



# NORTH DAKOTA AGING SERVICES

## LUNCH MENUS

January 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](mailto: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

<b>Standard Meal Patterns</b>	
<b>ALL MEALS HAVE BEEN EVALUATED NUTRITIONALLY AND MEET REQUIREMENTS OF OAA NUTRITION GUIDELINES</b>	
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	
<b>Beverages</b>	
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
<b>Fruits</b>	
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)
<b>Vegetables</b>	
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
<b>Grains</b>	
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
<b>Meats</b>	
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)
<b>Condiments</b>	
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	
<b>PROVIDER CHOICE</b>		<b>LUNCH</b>							
Herbed Pork Loin	3 Oz	Beef Stuffed Pepper	1 pepper	Coleslaw	1/2 Cup	Hamburger on Bun	1 each	House Salad	1 Cup
Sauerkraut	1/2 Cup	Parslied Potatoes	1/2 Cup	Cornflake Catfish	3 Oz	Sweet Potato Fries	1/2 Cup	Seafood Pasta Primavera	1 Cup
Parslied Carrots	1/2 Cup	Green Beans & Pimento	1/2 Cup	Calico Corn	1/2 Cup	California Blend Vegetables	1/2 Cup	Seasoned Green Peas	1/2 Cup
Company Potatoes	1/2 Cup	Wheat Bread	1 slice	Hushpuppies	2 each	Lettuce Tomato Onion	1 each	Whole Grain Breadstick	1 each
Soft Bake Pretzel	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Ketchup Mustard Lite Mayo	1 serv	Choice of Dressing	1 each
Soft Margarine Cup	1 each	Cranberry Peaches	1/2 Cup	Banana	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Pear Crisp	1/2 Cup	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Ginger Baked Pears with Spiced Whip	1/2 Cup	Strawberry Applesauce	1/2 Cup
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	
<b>LUNCH</b>									
Roast Turkey	3 Oz	Chicken Tortilla Soup	6 fl. oz	BBQ Chicken Breast	3 Oz	Beef Stir Fry	1 Cup	Carnitas	2 each
Poultry Gravy	2 fl. oz	Beef Taco Salad	1 each	Harvest Hash	1/2 Cup	Brown Rice Pilaf	1 #8 sc.	Ranchero Beans	1/2 Cup
Glazed Sweet Potatoes	1/2 Cup	Tortilla Chips	1 Oz	Seasoned Kale	1/2 Cup	Oriental Mix Vegetables	1/2 Cup	Peppers & Onions	1/2 Cup
Sage Bread Dressing	1/4 Cup	Soft Margarine Cup	1 each	Wheat Bread	2 slice	Wheat Dinner Roll	1 each	Shredded Lettuce Garnish	1/4 Cup
Brussels Sprouts	1/2 Cup	Oranges & Pineapple	1/2 Cup	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Pico de Gallo	1 #12 sc.
Wheat Bread	1 slice	1% Milk	8 fl. oz	Spiced Peaches	1/2 Cup	Orange Pineapple Gelatin	1 (2x3)	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each			1% Milk	8 fl. oz	1% Milk	8 fl. oz	Cinnamon Pears	1/2 Cup
Strawberry & Pineapple	1/2 Cup							1% Milk	8 fl. oz
1% Milk	8 fl. oz								

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Chicken Lasagna	1 (3x4)	Tuna Noodle Casserole	1 Cup	Porcupine Meatballs	3 each	Chicken a la Moutarde	3 Oz	Spaghetti & Meat Sauce	1 Cup
Zucchini Parmesan	1 Cup	Savory Carrots	1/2 Cup	Mashed Potatoes	1/2 Cup	Baked Sweet Potato	1 whole	Green Beans	1 Cup
Garlic Whole Grain Breadstick	1 each	Potato Roll	1 each	Prince Edward Vegetable Blend	1/2 Cup	Seasoned Green Peas	1/2 Cup	Whole Grain Breadstick	1 each
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Wheat Bread	2 slice	Wheat Bread	2 slice	Parmesan Cheese	1 each
Chilled Peaches	1/2 Cup	Cinnamon Applesauce	1/2 Cup	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Heavenly Hash	1/2 Cup	Chilled Pineapple	1/2 Cup	Apple Whole Fresh	1 each
				1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Turkey & Dumplings	1 Cup	Swiss Steak	3 Oz	House Salad	1 Cup	Ginger Apple Pork	3 Oz	Fish Tacos	2 each
Mashed Potatoes	1/2 Cup	Buttered Red Potatoes	1/2 Cup	Orange Chicken	3 Oz	Roasted Red Potatoes	1/2 Cup	Spanish Rice	1/2 Cup
Parslied Carrots	1/2 Cup	Lemon Asparagus	1/2 Cup	White & Wild Rice Blend	1/2 Cup	Seasoned Zucchini	1/2 Cup	Corn Cobbette	1 each
Wheat Bread	1 slice	Wheat Bread	2 slice	Oriental Blend Vegetables	1/2 Cup	Wheat Dinner Roll	1 each	Pico de Gallo	1 #12 sc.
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Whole Grain Breadstick	1 each	Soft Margarine Cup	1 each	Shredded Lettuce Garnish	1/4 Cup
Chilled Pears	1/2 Cup	Fresh Fruit Salad	1/2 Cup	Choice of Dressing	1 each	Strawberry Fruit Cup	1/2 Cup	Soft Margarine Cup	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Orange Sections	1/2 Cup
				Pineapple Angel Cake	1 each			1% Milk	8 fl. oz
				1% Milk	8 fl. oz				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
<b>Italian Beef Sandwich</b>	1 each	<b>French Chicken</b>	3 Oz	<b>Breaded Eggplant</b>	2 each	<b>Salisbury Steak &amp; Gravy</b>	3 Oz	<b>Pork Wings</b>	1 each
<b>Paprika Potatoes</b>	1/2 Cup	<b>Macaroni &amp; Cheese</b>	1/2 Cup	<b>Angel Pasta/Marinara</b>	1/2 Cup	<b>Mashed Potatoes</b>	1/2 Cup	<b>Au Gratin Potatoes</b>	1/2 Cup
<b>Creole Green Beans</b>	1/2 Cup	<b>Italian Mix Vegetables</b>	1 Cup	<b>Spinach with Garlic Butter</b>	1/2 Cup	<b>Winter Blend Vegetables</b>	1/2 Cup	<b>Seasoned Snow Peas</b>	1/2 Cup
<b>Cinnamon Applesauce</b>	1/2 Cup	<b>Wheat Dinner Roll</b>	1 each	<b>Whole Grain Breadstick</b>	1 each	<b>Wheat Bread</b>	2 slice	<b>Roll Ciabatta Whole Wheat</b>	1 (4x4)
<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each
<b>1% Milk</b>	8 fl. oz	<b>Poached Pears</b>	1/2 Cup	<b>Fruit Cocktail &amp; Yogurt</b>	1 Cup	<b>Cherry Fruit Salad</b>	1/2 Cup	<b>Cinnamon Bananas</b>	1/2 Cup
		<b>1% Milk</b>	8 fl. oz	<b>1% Milk</b>	8 fl. oz	<b>1% Milk</b>	8 fl. oz	<b>1% Milk</b>	8 fl. oz

# RECIPES



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

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# Apple Whole Fresh (Apple Whole Fresh)

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

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

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

# Applesauce Cinnamon JcPk Cnd (Cinnamon Applesauce)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	15 g	0 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Applesauce, Unswt	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	Mix applesauce with cinnamon to distribute evenly.
	Cinnamon, Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	
<b>3</b>					

# Applesauce Strawberry (Strawberry Applesauce)

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

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	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Applesauce, Unswt	3 2/3 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	Blend applesauce with thawed strawberries until pureed smooth. Scoop 1/2 cup portions into serving dishes.
	Strawberries, Sliced Unsweetened Frz	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 7 Oz Thawed	
<b>3</b>						

# Asparagus Seasoned f/Frz (Lemon Asparagus)

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

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

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

# Banana Cinnamon (Cinnamon Bananas)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Fold bananas into juice to keep from discoloring. Drain juice before continue to next step.
Banana Whole Fresh	1 lb 10 Oz	4 lb 2 Oz	8 lb 4 Oz	16 lb 8 Oz	Peeled & Sliced	
Juice Orange f/BIB 8 flz	3.2 fl. oz	8 fl. oz	16 fl. oz	32 fl. oz	Prepared	
<b>3</b>						Combine brown sugar and cinnamon. Mix well to break up lumps. Sprinkle sugar mixture over bananas and mix lightly. Top with dollop of whipped topping. Garnish with dusting of cinnamon.
Sugar, Brown Light	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Cinnamon, Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
Topping, Whip Non-Dairy Bag Frz	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.
<b>5</b>						Note: Prepare as close to service as possible.



# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Juice Orange f/BIB 8 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	8 fl. oz	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	19 g	2 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Water, Tap	2 Qt	1 Gal 2 Cup	2 Gal 3 Cup	5 Gal	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
<b>3</b>					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.
3					

# BBQ Chicken Breast Bnls (BBQ Chicken Breast)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	<b>ⓘ Contains: AllergenSulphites, Chicken, Tomato, AllergenWheat, AllergenSoy, Garlic, Mustard</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	7 g	20 g	2.5 g	10 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Place Chicken on baking sheets.
<b>3</b> Sauce, BBQ	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	Pour Barbecue Sauce over Chicken.
<b>4</b>					Bake 45-60 min in 350F.
<b>5</b>					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>6</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>9</b>					Cook Time: 45-60 min

# Beans Ranchero (Ranchero Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	145 °F	Simmer	1/2 Cup	<b>ⓘ Contains: Onion, Tomato, Peppers Bell, AllergenSoy, AllergenWheat, AllergenMilk, Garlic, Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	25 g	8 g	2.5 g	75 mg	310 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Diced	Sauté onion and pepper in margarine until softened.
Pepper, Green Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Diced	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b>						Add flour and seasonings; stir until well blended.
Flour, All Purpose	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Chili Powder, Mild	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		

# Beans Ranchero (Ranchero Beans)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Thyme, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>4</b>	Beans Pinto f/Dry	1 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 3 Cup	Prepared	Add tomato and beans bring to a boil. Reduce and simmer for 20 minutes.
	Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
<b>5</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Beans Pinto f/Dry (Pinto 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 g	50 mg	160 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beans, Pinto 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 Pinto f/Dry (Pinto Beans)

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

# Beef Italian Sndw (Italian Beef Sandwich)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
210 Min	450.0 °F	Roast	1 each	ⓘ Contains: Corn, AllergenWheat, Beef, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	30 g	15 g	9 g	100 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Roast Raw Rnd-Top Inside	1 lb 13 Oz	4 lb 8 Oz	9 lb	18 lb	Thawed	Season thawed meat with seasoning. Place meat in roasting pan. Brown at 450F/232C for about 30 min.
Basil, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>3</b>						Prepare beef base with water according to package instructions. Pour 1/2 of broth over meat. Reduce heat to 300F/149C. Cover and slowly cook until tender, about 3 hrs. Add beef broth as needed. Slice roast wafer thin with sanitized utensils. Place sliced beef in counter pan. Heat remaining broth and pour over meat. Cover with foil and hold.
Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		

# Beef Italian Sndw (Italian Beef Sandwich)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
5	Roll Hoagie	10 each	25 each	50 each	100 each		Serve 2 oz slice beef on bun with a side cup of hot beef broth for dipping.
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 Stir Fry f/Cubes & Frz Veg (Beef Stir Fry)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	375.0 °F	145 °F	Cook	1 Cup	<b>ⓘ Contains: AllergenWheat, Carrots, Peppers Bell, Corn, Beef, Broccoli, AllergenSoy, Beans/Legumes, Mushroom, Garlic, Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	10 g	22 g	6 g	50 mg	320 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Broccoli, Florets Frz Carrot, Baby Frz Green Beans, Cut Frz	6.5 Oz	1 lb	2 lb	4 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	6.5 Oz	1 lb	2 lb	4 lb		
	6.5 Oz	1 lb	2 lb	4 lb		
<b>2</b> Sugar, Granulated Bulk Pepper, Black Ground Cornstarch	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 2 tsp		Cook broccoli, carrots & green beans, in steamer or using another method, until about half way done.
	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		

## Beef Stir Fry f/Cubes & Frz Veg (Beef Stir Fry)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Sauce, Soy Bulk LS	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced	Sauce: Combine sugar, black pepper and cornstarch in steam-jacket or other kettle. Combine water, base and soy. Add gradually to dry ingredients and stir with wire whip over low heat. Cook and stir until mixture thickens and looks clear. Reduce heat.
Onion, Yellow	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Julienne	
Pepper, Red Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Julienne	
Water Chestnuts, Sliced Cnd	1/3 Cup	1 Cup	2 Cup	1 Qt	Rinsed/Drained	
Mushrooms, Pieces Cnd	1/3 Cup	1 Cup	2 Cup	1 Qt	Drained	
Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Ginger, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

# Beef Stir Fry f/Cubes & Frz Veg (Beef Stir Fry)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Meat and Vegetables with oil in fry pan, heat to about 375F/190C and stir fry beef until well browned. Add vegetables and stir-fry until veggies are tender crisp. Stir in sauce, ginger & garlic. Do not overcook as vegetables will become mushy. Serve immediately.
5							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Beef Stuffed Pepper RTC (Beef Stuffed Pepper )

COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
165 °F	Heat	Solid Spoon	1 pepper	⚠️Contains: Beef, AllergenEggs, AllergenWheat, AllergenSoy, AllergenMilk, Peppers Bell, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	15 g	15 g	5 g	50 mg	670 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.
8					



# 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.
3					

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
2 slice	ⓘ Contains: AllergenWheat

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

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

# 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.
4					

# Brussels Sprouts f/Frz (Brussels Sprouts)

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

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

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

# Cake Angel Food Pineapple f/Mix (Pineapple Angel Cake)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	Bake	1 each	ⓘ Contains: Pineapple, AllergenEggs, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	38 g	3 g	0 g	75 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Cake Mix, Angel Food	12.5 Oz	1 lb 15 Oz	3 lb 15 Oz	7 lb 13 Oz	Combine cake mix and crushed pineapple. Scale batter into an ungreased 10-inch pan. Bake according to package directions.
Pineapple Crushed Chilled JcPk Cnd	1 lb 0 Oz	2 lb 8 Oz	5 lb 1 Oz	10 lb 2 Oz	
<b>3</b>					Cut each cake into 1 oz slices, approximately 12 slices per cake. Cover.
<b>4</b>					CCP -- Maintain <40F/4C

# Pineapple Crushed Chilled JcPk Cnd (Chilled Crushed Pineapple)

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

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

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

# Carrot Parsley \* (Parslied Carrots)

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

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

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

# Carrot Savory f/Frz (Savory Carrots)

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

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

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



# Carrot Savory f/Frz (Savory Carrots)

	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.

