr
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.

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	1 Cup	ⓘ Contains: Tomato, Onion, Beef, Garlic, AllergenFish, AllergenWheat, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	29 g	18 g	16 g	75 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 Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		Brown meat. Pour off fat. CCP -- Maintain <40F/4C until ready to use.
3 Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine	In a saucepan, combine beef, onions, tomatoes, sauce, water, sugar, and spices. Simmer, stirring frequently, until thickened, about 1 hr. CCP -- Cook to internal temp of 160F/71C held for 3 minutes.
Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
Tomato Sauce, Cnd	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		
Sauce, Worcestershire	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Basil, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
4	Pasta, Spaghetti Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Heat to boiling enough water for amount of pasta to be prepared. Cook spaghetti according to package directions. Rinse and drain.
5							Serve 1/2 cup pasta with 1/2 cup sauce.
6							Maintain >135F/57CF 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.

Spinach Seasoned f/Frz (Seasoned Spinach)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	5 g	4 g	1 g	150 mg	160 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Spinach, Chopped Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil spinach 8-10 minutes or until tender and heated through; or prepare according to package instructions.
3 Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Season with salt & pepper.
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 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.

Turkey Creamed f/Pulled (Creamed Turkey)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	Bake	3/4 Cup	⚠ Contains: AllergenWheat, Turkey, Peppers Bell, Onion, AllergenEggs, Mustard, AllergenFish, AllergenMilk, AllergenSoy, Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	21 g	23 g	21 g	75 mg	460 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Turkey, Pulled/Shredded	1 lb 6 Oz	3 lb 6 Oz	6 lb 12 Oz	13 lb 8 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Combine Turkey, Cream Cheese, Vegetables & Seasonings. Divide Turkey mixture into greased baking pan(s).
	Cream Cheese, Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
	Pepper, Green Fresh	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Diced	
	Celery, Fresh	3 Oz	8 Oz	1 lb	2 lb	Diced	
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Diced	
	Sauce, Worcestershire	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Mustard, Ground	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Turkey Creamed f/Pulled (Creamed Turkey)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2	Dough, Pastry Sheet 10x15	0.83 each	2.08 each	4.17 each	8.33 each		Top with sheets of Pastry Dough. Combine Egg and Water to make Egg Wash. Brush Egg Wash over Pastry Dough. Bake immediately until *internal temp of 165F/74C held for 15 sec.
	Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Water, Tap	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
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.



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	18 x 13 x 1	40 - 2 x 2-1/2" pieces	8 x 5	Cakes, bar cookies, oven baking
Baking Pan	13-1/2 x 23 x 2	50 - 2 x 2-1/2" pieces	10 x 5	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