# Catfish Baked Cornflake f/Fillet (Cornflake Catfish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: AllergenFish, Corn, AllergenEggs, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	6 g	16 g	7 g	10 mg	160 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Fish, Catfish Frz 2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb		Rinse fish and dry well. Lightly coat fillets with mayonnaise.
	Mayonnaise, Bulk 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Cereal, Corn Flakes Bulk 2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Crumbled	Place cornflakes in a large bowl. Add fillets one at a time to coat sides with cornflakes. Place fillets on baking sheet.
4						Bake at 350F/177C for 15 minutes or until cooked through.
5						Fish: Cook to internal temp of 145F/63C held for 15 sec.
6						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Cheese Parmesan Grated PC (Parmesan Cheese)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# Chicken French f/Thigh (French Chicken)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	Bake	3 Oz	ⓘ Contains: Chicken, Peas, Tomato, Garlic, Corn, Carrots, Onion, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	4 g	18 g	7 g	20 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Thigh Bnls Sknls	2 lb 11 Oz	6 lb 12 Oz	13 lb 9 Oz	27 lb 2 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Thaw Chicken under refrigeration at <40F./4C Place a single layer of Chicken loosely on baking sheet. Bake immediately or chill at <40F/4C until ready to bake. Bake Chicken until reaches internal temp of >165F/74C held for 15 sec. CCP - Maintain at >140F/60C for only 4 hrs.
2 Dressing, French Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		Combine French Dressing, Broth, Peas, & Carrots. Heat to boiling & simmer 10 min.
Soup Broth Chicken f/Base	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Prepared	
Carrot, Fresh	3 Oz	8 Oz	1 lb	2 lb	Sliced	
Peas, Green Frz	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
3						Pour Sauce over Chicken. Cover & return to oven for 10 min.

# Chicken French f/Thigh (French Chicken)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.
5							Cook Time: 30-45 min

# Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

# Chicken Moutarde (Chicken a la Moutarde)

SERVING SIZE	ALLERGENS
3 Oz	<b>ⓘ Contains: AllergenMilk, Chicken, AllergenSulphites, Onion, Mustard</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	10 g	19 g	18 g	100 mg	590 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Preheat the oven to 350 degrees F (175 degrees C).
<b>3</b>					Warm oil and butter in a large, oven-proof casserole dish or Dutch oven over medium-high heat. Season chicken thighs with salt and pepper and place into the pot, skin-side down. Brush thighs with 1/2 of the mustard. Cook until skin is golden, 3 to 4 minutes, and turn thighs over. Brush with remaining mustard. Cook 3 to 4 minutes more and transfer thighs to a plate.
Oil, Canola	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
Butter, Salted Bulk	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
Chicken, Thigh Bnls Sknls	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	
Mustard, Dijon	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz	
<b>4</b>					Reduce heat to medium and add sliced onion to casserole dish. Cook until nearly clear, 5 to 6 minutes. Pour in wine to deglaze. Increase heat to medium-high and bring to a boil, about 5 minutes. Keep cooking until sauce reduces slightly and no longer smells strongly of alcohol, 3 to 4 minutes more.
Onion Fresh Sliced	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	

# Chicken Moutarde (Chicken a la Moutarde)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
Wine, White	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
Broth, Chicken Liquid	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	Pour broth and heavy cream into the casserole dish. Scrape the bottom to loosen browned bits. Add bay leaf and thyme. Return chicken to the casserole dish and cover.
<b>5</b> Cream, Whipping Heavy	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz	
Bay Leaf, Whole	2.5 each	6.25 each	12.5 each	25 each	
Thyme, Dried Leaves	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
<b>6</b>					Bake in the preheated oven, until chicken is no longer pink at the bone and juices run clear, and internal temperature is 165F. about 40 minutes.



# Onion Fresh Sliced (Sliced Onion)

SERVING SIZE	ALLERGENS
1 slice	<b>ⓘ Contains: Onion</b>

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

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

# Chicken Orange Breast (Orange Chicken)

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

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

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

# Chicken Orange Breast (Orange Chicken)

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

# Juice Orange f/BIB 6 flz (Orange Juice)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	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	
<b>3</b>					+CCP - Serve Chilled <40F/4C.	

# Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
1 Oz	ⓘ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	6 g	40 mg	95 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					

# 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
<b>1</b> 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	
<b>2</b> 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	
<b>3</b> 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.
<b>4</b>					CCP -- Maintain <40F/4C

# 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	<b>1</b> Contains: Potatoes, AllergenMilk, Onion, AllergenWheat, Chicken, AllergenSoy

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	
<b>1</b> 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
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.	

# Condiment Low Fat Mustard Mayo Ketchup (Ketchup Mustard Li



Health & Human Services



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	0 g	2.5 g	0 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Ketchup PC	10 each	25 each	50 each	100 each	Each serving consists of 1 pkg ketchup, 1 pkg local mayo, & 1 pkg mustard.
<b>2</b> Mustard PC	10 each	25 each	50 each	100 each	
Mayonnaise LoCal LS PC	10 each	25 each	50 each	100 each	
<b>3</b>					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.
3					

# 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.
3					

# Corn Calico f/Frz (Calico Corn)



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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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Boil or steam corn until tender.
<b>3</b> 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		
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken 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	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.



# Crisp Pear Hmd (Pear Crisp)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	35 g	2 g	6 g	30 mg	55 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pears, Sliced JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Mix sugar, lemon and spice with fruit. Scale 8lb fruit mixture per pan.
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
<b>2</b> Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
Cinnamon, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Nutmeg, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
Extract, Almond	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
<b>3</b> Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Cut cold margarine into flour until small crumbs develop. Combine remaining ingredients and mix until crumbly.

# Crisp Pear Hmd (Pear Crisp)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
Cereal, Oatmeal Quick	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	
<b>4</b>					Spread evenly over fruit mixture, about 2.4 lb per pan. Bake 350F/177C for approximately 40 minutes.
<b>5</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>6</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>					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.
3					

# Dressing Stuffing Bread Sage (Sage Bread Dressing)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	325.0 °F	145 °F	Bake	1/4 Cup	ⓘ Contains: AllergenWheat, AllergenSoy, Celery, AllergenMilk, Corn, Onion, Garlic, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	10 g	2 g	4.5 g	40 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Celery, Fresh	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Diced	Saute onions & celery in margarine until light browned.
Onion, Yellow	1 Tbsp 1 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup	Diced	
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	16 Oz		
<b>3</b> Water, Tap	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		Add water, base and seasonings to vegetables.
Base, Chicken Paste LS G-F	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Seasoning, Poultry	0.5 Oz	0.5 Oz	0.5 Oz	0.5 Oz		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/8 tsp		
Sage, Rubbed	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz		

# Dressing Stuffing Bread Sage (Sage Bread Dressing)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Bread White	6.25 slice	15.63 slice	31.25 slice	62.5 slice	Cubed	Add bread gradually to base mixture, tossing until thoroughly mixed. Scale dressing into greased pan(s). Bake for approximately 1 hour.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							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.
3					

# Eggplant Breaded f/RTC (Breaded Eggplant)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Eggplant, Brd Frz	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare per manufacturer's instructions to *internal temp 145F for 15 sec.
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Fish Pollock Tacos (Fish Tacos)

COOK TIME	COOK-END TEMP	SERVING SIZE	ALLERGENS
7 Min	145 °F	2 each	ⓘ Contains: Corn, Onion, AllergenFish, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	31 g	21 g	9 g	250 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Red/Burmuda	1.25 each	3.13 each	6.25 each	12.5 each		Place red onion in bowl and cover with red wine vinegar. Set aside and let sit 30 minutes to quick pickle. In a separate bowl, combine olive oil, spices and cilantro to make a marinade. Mix well.
Vinegar, Wine Red	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Oil, Olive	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
<b>2</b> Chili Powder, Mild	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Oregano, Dry	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Cilantro, Raw Bunch	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Chopped	



# Fish Pollock Tacos (Fish Tacos)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Fish, Pollock 2-4z Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Place fish on a dish and pour the marinade over, coating the fish well on both sides. Set aside for 20 minutes, chill. Remove the fish from the marinade. Discard marinade. Place the fish in hot pan. Cook fish undisturbed for 4 minutes, then turn and cook for 2 more minutes. Remove pan from heat and flake the fish making sure to mix in all the marinade that has stuck to the bottom of the pan.
4	Tortilla, Corn 6 in	20 each	50 each	100 each	200 each		Heat the tortilla by placing 4 each between damp paper towels. Microwave on high for 45 seconds. Repeat for remaining tortillas.
5							Assemble the tacos by placing 2 oz fish onto the center of 1 tortilla. Top with 1/2 oz onion.
6							Notes: Can be served with salsa and garnished with lime.
7							Fish: Cook to internal temp of 145F/63C 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.

# Fruit Fresh Winter Salad f/Fresh & Cnd (Fresh Fruit Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Pineapple, Bananas, Citrus, Apples, Cherry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	0 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Apple, Red Delicious	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Diced	Fruit may vary from foods listed. Drain Pineapple, reserving Juice to use with Apples & Bananas. Drain Maraschino Cherries and chop. Wash all Fruit. Peel and section Oranges. Place Apples and Bananas in reserved Pineapple Juice to delay browning. Drain before using.
	Orange Fresh Whole	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz		
	Banana Whole Fresh	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Sliced	
	Pineapple, Chunks JcPk	3 Oz	8 Oz	1 lb	2 lb		
	Cherries, Maraschino	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Chopped	
<b>3</b>						Mix all Fruit together. Serve immediately, portioning 1/2 cup per serving	
<b>4</b>							

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<b>Contains: Citrus</b>

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.
3					

# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Fruit Heavenly Hash (Heavenly Hash)

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

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

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

# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Fruit Salad w/Cherry Filling (Cherry Fruit Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Peach, Pear, Cherry

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Fruit Salad, Peach Pear Grape Pie Filling, Cherry Cnd	0.41 no. 10 can	1.02 no. 10 can	2.03 no. 10 can	4.06 no. 10 can	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain Fruit. Fold Pie Filling into Fruit. Mix gently. Refrigerate overnight.
	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	
2					Portion 1/2 cup into serving dishes.
3					CCP -- Keep chilled at 40F.

# Garnish Lettuce Shredded (Shredded Lettuce Garnish)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/4 Cup	None

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

INGREDIENTS	SERVINGS 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	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Shredded	Serve 1/2 cup per portion.
4						CCP -- Maintain <40F/4C



# Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

# Gelatin Orange Pineapple (Orange Pineapple Gelatin)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 (2x3)	ⓘ Contains: Pineapple, Citrus, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	25 g	3 g	0 g	30 mg	95 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Dissolve gelatin in hot water.
Gelatin, Dry Citrus	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz		
Water, Tap	2 2/3 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 4 Cup	Hot	
<b>3</b>						Add drained oranges, orange juice, and drained pineapples to gelatin.
Orange, Mandarin JcPk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Drained	
Juice Orange f/BIB 6 flz	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Prepared	
Pineapple, Chunks JcPk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Drained	
<b>4</b>						Mix well, pour into pan(s) and chill overnight. Serve 2x3" portion on lettuce leaf liner.
Lettuce, Green Leaf	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		
<b>5</b>						CCP -- Maintain <40F/4C

# 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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	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	
<b>3</b>					+CCP - Serve Chilled <40F/4C.	

# Gravy Poultry Hmd (Poultry Gravy)

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

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

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

# Gravy Poultry Hmd (Poultry Gravy)

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

# Green Beans Creole Tomato f/Frz (Creole Green Beans)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	1/2 Cup	ⓘ Contains: Onion, Peppers Bell, Tomato, Celery, AllergenWheat, AllergenMilk, AllergenSoy, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	10 g	2 g	1 g	75 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Sauté onions, peppers and celery in margarine until tender.
Onion, Yellow	1 Oz	2 Oz	4 Oz	7.5 Oz	Diced	
Pepper, Green Fresh	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Diced	
Celery, Fresh	1 Oz	2.5 Oz	5 Oz	10 Oz	Diced	
Margarine, Solids	0.5 Oz	0.5 Oz	1.5 Oz	2.5 Oz	Melted	
<b>3</b>						Add flour. Stir until smooth.
<b>4</b>						Add tomatoes and salt to above. Stir and cook until thickened.
Tomato, Diced Cnd	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt		
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

# Green Beans Creole Tomato f/Frz (Creole Green Beans)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Sugar, Granulated Bulk	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Add sugar, green beans and remaining ingredients to tomato mixture. Simmer.
	Green Beans, Cut Frz	2 lb 4 Oz	5 lb 10 Oz	11 lb 4 Oz	22 lb 8 Oz		
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Green Beans Cut f/Cnd (Green Beans)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Steam	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	8 g	2 g	0 g	75 mg	450 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Green Beans, Cut Cnd	2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal	Steam or boil Vegetables to internal temperature 155F/68C held 15 sec. Drain. Add Paprika and mix well.
	Paprika	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
<b>5</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	



# Green Beans w/Pimento f/Frz (Green Beans & Pimento)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	2 g	2 g	40 mg	20 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Combine vegetable and pimento. Steam or boil until tender.
Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	
Pimento, Pieces Cnd	0.2 no. 303 can	0.5 no. 303 can	1 no. 303 can	2 no. 303 can	Add seasonings.
<b>3</b>					
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Paprika	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Green Beans w/Pimento f/Frz (Green Beans & Pimento)

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

# Hamburger on WW Bun \* (Hamburger on Bun)

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

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

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

# 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
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	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 2.7z Raw 1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	
<b>3</b>					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

# House Salad \* (House Salad )

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

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

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

# Kale Seasoned f/Fresh (Seasoned Kale)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	6 g	4 g	3 g	175 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Kale, Fresh	2 lb 6 Oz	6 lb	12 lb	24 lb	Submerge Greens under water in a sanitized sink. Lift Greens out of water & shake. Repeat until all grit is off the Greens. Remove veins, coarse stems, & roots. Steam or boil. (If boiling the Greens, add Salt to cooking water instead of later.)
3	Margarine, Solids	1 Oz	2 Oz	4 Oz	8 Oz	Pour melted Margarine over greens. Sprinkle with Salt.
	Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
4					Note: Beet greens, Chard, Kale, Mustard Greens, or Turnip Greens can be used in this recipe.	
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.	

# Lasagna Chicken (Chicken Lasagna)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Bake	1 (3x4)	ⓘ Contains: AllergenMilk, Onion, Tomato, Garlic, AllergenEggs, AllergenWheat, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	28 g	30 g	10 g	300 mg	610 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	
<b>2</b> Tomato Sauce, Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Pour Oil into large pot. Sauté Onions in Oil. Drain excess fat.
	Tomato Paste, Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt	
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Oregano, Dry	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Basil, Dried Leaves	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Chicken, Meat Pulled Ckd	1 lb 3 Oz	3 lb	6 lb	12 lb	



# Lasagna Chicken (Chicken Lasagna)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Pasta, Lasagna Dry	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 6 Oz		Add Tomato products, Pepper, Garlic Powder, Oregano, Basil, & Chicken. Continue cooking, about 30 min, stirring occasionally.
4	Cheese, Mozzarella Shredded	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Shredded	Prepare Pasta per package directions. Drain.
	Cheese, Parmesan Grated	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Cottage Cheese, 2% Fat	6.5 Oz	1 lb	2 lb	4 lb		
5							Combine Cheeses. Use immediately or chill. In greased counter pans: Arrange Chicken & Sauce, Pasta, and Cheeses in overlapping layers. Repeat Sauce, Pasta, and Cheese. Spoon remainder of Chicken & Sauce on top. Bake immediately or chill. Bake at 350F/176C for 40-45 min.
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.
10							

# Macaroni & Cheese Side (Macaroni & Cheese)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	350.0 °F	145 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenWheat, AllergenFish, AllergenSoy, Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	25 g	10 g	11 g	200 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Macaroni, Elbow Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melted	Stir macaroni into boiling water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Mustard, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Sauce, Worcestershire	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<b>3</b> Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Melt 1st portion margarine. Stir in flour and seasoning.
<b>4</b> Cheese, Cheddar Shredded	6.5 Oz	1 lb	2 lb	4 lb	Shredded	Add milk gradually, stirring constantly. Cook until thickened.

# Macaroni & Cheese Side (Macaroni & Cheese)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Bread Crumbs, Plain	1.5 Oz	4 Oz	8 Oz	1 lb		Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pans, 12 lbs per pan.
	Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted #2	
6							Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake at 350F/176C for 30-40 min.
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.

# 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.
3					

# Meatballs Porcupine w/Sauce (Porcupine Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	155 °F	Bake	3 each	ⓘ Contains: Beef, Tomato, Peppers Bell, AllergenEggs, Rice, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	18 g	18 g	17 g	50 mg	590 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Rice, White Parboiled	3/4 Cup	2 Cup	1 Qt	2 Qt		Cook rice to slightly undercooked condition.
Tomato Sauce, Cnd	3 1/4 Cup	2 Qt	1 Gal	2 Gal		Place all ingredients in large mixing bowl. Blend on low speed until blended. Do not overmix.
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>3</b> Egg, Liquid	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		
Pepper, Green Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	

# Meatballs Porcupine w/Sauce (Porcupine Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
4							Shape meat mixture into balls using #16 scoop. Place meatballs on lightly greased sheet pan. Bake 30 - 40 min until browned. Pour off grease. Place meatballs in steam table. Pour tomato sauce over meat. Bake at 350F/177C for 30 min.
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.
9							

# 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.
4					

# Orange & Pineapple f/Cnd (Oranges & Pineapple)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Orange, Mandarin JcPk	0.2 no. 10 can	0.5 no. 10 can	1 no. 10 can	2 no. 10 can	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour undrained Mandarin Oranges into undrained Pineapple. Mix gently. Portion with slotted spoon. Chill.
Pineapple, Chunks JcPk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
<b>2</b>					CCP -- Keep chilled at 40F.



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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pasta Angel Hair Buttered  Sauce Marinara	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Pasta & Sauce as per separate recipe. Stir Sauce into Pasta to ensure complete coverage. CCP - Maintain >140F for only 4 hrs. Portion 1/2 cup per serving.
	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	

# Pasta Angel Hair Buttered (Angel Hair Pasta)

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

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

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

# Pasta Angel Hair Buttered (Angel Hair Pasta)

	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							

# Sauce Marinara (Marinara Sauce)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	2 fl. oz	⚠️ Contains: Peppers Bell, Onion, Tomato, 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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						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.
<b>3</b>						
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		
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Peaches Halves f/Cnd (Chilled Peaches)

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

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

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

# Peaches Sliced JcPk Cnd w/Cranberry Sauce (Cranberry 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
80 kcal	23 g	2 g	0 g	10 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Lettuce, Iceberg 3 Oz	8 Oz	1 lb	2 lb	Separated	Separate lettuce into garnish leaves. Arrange 4-5 drained Peach slices in a star pattern on cleaned lettuce leaf.
	Peaches, Sliced JcPk 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drained	
<b>4</b>	Cranberry Sauce, Jellied Cnd 2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Place 1 #60 scoop of cranberry sauce in the center of each plate surrounded by peach slices.
<b>5</b>						CCP -- Maintain <40F/4C

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Peaches, Sliced JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drain fruit and reserve liquid. Measure drained liquid and water to make 2 quarts of liquid per 50 servings. Bring 3/4 of the total liquid to boiling point.
<b>3</b> Cornstarch	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Mix remaining 1/4 of liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.
<b>4</b> Cinnamon, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	While still hot, add sugar, margarine and spices. Mix thoroughly and bring to boiling point.
Cloves, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Sugar, Granulated Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	
Margarine, Solids	0.5 Oz	1 Oz	2 Oz	4 Oz	
Nutmeg, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	



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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						Carefully add drained fruit and mix carefully to avoid breaking or mashing fruit.
6						Serve warm
7						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8						
9						Note: If serving cold: Quick-chill after Step 5 and chill until served.

# Pear Halves Cinnamon JcPk Cnd (Cinnamon Pears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	0 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Pears, Halves JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Drained	Place 2 pear halves in each serving bowl.
<b>3</b> Cinnamon, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Sprinkle cinnamon on each portion.
<b>4</b>						CCP -- Maintain <40F/4C

# Pear Halves Ginger Cinn Nutmeg Whip \* (Ginger Baked Pears wit



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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	29 g		1 g	3 g	30 mg	25 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Topping, Whip Non-Dairy Bag Frz	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		Prepare whipped topping as per package instructions.
<b>3</b> Sugar, Powdered	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine powdered sugar, cinnamon and nutmeg. Carefully fold spice mixture into whipped topping.
Cinnamon, Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
Nutmeg, Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
<b>4</b> Pears, Halves JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		Drain pears, reserve juice. Arrange pear halves cut side up in a shallow baking dish. Add reserved juice to create a 1/4 inch deep bath for pears (add water if not enough juice).
<b>5</b> Sugar, Brown Light	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		In a medium bowl, combine brown sugar, ginger, oats and margarine to make crumble. Spoon approximately 1 teaspoon crumble in to center of each pear, pressing down lightly if needed. Sprinkle remaining crumble evenly over pan of pears. Bake until softened.

# Pear Halves Ginger Cinn Nutmeg Whip \* (Ginger Baked Pears wit



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	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Ginger, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
<b>6</b>							Let pears cool slightly. Place 1/2 cup pears in a serving dish. Just before serving, top each pear with 1 Tbsp spiced whipped topping and serve immediately.
<b>7</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Pear Halves Poached f/Cnd (Poached Pears)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	350.0 °F	145 °F	Poach	1/2 Cup	⚠ Contains: Pear, Citrus, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	26 g	1 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Pears, Halves JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sugar, Brown Light	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Drain pears. Reserve juice. Place pears cut side down in counter pans.
Sugar, Granulated Bulk	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
<b>2</b> Cinnamon, Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
Nutmeg, Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
Juice, Lemon RTS	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	
<b>3</b>					Mix sugars, cinnamon, nutmeg and lemon juice. Add to 1.25 qt reserved juice. Heat to boiling, stirring until sugar is dissolved.

# Pear Halves Poached f/Cnd (Poached Pears)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
4					Pour over pears. Mix thoroughly for flavors to distribute. Bake pears until sauce is bubbly and pears are heated through.
5					Portion: Serve 1/2 cup pears cut side up with sweetened syrup.
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.
10					

# Pear Slices JcPk Cnd (Chilled Pears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	17 g	0 g	0 g	20 mg	10 mg

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

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

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

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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	11 g	4 g	2 g	75 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		Sauté shallots in melted margarine until softened. Add ginger.
<b>2</b> Ginger, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Shallots, Peeled Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Minced	Steam peas until tender. Steam in small batches. Season with margarine mixture, salt and pepper.
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
<b>3</b> Salt, Iodized	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
Peas, Snow Frz	2 lb 7 Oz	6 lb 2 Oz	12 lb 4 Oz	24 lb 8 Oz	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.

# Peppers & Onions f/Fresh (Peppers & Onions)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	2 g	2.5 g	20 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Onion, Yellow 1 lb 3 Oz	3 lb	6 lb	12 lb	Sliced	Cook onion and peppers with oil on grill until desired tenderness.
	Pepper, Green Fresh 1 lb 3 Oz	3 lb	6 lb	12 lb	Julienne	
	Oil, Vegetable 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						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: Tomato, Garlic, Onion

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
<b>1</b>						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	
<b>2</b> 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		
<b>3</b>						Combine all Ingredients.
<b>4</b>						CCP -- Maintain <40F/4C

# Pineapple Tidbits f/Cnd (Chilled Pineapple)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Pineapple, Tidbits JcPk	0.4 no. 10 cans	1 no. 10 cans	2 no. 10 cans	4 no. 10 cans	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lightly drain Fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
2					Refrigerate at <40F until service.

# Pork Carnitas Flour Tortilla f/Loin (Carnitas)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
240 Min	145 °F	Bake	2 each	ⓘ Contains: Pork & Products, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	33 g	19 g	13 g	50 mg	360 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Chile Green Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Chopped	Combine green chilies and seasonings.
Chili Powder, Mild	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
<b>2</b> Oregano, Dry	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Cumin, Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 3/4 tsp		
Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Minced	
<b>3</b> Pork, Loin Bnls	2 lb	5 lb	10 lb	20 lb		Place pork in a pan. Spread seasoning mixture on top of the pork. Cover pan tightly with aluminum foil & bake for 3 1/2 to 4 hours until the meat is tender and falls apart. Use fork to shred pork.

# Pork Carnitas Flour Tortilla f/Loin (Carnitas)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Tortilla Flour 6 in	20 each	50 each	100 each	200 each		At time of service, portion 1 1/2 oz meat on each tortilla, serving 2 per person unless otherwise instructed.
5							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Tortilla Flour 6 in (Flour Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	16 g	3 g	2 g	20 mg	140 mg

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



# Pork Loin Roast Ginger Apple (Ginger Apple Pork)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	3 Oz	<b>Contains: Pork &amp; Products, AllergenMilk, Apples, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	13 g	17 g	14 g	30 mg	75 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Pork, Loin Bnls	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Roast with fat side up in roasting pans. Depending on size, roast at 350F/176C to internal temp >160F/71C held for 15 sec. Convection oven: 350F/176C for 1 hr 15 min.
Apple Slices, Unsweetened Cnd	2 lb	5 lb	10 lb	20 lb		While Pork is cooking, combine Apples with Juice, Margarine, and Ginger. Slice Meat to order. Serve 3 oz Meat with 1 oz Apple mixture.
<b>2</b> Juice Apple f/Frz Conc 6 flz	3/4 Cup	2 Cup	1 Qt	2 Qt		
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb	Melted	
Ginger, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<b>3</b>						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.

# Pork Loin Roast Ginger Apple (Ginger Apple Pork)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Cook Time: 2-4 hrs

# Juice Apple f/Frz Conc 6 flz (Apple Juice)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Juice, Apple Conc Frz 5x1	12.25 fl. oz	30.63 fl. oz	61.25 fl. oz	Dilute in cool water; stirring well, refrigerate.
	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	
<b>3</b>					CCP -- Maintain <40F/4C

# Pork Loin Roast Herbed (Herbed Pork Loin)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	145 °F	Bake	10z Spoodle	3 Oz	ⓘ Contains: Pork & Products, Citrus, Corn, Garlic

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	4 g		17 g	13 g	30 mg	50 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Combine oil, lemon juice, seasonings, & sugar to make a paste. Rub paste over pork: refrigerate several hours or over night to blend flavors.
Thyme, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Oregano, Dry	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<b>2</b> Sugar, Brown Light	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Juice, Lemon RTS	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	

# Pork Loin Roast Herbed (Herbed Pork Loin)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
3	Pork, Loin Bnls	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Roast meat uncovered, approximately 2-3 hrs. Remove from oven & remove meat from pans. Place meat on board to bench rest and cover loosely with aluminum foil, let stand 15 min. before slicing.
4	Base, Pork Paste LS G-F	0.5 Oz	0.5 Oz	1 Oz	2 Oz		While meat is resting, place pans used for roasting onto stove top. Combine base & hot water until base is completely dissolved. Use pork broth to loosen particles of browned juices from pan. Whisk together cornstarch and cold water & add to broth in pan to make pork sauce. Cook until thickened slightly. Carefully strain through fine sieve and set aside.
	Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt	Hot	
	Cornstarch	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Water, Tap	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Cold	
5							Slice into 3 oz portions and serve with 1 Fl Oz of pork sauce (gravy) over top.
6							For Fresh Pork and Ham Cuts: 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 Wings Ckd (Pork Wings)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	0 g	15 g	8 g	10 mg	50 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 Au Gratin f/Fresh (Au Gratin Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	400.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenSoy, AllergenWheat, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	26 g	7 g	10 g	150 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Russet/Baking Fresh	2 lb 0 Oz	5 lb 1 Oz	10 lb 2 Oz	20 lb 4 Oz	Peeled & Sliced	Boil or steam potatoes until softened but not totally cooked.
<b>3</b> Pan Coating, Spray	0.5 Oz	0.5 Oz	1 Oz	2 Oz		Place slices of potatoes in pans sprayed with non-stick coating. CCP - Cover and chill <40F until used.
<b>4</b> Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Prepare Sauce: Melt margarine. Add flour and paprika. Stir until smooth, about 2-3 min.
Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Paprika	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<b>5</b> Milk, 2% Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add milk gradually while stirring. Cook until thickened to form a white sauce.
<b>6</b> Cheese, Cheddar Shredded	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz		Add grated cheese to white sauce and stir until cheese is melted. Pour over potatoes. CCP - Maintain >135F/57C until ready to use.

# Potato Au Gratin f/Fresh (Au Gratin Potatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7	Margarine, Solids	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Melt margarine. Combine crumbs and margarine and sprinkle over top of potatoes. Bake at 400F/204C for approximately 25 min. CCP - Cook to internal temp of 165F/74C held for 15 sec.
	Bread Crumbs, Plain	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
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.



# 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 f/Pearls (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGENS
Boil	1/2 Cup	ⓘ Contains: AllergenSoy, 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		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Mashed Herbed f/Inst (Mashed Potatoes)

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

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

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

# Potato Mashed Herbed f/Inst (Mashed Potatoes)

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

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



Health & Human Services



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

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

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

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
6							CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during hold
7							

# Potato Red w/Skin Sliced f/Fresh (Buttered Red Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	3 g	1.5 g	20 mg	20 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash Potatoes & remove blemishes. Do not remove skin. Slice Potatoes into 1/2 inch slices. Steam Potatoes until tender.
2 Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Place Potatoes in greased counter pan. Melt Margarine; drizzle over Potatoes and cover.
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.

# Potato Sliced Parslied f/Fresh (Parslied Potatoes)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Steam/Boil Potatoes until just tender.
<b>3</b> Parsley, Dried	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		Place Potatoes in greased counter pan. Melt Margarine; add Seasoning; drizzle over Potatoes and cover with foil. Bake until tender and cooked through.
Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<b>4</b>						CCP - Maintain >140F for only 4 hrs.
<b>5</b>						CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>						CCP - Reheat: To internal temp of 165F/74C held 15 sec within 2 hr - one time only.
<b>7</b>						NOTES: May use Redskin or New instead of White Potatoes.



# Potato Sliced Parslied f/Fresh (Parslied Potatoes)

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

# Potato Sweet Bkd f/Fresh (Baked Sweet Potato)

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

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

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

# Potato Sweet Fries (Sweet Potato Fries)

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

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

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

# Potato Sweet Glazed f/Cnd (Glazed Sweet Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	36 g	2 g	3 g	30 mg	65 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Sweet Syrup Cnd	1 3/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	4 Gal 2 Cup	Drained	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Arrange Potatoes in 12x20x2 pan(s) and include 1/2 of canned Syrup.
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		Mix Sugar, Margarine, and Cinnamon in other 1/2 of Syrup heat to boiling point.
2 Margarine, Solids	1 Oz	3 Oz	6 Oz	12 Oz	Melted	
Cinnamon, Ground	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp		
3						Pour over Potatoes. Bake immediately.
4						CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding.
5						*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.
6						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Potato Sweet Glazed f/Cnd (Glazed Sweet Potatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only. .
8							NOTES: 8 lbs fresh = 3 Qts can Sweet potatoes.
9							Cook Time: 50-60 min

# Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Roast	1/2 Cup	ⓘ Contains: Onion, Chicken, Corn, Potatoes, Sweet, Allergen Sulphites, Pork & Products, Garlic, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	18 g	3 g	4 g	40 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Potato, Sweet Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Cubed	In a large bowl combine vegetables, apples, oil, and seasonings. Toss to coat fruits & vegetables with the mixture. Pour into a large roasting pan.
Brussels Sprouts, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	Halved	
Onion, Yellow	0.25 each	0.63 each	1.25 each	2.5 each	Sliced	
<b>2</b> Apple, Red Delicious	2 each	5 each	10 each	20 each	Sliced	
Oil, Olive	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		

# Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Dill, Weed Dried	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
3	Water, Tap	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		Combine base with water to make a broth, and pour broth in to pan. Sprinkle chopped bacon evenly over vegetable apple mixture. Roast until vegetables are tender and browned slightly, stirring mixture halfway through cooking to distribute broth.
	Bacon, Pork 18-26 ct	4 slice	10 slice	20 slice	40 slice	Chopped	
	Base, Chicken Paste LS G-F	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Parsley, Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Chopped	Remove pan from oven, sprinkle fresh parsley over pan and stir to combine. 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.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Wedges Paprika f/Fresh (Paprika Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	400.0 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	3.5 g	10 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	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb	Cut into Wedges	Place potatoes in a greased baking pan.
3	Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Drizzle oil over potatoes. Turn to coat well.
4	Paprika	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Sprinkle salt & pepper over potatoes. Bake at 400F/204C for 30 min, stirring occasionally.
	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.
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.



# Pretzel Soft Bake (Soft Bake Pretzel)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	45 g	6 g	2 g	20 mg	130 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.
6					Discard unused product.

# Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING SIZE	ALLERGENS
40 Min	1 #8 sc.	ⓘ Contains: Rice, Onion, Garlic, Corn, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	25 g	3 g	0.5 g	20 mg	40 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Rice, Brown Raw Rice, White Parboiled	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
2 Water, Tap Base, Chicken Paste LS G-F Pepper, Black Ground	3 1/4 Cup	2 Qt	1 Gal	2 Gal		Place rice in steamtable pans.
	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
	1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
Onion, Yellow	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Chopped	
3						Bring chicken base, water, pepper and onions to a boil.
4						Add 2.25qt. of hot stock mixture to each pan. Cover with foil or metal lid and bake at 350F/176C for 40 minutes.

# Rice Brown Pilaf (Brown Rice Pilaf)

	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							

# Rice Long Grain & Wild (White & Wild Rice Blend)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	145 °F	Bake	1/2 Cup	<b>ⓘ Contains: Rice, AllergenMilk, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	26 g	3 g	1 g	30 mg	55 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Cook according to package directions or use the following directions. Place rice and margarine in shallow baking pan. Add salt, and boiling water amount according to manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min until liquid is absorbed. Fluff with fork.
Margarine, Solids	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Melted	
<b>2</b> Rice, Wild & Long Grain Blend	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
Water, Tap	3 1/3 Cup	2 1/8 Qt	1 Gal	2 Gal 1 Cup	Boiled	
<b>3</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Rice Long Grain & Wild (White & Wild Rice Blend)

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

# Rice 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: Onion, Tomato, Peppers Bell, Carrots, Corn, Garlic, Rice, Celery

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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		Saute onion, celery, and bell pepper in oil.
<b>2</b> Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	
<b>3</b> Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
<b>4</b> 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 Potato (Potato Roll)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	4 g	2 g	50 mg	135 mg

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



# 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	

# Sauerkraut f/Cnd (Sauerkraut)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Heat	1/2 Cup	ⓘ Contains: Cabbage, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	5 g	2 g	0 g	40 mg	750 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Sauerkraut, Cnd	2 lb 8 Oz	6 lb 3 Oz	12 lb 6 Oz	24 lb 11 Oz	Preprep: If desired, drain some of the Sauerkraut liquid & heat.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	

# Seafood Pasta Primavera Hmd (Seafood Pasta Primavera)



Health & Human Services



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	325.0 °F	Bake	1 Cup	<b>ⓘ Contains: AllergenShellfish, AllergenCrustacean, Carrots, Onion, Corn, AllergenEggs, Chicken, AllergenWheat, AllergenFish, Broccoli, AllergenSoy, AllergenMilk, Mushroom, Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	35 g	16 g	9 g	175 mg	510 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Carrot, Fresh 3 Oz	8 Oz	1 lb	2 lb	Julienne	Cut Fish in bite-size pieces and hold at <40F. Steam Carrots and Broccoli to tender-crisp. Save for later step.
	Broccoli, Florets Frz 3 Oz	8 Oz	1 lb	2 lb		
<b>3</b>	Margarine, Solids 2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Saute Onion in Margarine until tender. Add Garlic Powder. Add Flour. Stir with wire whip until Flour is mixed stirring often for about 5 min to make roux.
	Onion, Yellow 1 Oz	2 Oz	4 Oz	8.5 Oz	Chopped Fine	
	Garlic, Powder 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Flour, All Purpose 2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		

# Seafood Pasta Primavera Hmd (Seafood Pasta Primavera)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Water, Tap	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		Combine Water, Milk, and Base. Gradually add to roux, stirring with wire whip. Cook stirring often, until thickened. *Maintain >140F.
	Milk, 2% Bulk	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		
	Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
5	Crab, Imitation	13.5 Oz	2 lb 1 Oz	4 lb 2 Oz	8 lb 4 Oz		Add Seasoning, Bite size Meat, Mushrooms, Carrots and Broccoli to hot Sauce.
	Mushrooms, Pieces Cnd	1.5 Oz	4 Oz	8 Oz	1 lb		
	Basil, Dried Leaves	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Fish, Pollock 2-4z Frz	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		
6	Pasta, Fettuccini Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		PASTA: Cook Pasta per package instructions for 5-10 min until firm to the touch. Gently fold in Pasta to Meat Cream Sauce. Cook in 12x20x2" pan. Scale 13 lb per pan.
	Water, Tap	3 1/4 Qt	2 Gal	4 Gal	8 Gal		
7	Cheese, Parmesan Grated	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		Sprinkle 3 oz Parmesan Cheese per pan. Bake at 325F for 30-40 min. to *internal temp >165Ffor 15 sec.

# Seafood Pasta Primavera Hmd (Seafood Pasta Primavera)

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

# Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Cook	6 fl. oz	ⓘ Contains: Chicken, Corn, Onion, Allergen Sulphites, Citrus, Garlic, Allergen Milk, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	15 g	13 g	5 g	75 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Breast Bnls Sknls Large Oil, Olive Garlic, Whole Fresh Cumin, Ground	1 lb 2 Oz	2 lb 14 Oz	5 lb 11 Oz	11 lb 6 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced	
	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
2 Chili Powder, Mild Juice, Lemon RTS Sauce, Salsa Mild RTS Soup Broth Chicken f/Base	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		In a large pot over medium heat, sauté the chicken in oil for 5 min. Add garlic and cumin, mix well.
	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		

# Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Corn, Whole Kernel Frz	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
	Onion, Yellow	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
3	Chips Tortilla Yellow Bulk	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Add prepared chicken broth from base, corn, onions, chili powder, lemon juice and hot sauce. Reduce heat to low and simmer for 20-30 min.
	Cheese, Monterey Jack Shredded	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		
4							Break up some tortilla chips into individual bowls and pour soup over chips. Top with monterey jack cheese (optional).
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Broth Chicken f/Base (Chicken Broth)

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

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

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



# Chips Tortilla Yellow Bulk (Tortilla Chips)

SERVING SIZE	ALLERGENS
2 Oz	<b>ⓘ Contains: Corn</b>

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

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

# Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)

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

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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> 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.
<b>3</b> 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		
<b>4</b>	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.
<b>5</b>							Serve 1/2 cup pasta with 1/2 cup sauce.
<b>6</b>							Maintain >135F/57CF for only 4 hrs.
<b>7</b>							CCP -- Cool: Product must reach <135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	4 g	3 g	3.5 g	100 mg	105 mg

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

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

	INGREDIENTS	SERVINGS 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.

# Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	3 Oz	ⓘ Contains: Beef, Garlic, AllergenMilk, AllergenWheat, AllergenSoy, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	8 g	15 g	16 g	50 mg	510 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Prepare steak patty and gravy as per separate recipes.
Steak Salisbury f/Hmd Patty	10 each	25 each	50 each	100 each	Prepared	
Gravy Brown f/Mix	20 fl. oz	50 fl. oz	100 fl. oz	200 fl. oz	Prepared	
3						To serve: Cover 3 oz steak with 2 fl oz gravy.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						

# Steak Salisbury f/Hmd Patty (Salisbury Steak)

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

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

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



# Steak Salisbury f/Hmd Patty (Salisbury Steak)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Portion 1/4 cup for each patty into baking pans and flatten slightly. CCP -- Maintain <40F/4C if not baking immediately. Bake at for 25-35 min. Transfer to steam table pans, overlapping slightly.
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Gravy Brown f/Mix (Brown Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0.5 g	10 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Gravy Mix, Brown Dry 2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Follow package directions for preparation.
	Water, Tap 2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
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 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Steak Swiss (Swiss Steak)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
180 Min	300.0 °F	Bake	3 Oz	ⓘ Contains: Beef, Onion, Celery, AllergenWheat, AllergenMilk, AllergenSoy, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	27 g	24 g	6 g	75 mg	590 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Oil, Vegetable Beef, Steak Cube Raw Flour, All Purpose	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare flat top grill with a thin layer of Vegetable Oil. Dredge Cube Steak in Flour and place on grill. Brown for 5 min on each side. Transfer to hotel pan(s), 20 steaks per pan.
	10 each	25 each	50 each	100 each		
	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
2 Gravy Brown f/Mix Onion, Yellow Tomato, Diced Cnd	3 1/4 Cup	2 Qt	1 Gal	2 Gal	Prepared	Equally distribute the Gravy between the pans and evenly top with Onions and Tomatoes. Cover with plastic and foil and bake until *internal temp 145F/63C held for 15 sec.
	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	Sliced	
	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
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.

# Gravy Brown f/Mix (Brown Gravy)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0.5 g	10 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Gravy Mix, Brown Dry	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Follow package directions for preparation.
	Water, Tap	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
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 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.	

# Strawberries f/Frz & Pineapple f/JcPk (Strawberry & Pineapple)

COOK METHOD	SERVING SIZE	ALLERGENS
Thaw	1/2 Cup	ⓘ Contains: Strawberry, Pineapple

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Strawberries, Sliced Unsweetened Frz	1 lb 3 Oz	3 lb	6 lb	12 lb	Thawed	Combine strawberries and pineapple. Portion and serve.
Pineapple, Chunks JcPk	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup		
<b>3</b>						CCP -- Maintain <40F/4C.

# Strawberry Fruit Salad f/Frz (Strawberry Fruit Cup)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	ⓘ Contains: Corn, Cinnamon, Pineapple, Citrus, Strawberry

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Fruit Salad, Orange Pineapple Melon Grape	1 lb 14 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Pour Fruit Salad into large bowl. Let thaw slightly.
2 Strawberries, Sliced Unsweetened Frz	6.5 Oz	1 lb	2 lb	4 lb	Thawed	Puree Strawberries until smooth.
3 Juice Orange f/BIB 6 flz	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Prepared	Add Juice to Strawberry puree to equal 4 cups per 50 servings. Set aside.
4 Nutmeg, Ground Cinnamon, Ground Cornstarch Ginger, Ground Sugar, Granulated Bulk	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Combine Spices and blend well. Mix into Juice mixture. Cook and stir over medium heat until Sauce comes to a boil and thickens. Let cool to room temp.
	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
5						Mix in gently with Fruit. Portion 1/2 cup into serving dishes. Refrigerate until time of service.
6						CCP -- Maintain <40F.

# Juice Orange f/BIB 6 flz (Orange Juice)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	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	
<b>3</b>					+CCP - Serve Chilled <40F/4C.	

# Taco Salad \* (Beef Taco Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	8 g	18 g	21 g	250 mg	570 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Beef, Ground 80-85/20-15 Raw Chili Powder, Mild	1 lb 10 Oz 2 Tbsp 1 tsp	4 lb 1/3 Cup	8 lb 3/4 Cup	16 lb 1 1/2 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Wash, drain, shred or tear Lettuce. Chop Onions and Tomatoes. Crumble and brown Beef with Chili Powder in skillet. Pour off fat.
<b>2</b> Tomato Sauce, Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
<b>3</b> Lettuce, Iceberg Cheese, Cheddar Shredded	1 Gal 10.5 Oz	2 Gal 3 Cup 1 lb 10 Oz	5 Gal 3 lb 4 Oz	10 Gal 6 lb 8 Oz	Place 1 1/2 Cup Lettuce on platter. Place #12 Scp Meat mixture over Lettuce. Top with 1/2c of Tomato, 2 Tbs Onions and top with 2 Tbsp (1 oz) shredded Cheese.
<b>4</b>					
<b>5</b>					CCP - Cool Meat Mixture: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>6</b>					CCP - Reheat Meat Mixture: To internal temp of 165F held 15 sec within 1 hr - one time only.



# 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, Corn, AllergenWheat, AllergenMilk, AllergenFish, Peas, Celery, Garlic, Onion, Chicken, AllergenSoy

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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Prepare noodles per package instructions; rinse and drain.
<b>3</b> 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
<b>4</b>	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		
<b>5</b>	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		
<b>6</b>							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
<b>7</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>8</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Turkey & Dumplings f/Pulled (Turkey & Dumplings)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	1 Cup	⚠️ Contains: Turkey, Corn, Garlic, AllergenEggs, AllergenMilk, Celery, AllergenWheat, Onion, Chicken, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	28 g	26 g	8 g	75 mg	260 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 3 tsp	1/3 Cup	2/3 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Mix base and water to make stock. Heat to simmer.	
	Water, Tap	1 1/8 Qt	3.0 Qt	1 Gal 3 Cup	2 Gal 6 Cup		
2 Onion, Yellow	1/2 Cup	1 1/4 Cup	2 1/3 Cup	1 1/4 Qt	Diced	Add celery, onion and paprika to stock. Simmer 20 min.	
	Celery, Fresh	2/3 Cup	1 1/2 Cup	3.0 Cup	1 1/2 Qt		Diced
	Paprika	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp 1 tsp		
3 Turkey, Pulled/Shredded	1 lb 9 Oz	3 lb 15 Oz	7 lb 14 Oz	15 lb 11 Oz		Add meat, cook 10 min on low heat to *internal temp >165F/76C for 15 sec.	
4 Milk, 2% Bulk	1 1/8 Cup	3.0 Cup	1 1/2 Qt	3.0 Qt		DUMPLINGS: Cut Margarine into flour, baking powder and salt. Combine eggs and milk and add to dry ingredients. Roll out on floured board to 1/2" thickness. Cut into 1 1/2" x 1 1/2" squares. Maintain <40F/4C if not using immediately.	
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		

# Turkey & Dumplings f/Pulled (Turkey & Dumplings)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Flour, All Purpose	11 Oz	1 lb 12 Oz	3 lb 7 Oz	6 lb 15 Oz		
Baking Powder	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Salt, Iodized	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/8 tsp		
Egg, Liquid	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 2/3 Cup		
<b>5</b>						Add dumplings to boiling stock and cook 15 to 20 min. Thicken stock, if necessary before serving by adding roux.
<b>6</b>						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.

# Turkey Roast f/Bnls (Roast Turkey)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	0 g	17 g	4.5 g	10 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, Roast Whole Bnls Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Roast turkey, approximately 45-60 min. Let rest for at least 10 minutes before slicing. Slice turkey and layer in shallow pan(s).
3 Base, Chicken Paste LS G-F	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Make broth by combining base and water and heat. Pour broth over turkey. Serve 3 oz per portion.
Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt	
4					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



Health & Human Services



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	2 g	2 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	Vegetable Mix, Cali 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	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 Italian f/Indv Frz (Italian Mix Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	16 g	4 g	4 g	100 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Basil, Dried Leaves	3 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Steam or boil Vegetables until tender. Add Seasonings and mix well.
Oregano, Dry	3 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
<b>2</b> Pepper, Red Frz	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Diced	
Beans, Lima Baby Frz	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz		
Green Beans, Italian Cut Frz	15 Oz	2 lb 5 Oz	4 lb 11 Oz	9 lb 5 Oz		
Carrot, Bias Cut Frz	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	11 lb		

# Vegetable Mix Italian f/Indv Frz (Italian Mix Vegetables)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cauliflower, Frz	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		
	Zucchini, Frz	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		
<b>3</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Vegetable Mix Oriental Blend (Oriental Blend Vegetables)

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

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

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

# Vegetable Mix Oriental f/Indv Frz (Oriental Mix Vegetables)



Health & Human Services



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	3 g	2 g	50 mg	25 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Green Beans, Cut Frz Broccoli, Florets Frz Onion, Yellow Mushrooms, Fresh Margarine, Solids	1 lb 0 Oz	2 lb 9 Oz	5 lb 2 Oz	10 lb 4 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	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	Sliced	
	3.5 Oz	9 Oz	1 lb 2 Oz	2 lb 4 Oz	Sliced	
	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
2 Ginger, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Steam or boil Vegetables until tender. Add Seasoning and mix well.
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Vegetable Mix Oriental f/Indv Frz (Oriental Mix Vegetables)

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

# Vegetable Mix Prince Edward Blend (Prince Edward Vegetable B

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
80 kcal	12 g	3 g	2 g	30 mg	50 mg

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

# Vegetable Mix Winter Duet Blend (Winter Blend Vegetables)

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

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

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

# Yogurt Vanilla Spiced & Fruit Cocktail (Fruit Cocktail & Yogurt)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: AllergenMilk, Pineapple, Cinnamon, Cherry, Peach, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	32 g	7 g	1.5 g	225 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Yogurt, Vanilla Low Fat Bulk	1 1/4 Qt	3.0 Qt	1 Gal 3 Cup	3 Gal		Combine yogurt, cinnamon & nutmeg. Keep chilled.
Cinnamon, Ground	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		
Nutmeg, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 3/4 tsp		
<b>3</b> Fruit Cocktail, JcPk	2 lb 11 Oz	6 lb 12 Oz	13 lb 7 Oz	26 lb 14 Oz	Drained	Fold yogurt into fruit. Portion and cover.
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product.

# Zucchini Parmesan (Zucchini Parmesan)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	325.0 °F	145 °F	Bake	1 Cup	ⓘ Contains: Garlic, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	9 g	4 g	5 g	75 mg	110 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Zucchini, Frz	4 lb 13 Oz	12 lb	24 lb	48 lb	Steam or boil vegetables until just tender, approximately 3 min.
<b>3</b> Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb	Melt margarine with parmesan and spices. Drizzle margarine mixture over squash and gently fold in to coat squash. Bake for approximately 20 min.
Garlic, Powder	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Cheese, Parmesan Grated	1/3 Cup	1 Cup	2 Cup	1 Qt	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Zucchini Parmesan (Zucchini Parmesan)

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



# Zucchini Seasoned f/Frz (Seasoned Zucchini)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Zucchini, Frz 2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender, approximately 6-8 min; or cook according to package instructions. Gently stir in margarine.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
<b>3</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>					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**  
**Lunch**  
**January 2024**

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	740 kcal
Protein (g)	30 (g)	40 (g)
Carbohydrate	NA	100 (g)
Fat	30-35% of calories, less is acceptable	28%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	602.36 mcg
Vitamin B-6	.6 mg	1.09 mg
Vitamin B12	.8 mcg	2.88 mcg
Vitamin C	30 mcg	44.93 mcg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1600 mg
Sodium	<1100mg avg over one month	930 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: Monday, Week 1, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>985</b>	<b>127</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>46</b>	<b>0</b>	<b>45</b>	<b>39</b>	<b>735</b>	<b>8</b>	<b>1750</b>	<b>1515</b>	<b>711</b>	<b>1137</b>	<b>30</b>	<b>5</b>	<b>57</b>	<b>85</b>	<b>105</b>	<b>1</b>	<b>12</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Sauerkraut f/Cnd	20	5	3	0	0	2	0	2	0	40	1.75	200	750	22.41	1.12	16.47	0	14.56	26.89	0	0	0
1/2cup Crisp Pear Hmd	190	35	3	0	0	24	0	2	6	30	0.75	175	55	40.48	55.34	2.29	0.8	6.7	4.15	0	0.39	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
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
3oz Pork Loin Roast Herbed	200	4	0	0	0	1	0	17	13	30	1	350	50	167.2	2.29	2.45	0.6	6.09	2.64	55	0.01	4
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
1 Each Pretzel Soft Bake	220	45	1	0	0	0	0	6	2	20	3	75	130	50.56	0	0	0	1.73	15.36	0	0	0
<b>Lunch TOTAL</b>	<b>985</b>	<b>127</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>46</b>	<b>0</b>	<b>45</b>	<b>39.0</b>	<b>735</b>	<b>8.35</b>	<b>1750</b>	<b>1515</b>	<b>710.56</b>	<b>1137.2</b>	<b>29.99</b>	<b>5.4</b>	<b>57.01</b>	<b>84.65</b>	<b>105</b>	<b>0.89</b>	<b>12.0</b>

## Daily Nutrient Analysis: Tuesday, Week 1, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>630</b>	<b>100</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>34</b>	<b>15</b>	<b>500</b>	<b>6</b>	<b>1340</b>	<b>1035</b>	<b>387</b>	<b>299</b>	<b>85</b>	<b>4</b>	<b>53</b>	<b>74</b>	<b>65</b>	<b>0</b>	<b>4</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Pepper Beef Stuffed Pepper RTC	170	15	3	0	0	4	0	15	5	50	3	0	670	0	25.17	50.85	0	0	0	45	0	2
1/2cup Green Beans w/Pimento f/Frz	45	7	3	0	0	2	0	2	2	40	1	175	20	28.2	50.89	11.55	0.4	37.5	21.47	0	0.13	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
1/2cup Potato Sliced Parslied f/Fresh	140	30	2	0	0	2	0	3	1.5	10	0.75	550	70	68.96	14.02	17.66	0.2	4.57	12.61	0	0.1	0
1 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 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
<b>Lunch TOTAL</b>	<b>630</b>	<b>100</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>41</b>	<b>0</b>	<b>34</b>	<b>15.0</b>	<b>500</b>	<b>6.35</b>	<b>1340</b>	<b>1035</b>	<b>386.84</b>	<b>299.14</b>	<b>84.89</b>	<b>3.6</b>	<b>53.09</b>	<b>74.1</b>	<b>65</b>	<b>0.42</b>	<b>4.0</b>

# Daily Nutrient Analysis: Wednesday, Week 1, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>705</b>	<b>98</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>36</b>	<b>25</b>	<b>520</b>	<b>5</b>	<b>1900</b>	<b>960</b>	<b>807</b>	<b>264</b>	<b>75</b>	<b>4</b>	<b>21</b>	<b>246</b>	<b>85</b>	<b>0</b>	<b>6</b>
Lunch																						
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Corn Calico f/Frz	90	19	2	0	0	3	0	3	2.5	0	0.5	250	20	74.66	39.9	16.2	0.4	3.12	35.62	0	0.13	0
2 Each Hushpuppies RTB Frz	170	23	2	0	0	2	0	4	7	75	1.5	150	470	232.47	0	0	0	1.93	81.08	0	0	1.5
3oz Catfish Baked Cornflake f/Fillet	150	6	0	0	0	1	0	16	7	10	2	350	160	209.09	26.53	1.14	0.6	3.95	29.31	60	0.05	1.5
1/2cup Coleslaw f/Shredded Mix	70	11	3	0	0	3	0	2	3	75	0.75	300	160	31.9	10.16	47.65	0	5.81	64.94	5	0.01	0.5
1 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
<b>Lunch TOTAL</b>	<b>705</b>	<b>98</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>36</b>	<b>25.0</b>	<b>520</b>	<b>5.15</b>	<b>1900</b>	<b>960</b>	<b>807.42</b>	<b>263.58</b>	<b>74.83</b>	<b>4.0</b>	<b>20.67</b>	<b>245.9</b>	<b>85</b>	<b>0.37</b>	<b>5.5</b>

# Daily Nutrient Analysis: Thursday, Week 1, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>700</b>	<b>92</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>30</b>	<b>28</b>	<b>515</b>	<b>5</b>	<b>1280</b>	<b>640</b>	<b>445</b>	<b>1245</b>	<b>19</b>	<b>4</b>	<b>44</b>	<b>69</b>	<b>70</b>	<b>1</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Hamburger on WW Bun *	270	20	2	0	0	1	0	16	15	75	2.5	175	140	95.09	5.21	2.4	0	1.16	4.3	45	0.7	4.5
1/2cup Potato Sweet Fries	60	14	1	0	0	0	0	1	0	20	0.4	225	140	24.95	465.5	5.16	0	0	12.47	0	0	0
1 Each Garnish Lettuce Tomato Onion	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
1 Serv Condiment Low Fat Mustard Mayo Ketchup	40	5	0	0	0	2	0	0	2.5	0	0.2	30	140	7.76	2.1	0.3	0	3.25	1.02	5	0	0
1/2cup Pear Halves Ginger Cinn Nutmeg Whip *	140	29	2	0	0	22	0	1	3	30	0.75	150	25	30.04	18.59	1.91	0.4	2.7	2.47	0	0.13	1
1/2cup Vegetable Mix California Blend f/Frz	50	7	3	0	0	2	0	2	2	20	0.75	150	40	33.68	547.33	3.45	0.4	18.58	16.35	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
<b>Lunch TOTAL</b>	<b>700</b>	<b>92</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>30</b>	<b>28.0</b>	<b>515</b>	<b>5.0</b>	<b>1280</b>	<b>640</b>	<b>445.24</b>	<b>1244.62</b>	<b>19.08</b>	<b>3.8</b>	<b>44.04</b>	<b>68.61</b>	<b>70</b>	<b>1.14</b>	<b>7.5</b>

## Daily Nutrient Analysis: Friday, Week 1, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>99</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>37</b>	<b>19</b>	<b>635</b>	<b>6</b>	<b>1495</b>	<b>1065</b>	<b>745</b>	<b>689</b>	<b>50</b>	<b>5</b>	<b>133</b>	<b>241</b>	<b>55</b>	<b>1</b>	<b>5</b>
Lunch																						
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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Seafood Pasta Primavera Hmd	280	35	2	0	0	6	0	16	9	175	2	400	510	307.08	180.54	4.78	2	31.64	67.32	35	0.49	2.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1/2cup 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
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 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
<b>Lunch TOTAL</b>	<b>685</b>	<b>99</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>37</b>	<b>19.0</b>	<b>635</b>	<b>6.0</b>	<b>1495</b>	<b>1065</b>	<b>744.76</b>	<b>688.91</b>	<b>50.17</b>	<b>5.4</b>	<b>133.05</b>	<b>240.69</b>	<b>55</b>	<b>0.8</b>	<b>4.5</b>



## Daily Nutrient Analysis: Monday, Week 2, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>725</b>	<b>97</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>56</b>	<b>0</b>	<b>38</b>	<b>25</b>	<b>510</b>	<b>5</b>	<b>1365</b>	<b>780</b>	<b>524</b>	<b>890</b>	<b>94</b>	<b>5</b>	<b>206</b>	<b>166</b>	<b>80</b>	<b>1</b>	<b>6</b>
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
2fl. oz Gravy Poultry Hmd	50	3	0	0	0	0	0	1	4.5	0	0.1	10	160	3.78	46.16	0.02	0.6	5.52	0.92	0	0.33	1
1/2cup Strawberries f/Frz & Pineapple f/JcPk	60	15	2	0	0	11	0	0	0	10	0.4	100	5	3.73	1.24	37.79	0	0.19	3.11	0	0	0
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	0
1/2cup Brussels Sprouts f/Frz	50	8	4	0	0	2	0	4	2	30	0.5	300	30	51.2	62.44	41.46	0.4	178.13	91.69	0	0.13	0
3oz Turkey Roast f/Bnls	110	0	0	0	0	0	0	17	4.5	10	0.75	175	105	141.44	13.14	0	0.4	0	5.41	60	0.05	1
1/2cup Potato Sweet Glazed f/Cnd	170	36	3	0	0	28	0	2	3	30	1.25	300	65	37.54	544.83	14.41	0.4	5.98	9.71	0	0.2	0.5
1/4cup Dressing Stuffing Bread Sage	90	10	1	0	0	1	0	2	4.5	40	1	40	150	19.26	38.2	0.26	0.6	9.6	21.76	0	0.27	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
<b>Lunch TOTAL</b>	<b>725</b>	<b>97</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>56</b>	<b>0</b>	<b>38</b>	<b>25.0</b>	<b>510</b>	<b>5.1</b>	<b>1365</b>	<b>780</b>	<b>523.64</b>	<b>889.61</b>	<b>94.0</b>	<b>5.4</b>	<b>205.94</b>	<b>166.2</b>	<b>80</b>	<b>1.17</b>	<b>5.5</b>

## Daily Nutrient Analysis: Tuesday, Week 2, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>745</b>	<b>72</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>44</b>	<b>38</b>	<b>735</b>	<b>4</b>	<b>1500</b>	<b>1095</b>	<b>720</b>	<b>409</b>	<b>40</b>	<b>3</b>	<b>42</b>	<b>86</b>	<b>125</b>	<b>1</b>	<b>15</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Taco Salad *	280	8	3	0	0	4	0	18	21	250	2.5	500	570	253.93	163.77	6.68	0.4	27.16	43.76	70	0.87	10
6fl. oz Soup Chicken Tortilla Hmd	150	15	2	0	0	4	0	13	5	75	0.75	350	280	158.55	33.63	6.84	0	3.21	20.56	35	0.06	2
1/2cup Orange & Pineapple f/Cnd	60	16	1	0	0	14	0	1	0	20	0.4	175	5	9.72	27.57	26.66	0	0.18	6.05	0	0	0
1oz Chips Tortilla Yellow Bulk	130	20	2	0	0	0	0	3	6	40	0.5	75	95	63.79	0	0	0	5.93	3.4	0	0.23	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
<b>Lunch TOTAL</b>	<b>745</b>	<b>72</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>44</b>	<b>37.5</b>	<b>735</b>	<b>4.25</b>	<b>1500</b>	<b>1095</b>	<b>720.43</b>	<b>408.57</b>	<b>40.19</b>	<b>3.4</b>	<b>41.78</b>	<b>86.12</b>	<b>125</b>	<b>1.34</b>	<b>15.0</b>

# Daily Nutrient Analysis: Wednesday, Week 2, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>695</b>	<b>99</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>43</b>	<b>19</b>	<b>660</b>	<b>5</b>	<b>1525</b>	<b>985</b>	<b>607</b>	<b>750</b>	<b>49</b>	<b>4</b>	<b>574</b>	<b>191</b>	<b>90</b>	<b>0</b>	<b>4</b>
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 Potato Sweet Hash Bacon Apple Brussels	110	18	4	0	0	6	0	3	4	40	0.75	350	135	56.63	347.52	25.58	0	106.07	53.66	5	0	1
1/2cup Kale Seasoned f/Fresh	60	6	4	0	0	1	0	4	3	175	1	175	250	45.84	177.51	19.38	0.4	457.12	70.78	0	0.13	0.5
1/2cup Peaches Spiced Slices Hot Cold f/Cnd	130	31	2	0	0	24	0	1	1	10	0.4	175	15	21.38	32.12	4.33	0.2	3.19	3.7	0	0.07	0
3oz BBQ Chicken Breast Bnls	130	7	0	0	0	5	0	20	2.5	10	0.5	350	200	183.99	9.36	0.09	0	0.28	7.96	65	0.01	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>695</b>	<b>99</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>0</b>	<b>43</b>	<b>18.5</b>	<b>660</b>	<b>4.75</b>	<b>1525</b>	<b>985</b>	<b>606.78</b>	<b>750.11</b>	<b>49.49</b>	<b>3.6</b>	<b>574.41</b>	<b>190.95</b>	<b>90</b>	<b>0.41</b>	<b>3.5</b>

## Daily Nutrient Analysis: Thursday, Week 2, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>685</b>	<b>103</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>46</b>	<b>0</b>	<b>44</b>	<b>16</b>	<b>550</b>	<b>6</b>	<b>1525</b>	<b>855</b>	<b>724</b>	<b>543</b>	<b>53</b>	<b>4</b>	<b>123</b>	<b>97</b>	<b>80</b>	<b>1</b>	<b>4</b>
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
1cup Beef Stir Fry f/Cubes & Frz Veg	180	10	2	0	0	3	0	22	6	50	2.5	500	320	230.88	177.74	16.37	0.2	28.67	20.88	60	0.22	2
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
1 2x3 Gelatin Orange Pineapple	100	25	1	0	0	23	0	3	0	30	0.5	175	95	40.53	139.09	20.61	0	42.96	18.97	0	0	0
1/2cup Vegetable Mix Oriental f/Indv Frz	50	8	3	0	0	3	0	3	2	50	0.75	225	25	46.55	42.66	15.59	0.4	44.85	26.35	0	0.13	0
1 #8 sc. Rice Brown Pilaf	120	25	1	0	0	0	0	3	0.5	20	0.5	100	40	76.04	0	0.08	0	0.03	5.71	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>685</b>	<b>103</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>46</b>	<b>0</b>	<b>44</b>	<b>16.0</b>	<b>550</b>	<b>5.6</b>	<b>1525</b>	<b>855</b>	<b>723.64</b>	<b>543.09</b>	<b>52.66</b>	<b>3.6</b>	<b>122.66</b>	<b>97.01</b>	<b>80</b>	<b>0.53</b>	<b>4.0</b>

## Daily Nutrient Analysis: Friday, Week 2, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>730</b>	<b>101</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>39</b>	<b>24</b>	<b>535</b>	<b>7</b>	<b>1875</b>	<b>850</b>	<b>646</b>	<b>264</b>	<b>71</b>	<b>4</b>	<b>34</b>	<b>289</b>	<b>65</b>	<b>0</b>	<b>6</b>
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 Each Pork Carnitas Flour Tortilla f/Loin	320	33	2	0	0	0	0	19	13	50	3	350	360	204.21	12.89	2.78	0.4	1.03	74.38	45	0	4
1/2cup Beans Ranchero	150	25	6	0	0	3	0	8	2.5	75	3	600	310	143.61	29.5	10.93	0.4	7.79	165.2	0	0.13	0
1/2cup Peppers & Onions f/Fresh	50	8	2	0	0	4	0	2	2.5	20	0.3	175	5	26.67	9.8	47.79	0	5.8	15.79	0	0.01	0
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 #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 Pear Halves Cinnamon JcPk Cnd	70	17	2	0	0	13	0	0	0	20	0.4	150	10	15.67	0.05	2.08	0	0.48	1.31	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
<b>Lunch TOTAL</b>	<b>730</b>	<b>101</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>39</b>	<b>23.5</b>	<b>535</b>	<b>7.2</b>	<b>1875</b>	<b>850</b>	<b>646.15</b>	<b>264.08</b>	<b>71.13</b>	<b>3.8</b>	<b>33.84</b>	<b>288.91</b>	<b>65</b>	<b>0.32</b>	<b>6.0</b>

## Daily Nutrient Analysis: Monday, Week 3, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>695</b>	<b>82</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>49</b>	<b>22</b>	<b>775</b>	<b>6</b>	<b>1825</b>	<b>1015</b>	<b>761</b>	<b>370</b>	<b>25</b>	<b>4</b>	<b>29</b>	<b>140</b>	<b>95</b>	<b>1</b>	<b>8</b>
Lunch																						
1/2cup Peaches Halves f/Cnd	60	16	2	0	0	13	0	1	0	10	0.4	175	10	22.17	24.78	4.69	0	2.22	3.91	0	0	0
1 3x4 Lasagna Chicken	320	28	3	0	0	7	0	30	10	300	3	650	610	335.18	91.86	9.18	0.2	7.22	74.16	70	0.04	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
1cup Zucchini Parmesan	90	9	3	0	0	4	0	4	5	75	1.25	500	110	87.48	69.42	11.54	0.6	13.52	22.2	5	0.3	1.5
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each 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
<b>Lunch TOTAL</b>	<b>695</b>	<b>82</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>49</b>	<b>22.0</b>	<b>775</b>	<b>5.75</b>	<b>1825</b>	<b>1015</b>	<b>761.35</b>	<b>369.66</b>	<b>25.46</b>	<b>3.8</b>	<b>28.76</b>	<b>139.62</b>	<b>95</b>	<b>0.52</b>	<b>8.0</b>

## Daily Nutrient Analysis: Tuesday, Week 3, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER	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)
<b>DAILY TOTAL</b>	<b>605</b>	<b>83</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>37</b>	<b>17</b>	<b>610</b>	<b>6</b>	<b>1090</b>	<b>690</b>	<b>570</b>	<b>1083</b>	<b>8</b>	<b>6</b>	<b>35</b>	<b>138</b>	<b>90</b>	<b>1</b>	<b>5</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Applesauce Cinnamon JcPk Cnd	50	15	2	0	0	11	0	0	0	20	0.4	100	5	6.63	1.34	1.25	0	0.87	3.71	0	0	0
1cup Tuna Noodle Casserole	290	32	2	0	0	5	0	23	7	150	3	350	330	265.89	111.77	3.7	2.5	9.31	82.63	60	0.31	2.5
1/2cup Carrot Savory f/Frz	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	29.31	786.24	2.73	0.4	16.34	10.53	5	0.13	0
1 Each Roll Potato	90	15	1	0	0	2	0	4	2	50	1.25	40	135	34.16	0.28	0.06	0	2.97	28.28	5	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>605</b>	<b>83</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>35</b>	<b>0</b>	<b>37</b>	<b>17.0</b>	<b>610</b>	<b>5.5</b>	<b>1090</b>	<b>690</b>	<b>570.43</b>	<b>1083.23</b>	<b>7.75</b>	<b>5.9</b>	<b>34.79</b>	<b>137.5</b>	<b>90</b>	<b>0.62</b>	<b>4.5</b>

# Daily Nutrient Analysis: Wednesday, Week 3, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>805</b>	<b>105</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>40</b>	<b>30</b>	<b>535</b>	<b>7</b>	<b>1475</b>	<b>1160</b>	<b>620</b>	<b>477</b>	<b>35</b>	<b>4</b>	<b>41</b>	<b>115</b>	<b>130</b>	<b>1</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Fruit Heavenly Hash	60	14	1	0	0	11	0	1	1	10	0.3	125	10	11.91	23.18	15.33	0	1.2	4.74	0	0	0.5
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
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
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup 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 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
<b>Lunch TOTAL</b>	<b>805</b>	<b>105</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>40</b>	<b>29.5</b>	<b>535</b>	<b>6.65</b>	<b>1475</b>	<b>1160</b>	<b>620.09</b>	<b>477.14</b>	<b>35.33</b>	<b>4.2</b>	<b>40.87</b>	<b>115.25</b>	<b>130</b>	<b>1.32</b>	<b>8.5</b>



## Daily Nutrient Analysis: Thursday, Week 3, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>865</b>	<b>111</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>43</b>	<b>28</b>	<b>625</b>	<b>8</b>	<b>1725</b>	<b>1180</b>	<b>667</b>	<b>1482</b>	<b>37</b>	<b>4</b>	<b>63</b>	<b>145</b>	<b>125</b>	<b>1</b>	<b>10</b>
Lunch																						
3oz Chicken Moutarde	310	10	2	0	0	4	0	19	18	100	3	400	590	214.39	109.75	5.06	0.4	24.41	18.88	105	0.38	8
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 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
1/2cup Pineapple Tidbits f/Cnd	70	20	1	0	0	18	0	1	0	20	0.4	150	5	7.35	2.45	11.63	0	0.37	6.12	0	0	0
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
1 Each 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
<b>Lunch TOTAL</b>	<b>865</b>	<b>111</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>43</b>	<b>28.0</b>	<b>625</b>	<b>8.0</b>	<b>1725</b>	<b>1180</b>	<b>666.53</b>	<b>1481.9</b>	<b>36.76</b>	<b>3.8</b>	<b>62.7</b>	<b>144.63</b>	<b>125</b>	<b>0.71</b>	<b>10.0</b>

## Daily Nutrient Analysis: Friday, Week 3, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>675</b>	<b>86</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>35</b>	<b>24</b>	<b>580</b>	<b>8</b>	<b>1435</b>	<b>1185</b>	<b>594</b>	<b>250</b>	<b>20</b>	<b>3</b>	<b>81</b>	<b>182</b>	<b>80</b>	<b>1</b>	<b>9</b>
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
1cup Spaghetti & Meat Sauce Hmd	330	29	2	0	0	6	0	18	16	75	4	550	380	198.18	16.4	8.2	0	5.5	78.38	55	0.9	6
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Cheese Parmesan Grated PC	15	0	0	0	0	0	0	1	1	30	0	10	65	21.94	9.17	0	0	0.06	0.21	5	0.03	0.5
1 Each Apple Whole Fresh	70	20	3	0	0	14	0	0	0	10	0.2	150	5	15.18	4.14	6.35	0	3.04	4.14	0	0	0
1cup Green Beans Cut f/Cnd	35	8	4	0	0	3	0	2	0	75	2.5	225	450	42.34	36.74	5.08	0	67.04	60.04	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
<b>Lunch TOTAL</b>	<b>675</b>	<b>86</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>35</b>	<b>24.0</b>	<b>580</b>	<b>7.8</b>	<b>1435</b>	<b>1185</b>	<b>594.16</b>	<b>250.05</b>	<b>19.68</b>	<b>3</b>	<b>81.44</b>	<b>182.12</b>	<b>80</b>	<b>1.11</b>	<b>8.5</b>

## Daily Nutrient Analysis: Monday, Week 4, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>705</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>42</b>	<b>19</b>	<b>545</b>	<b>4</b>	<b>1265</b>	<b>735</b>	<b>613</b>	<b>1050</b>	<b>16</b>	<b>5</b>	<b>38</b>	<b>80</b>	<b>110</b>	<b>1</b>	<b>4</b>
Lunch																						
1/2cup Carrot Parsley *	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
1/2cup 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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1cup Turkey & Dumplings f/Pulled	290	28	1	0	0	2	0	26	8	75	1.25	300	260	233.68	67.72	0.81	1.5	6.37	23.07	90	0.34	2
1/2cup Pear Slices JcPk Cnd	60	17	2	0	0	12	0	0	0	20	0.4	125	10	15.24	0	2.03	0	0.38	1.27	0	0	0
1 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 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
<b>Lunch TOTAL</b>	<b>705</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>42</b>	<b>18.5</b>	<b>545</b>	<b>3.8</b>	<b>1265</b>	<b>735</b>	<b>612.83</b>	<b>1049.62</b>	<b>15.7</b>	<b>5.1</b>	<b>38.39</b>	<b>79.76</b>	<b>110</b>	<b>0.74</b>	<b>4.0</b>

## Daily Nutrient Analysis: Tuesday, Week 4, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>715</b>	<b>105</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>0</b>	<b>45</b>	<b>18</b>	<b>550</b>	<b>7</b>	<b>1775</b>	<b>1020</b>	<b>646</b>	<b>266</b>	<b>52</b>	<b>4</b>	<b>93</b>	<b>218</b>	<b>75</b>	<b>1</b>	<b>4</b>
Lunch																						
1/2cup Asparagus Seasoned f/Frz	30	2	1	0	0	0	0	3	2	20	0.75	175	20	44.58	54.73	22.22	0.4	74.64	122.53	0	0.13	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Steak Swiss	250	27	2	0	0	4	0	24	6	75	3.5	550	590	238.81	10.54	8.4	0	4.94	19.45	55	0.14	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 Fruit Fresh Winter Salad f/Fresh & Cnd	40	11	1	0	0	7	0	0	0	10	0.2	125	5	8.72	3.2	11.39	0	0.59	8.65	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup 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
<b>Lunch TOTAL</b>	<b>715</b>	<b>105</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>0</b>	<b>45</b>	<b>17.5</b>	<b>550</b>	<b>7.05</b>	<b>1775</b>	<b>1020</b>	<b>645.57</b>	<b>266.48</b>	<b>52.19</b>	<b>3.6</b>	<b>92.53</b>	<b>217.74</b>	<b>75</b>	<b>0.57</b>	<b>3.5</b>

# Daily Nutrient Analysis: Wednesday, Week 4, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>755</b>	<b>116</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>51</b>	<b>0</b>	<b>45</b>	<b>16</b>	<b>575</b>	<b>5</b>	<b>1570</b>	<b>900</b>	<b>760</b>	<b>643</b>	<b>25</b>	<b>4</b>	<b>100</b>	<b>251</b>	<b>85</b>	<b>1</b>	<b>3</b>
Lunch																						
1/2cup Rice Long Grain & Wild	120	26	1	0	0	0	0	3	1	30	1.25	75	55	48.61	4.61	0	0	0.55	81.61	0	0.03	0
1/2cup Vegetable Mix Oriental Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.44	212.58	2.91	0.4	23.38	17.26	0	0.13	0
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
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
3oz Chicken Orange Breast	130	3	0	0	0	1	0	20	4.5	10	0.4	350	60	184.31	31.72	9.17	0.4	2.71	12.04	65	0.17	1
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Cake Angel Food Pineapple f/Mix	160	38	1	0	0	28	0	3	0	75	0.3	100	300	122.18	0.92	4.36	0	0.17	17.18	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
<b>Lunch TOTAL</b>	<b>755</b>	<b>116</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>51</b>	<b>0</b>	<b>45</b>	<b>15.5</b>	<b>575</b>	<b>4.8</b>	<b>1570</b>	<b>900</b>	<b>760.04</b>	<b>643.17</b>	<b>24.86</b>	<b>3.8</b>	<b>100.33</b>	<b>250.67</b>	<b>85</b>	<b>0.51</b>	<b>3.0</b>

# Daily Nutrient Analysis: Thursday, Week 4, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>725</b>	<b>104</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>35</b>	<b>25</b>	<b>500</b>	<b>4</b>	<b>1725</b>	<b>540</b>	<b>594</b>	<b>259</b>	<b>51</b>	<b>4</b>	<b>22</b>	<b>61</b>	<b>80</b>	<b>1</b>	<b>7</b>
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
3oz Pork Loin Roast Ginger Apple	240	13	1	0	0	10	0	17	14	30	1	400	75	169.35	39.72	5.5	1	4.61	3.67	55	0.26	4.5
1/2cup Zucchini Seasoned f/Frz	30	4	1	0	0	2	0	2	2	20	0.5	200	20	25.51	27.52	4.81	0.4	5.88	9.09	0	0.13	0
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0
1/2cup Strawberry Fruit Salad f/Frz	90	24	2	0	0	3	0	0	0	20	0.75	150	5	8.23	5.6	30.27	0	0.05	10.22	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
<b>Lunch TOTAL</b>	<b>725</b>	<b>104</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>35</b>	<b>24.5</b>	<b>500</b>	<b>4.1</b>	<b>1725</b>	<b>540</b>	<b>593.59</b>	<b>259.31</b>	<b>50.73</b>	<b>4.4</b>	<b>21.59</b>	<b>60.57</b>	<b>80</b>	<b>0.58</b>	<b>6.5</b>

## Daily Nutrient Analysis: Friday, Week 4, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>680</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>26</b>	<b>0</b>	<b>38</b>	<b>17</b>	<b>700</b>	<b>6</b>	<b>1525</b>	<b>370</b>	<b>586</b>	<b>254</b>	<b>69</b>	<b>4</b>	<b>34</b>	<b>98</b>	<b>90</b>	<b>0</b>	<b>3</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Rice Spanish w/Veg Base	120	24	1	0	0	2	0	3	2	40	0.75	150	80	49.53	7.43	8.03	0	5.2	7.91	5	0.01	0
1/2cup Orange Sections Refrigerated	40	11	2	0	0	8	0	1	0	40	0.1	175	0	12.61	9.91	47.93	0	0	27.03	0	0	0
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
2 Each Fish Pollock Tacos	310	31	3	0	0	1	0	21	9	250	4.5	400	120	209.77	24.99	1.72	1	9.93	6.99	65	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
1/4cup 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 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
<b>Lunch TOTAL</b>	<b>680</b>	<b>102</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>26</b>	<b>0</b>	<b>38</b>	<b>17.0</b>	<b>700</b>	<b>6.35</b>	<b>1525</b>	<b>370</b>	<b>586.41</b>	<b>254.17</b>	<b>68.97</b>	<b>4</b>	<b>33.87</b>	<b>98.35</b>	<b>90</b>	<b>0.19</b>	<b>3.0</b>

## Daily Nutrient Analysis: Monday, Week 5, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>610</b>	<b>91</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>29</b>	<b>19</b>	<b>555</b>	<b>6</b>	<b>1450</b>	<b>725</b>	<b>469</b>	<b>243</b>	<b>22</b>	<b>3</b>	<b>53</b>	<b>60</b>	<b>65</b>	<b>0</b>	<b>5</b>
Lunch																						
1/2cup Green Beans Creole Tomato f/Frz	45	10	3	0	0	3	0	2	1	75	1.25	250	135	37.26	30.74	7.88	0	41.17	26.55	0	0.04	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Each Beef Italian Sndw	270	30	3	0	0	3	0	15	9	100	3.5	250	290	137.12	0.1	0	0	2.42	8.12	45	0	3
1/2cup Potato Wedges Paprika f/Fresh	120	23	2	0	0	2	0	3	3.5	10	0.75	450	150	53.36	27.16	12.78	0	3.52	9.52	0	0.01	0
1/2cup Applesauce Cinnamon JcPk Cnd	50	15	2	0	0	11	0	0	0	20	0.4	100	5	6.63	1.34	1.25	0	0.87	3.71	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>610</b>	<b>91</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>29</b>	<b>19.0</b>	<b>555</b>	<b>6.0</b>	<b>1450</b>	<b>725</b>	<b>468.81</b>	<b>242.94</b>	<b>21.92</b>	<b>3</b>	<b>53.28</b>	<b>60.25</b>	<b>65</b>	<b>0.23</b>	<b>5.0</b>



## Daily Nutrient Analysis: Tuesday, Week 5, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>825</b>	<b>106</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>46</b>	<b>30</b>	<b>750</b>	<b>6</b>	<b>1625</b>	<b>930</b>	<b>766</b>	<b>812</b>	<b>34</b>	<b>5</b>	<b>77</b>	<b>154</b>	<b>125</b>	<b>1</b>	<b>9</b>
Lunch																						
1/2cup Macaroni & Cheese Side	240	25	1	0	0	3	0	10	11	200	1.25	150	290	172.68	119.54	0.18	1.5	4.98	66.31	25	0.46	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
1cup Vegetable Mix Italian f/Indv Frz	100	16	6	0	0	5	0	4	4	100	2	500	85	76.02	416.02	29.08	0.6	47.36	50.74	0	0.26	0.5
1/2cup Pear Halves Poached f/Cnd	100	26	3	0	0	20	0	1	0	30	0.75	150	10	17.95	0.16	2.83	0	0.65	2.33	0	0	0
3oz Chicken French f/Thigh	150	4	1	0	0	3	0	18	7	20	1	300	170	169.3	92.27	1.98	0	18	9.38	80	0.03	1.5
1 Each Roll Wheat f/RTB Dough	110	22	3	0	0	4	0	4	2	50	1.25	125	230	95.2	0	0	0	0.85	12.75	0	0	0
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
<b>Lunch TOTAL</b>	<b>825</b>	<b>106</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>46</b>	<b>29.5</b>	<b>750</b>	<b>6.35</b>	<b>1625</b>	<b>930</b>	<b>765.59</b>	<b>811.59</b>	<b>34.08</b>	<b>5.1</b>	<b>77.14</b>	<b>153.86</b>	<b>125</b>	<b>0.93</b>	<b>8.5</b>

# Daily Nutrient Analysis: Wednesday, Week 5, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>800</b>	<b>115</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>35</b>	<b>27</b>	<b>805</b>	<b>7</b>	<b>1600</b>	<b>805</b>	<b>608</b>	<b>657</b>	<b>34</b>	<b>3</b>	<b>410</b>	<b>296</b>	<b>40</b>	<b>0</b>	<b>8</b>
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 Each Eggplant Breaded f/RTC	210	22	0	0	0	2	0	6	12	50	1.5	0	190	0	0	0	0	0	0	0	0	2.5
1/2cup Pasta Angel Hair in Marinara Sc	160	28	2	0	0	3	0	5	3	40	2	200	140	72.1	33.12	6.3	0.4	5.58	81.3	0	0.16	0.5
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup 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
1cup Yogurt Vanilla Spiced & Fruit Cocktail	160	32	1	0	0	30	0	7	1.5	225	0.4	400	85	178.34	32.64	4.26	0	3.33	16.84	10	0	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
<b>Lunch TOTAL</b>	<b>800</b>	<b>115</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>35</b>	<b>27.0</b>	<b>805</b>	<b>7.25</b>	<b>1600</b>	<b>805</b>	<b>608.09</b>	<b>657.21</b>	<b>33.62</b>	<b>3.4</b>	<b>409.93</b>	<b>296.06</b>	<b>40</b>	<b>0.34</b>	<b>8.0</b>

## Daily Nutrient Analysis: Thursday, Week 5, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>745</b>	<b>95</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>19</b>	<b>0</b>	<b>37</b>	<b>28</b>	<b>545</b>	<b>6</b>	<b>1600</b>	<b>1090</b>	<b>572</b>	<b>335</b>	<b>86</b>	<b>4</b>	<b>143</b>	<b>183</b>	<b>80</b>	<b>1</b>	<b>8</b>
Lunch																						
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Potato Mashed f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.53	11.88	22.05	0.2	3.67	12.53	0	0.08	0
3oz Steak Salisbury w/Gravy f/Hmd Patty	240	8	0	0	0	1	0	15	16	50	2	300	510	150.41	8.89	0.51	0.2	1.84	13.48	60	0.91	6
1/2cup Fruit Salad w/Cherry Filling	80	20	1	0	0	0	0	1	0	20	0.4	175	10	19.14	38.51	4.52	0	0	4.19	0	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Vegetable Mix Winter Duet Blend	50	7	3	0	0	1	0	3	2	40	0.75	300	55	61.33	91.69	58.88	0.4	130.09	98.07	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
<b>Lunch TOTAL</b>	<b>745</b>	<b>95</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>19</b>	<b>0</b>	<b>37</b>	<b>27.5</b>	<b>545</b>	<b>5.65</b>	<b>1600</b>	<b>1090</b>	<b>572.35</b>	<b>334.57</b>	<b>86.07</b>	<b>3.8</b>	<b>143.35</b>	<b>183.12</b>	<b>80</b>	<b>1.32</b>	<b>8.0</b>

## Daily Nutrient Analysis: Friday, Week 5, Month Menu January 2024

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



Health & Human Services



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>805</b>	<b>104</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>43</b>	<b>29</b>	<b>695</b>	<b>7</b>	<b>1725</b>	<b>905</b>	<b>766</b>	<b>389</b>	<b>44</b>	<b>5</b>	<b>48</b>	<b>103</b>	<b>95</b>	<b>1</b>	<b>9</b>
Lunch																						
1 Each Pork Wings Ckd	130	0	0	0	0	0	0	15	8	10	0.5	200	50	137.21	2.27	0	0.4	0	0	55	0.05	2.5
1/2cup Potato Au Gratin f/Fresh	220	26	2	0	0	3	0	7	10	150	0.75	450	170	147.3	114.07	11.82	1	5.71	16.85	20	0.46	4
1/2cup Banana Cinnamon	60	15	1	0	0	9	0	1	0	10	0.2	200	5	12.64	1.85	7.34	0	0.41	11.53	0	0	0
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1/2cup Peas Snow Ginger & Shallots f/Frz	70	11	4	0	0	5	0	4	2	75	3	250	135	65.39	87.38	24.55	0.2	35.23	39.34	0	0.1	0
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>805</b>	<b>104</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>43</b>	<b>29.0</b>	<b>695</b>	<b>6.55</b>	<b>1725</b>	<b>905</b>	<b>766.28</b>	<b>389.17</b>	<b>43.72</b>	<b>4.6</b>	<b>48.16</b>	<b>102.74</b>	<b>95</b>	<b>0.79</b>	<b>9.0</b>



## ALTERNATE MEALS

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

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

# Lunch Alternate Meals-F/W 2023 - Week 1

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

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

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

**Lunch Alternate Meals-F/W 2023 - Week 2**

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

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

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

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Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)	21
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Potato Au Gratin RTC (Au Gratin Potatoes)	30
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Milk 1% 8 flz PC (1% Milk)	32
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Milk 1% 8 flz PC (1% Milk)	57
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Orange Pineapple & Banana (Oranges, Pineapples & Bananas)	65
Banana Whole Fresh (Banana)	66
Milk 1% 8 flz PC (1% Milk)	68
Soup Ham & Bean Hmd f/Cnd Beans (Ham & Bean Soup)	69
Greens Collard f/Frz (Collard Greens)	71
Crisp Pineapple Hmd (Pineapple Crisp)	73
Cornbread f/Mix (Cornbread)	75
Milk 1% 8 flz PC (1% Milk)	76
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84

Milk 1% 8 flz PC (1% Milk)

85

# Lettuce Tossed Salad (Garden Salad)

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

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

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

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



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

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

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

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

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

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

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

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

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

# Rice Fried w/Soy Sauce (Fried Rice)

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

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

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



# Rice Fried w/Soy Sauce (Fried Rice)

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

# Dressing Italian Fat Free PC (FF Italian Dressing)

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

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

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

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

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

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

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

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



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

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

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

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

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

# Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

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

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

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

# Potato Baked (Baked Potato)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Potato, Russet/Baking Fresh	25 each	50 each	75 each	100 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes on baking sheet, puncture with fork several times to allow steam to escape. Bake until fork tender. Cut a lengthwise slit in Potatoes prior to serving.
<b>2</b>					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.
<b>3</b>					Cook Time: 60-90 min

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

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

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

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)

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

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

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

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

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

# Banana Whole Fresh (Banana)



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

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

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



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# Banana Whole Fresh (Banana)

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

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

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

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

# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

# Beans Baked f/Cnd (Baked Beans)

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

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

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

# Beans Baked f/Cnd (Baked Beans)

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

# Potato Au Gratin RTC (Au Gratin Potatoes)

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

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

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

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

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

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

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

# Ham Ckd Bnls RS (RS Ham)

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

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

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



# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

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

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

# Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	0.0 °F	Saute	1/2 Cup	<input type="checkbox"/> Contains: Tomato, Peppers Bell, Onion, Corn, Celery

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

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)

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

# Banana Whole Fresh (Banana)



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

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

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



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# Banana Whole Fresh (Banana)

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

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

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

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

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

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

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

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



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



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

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

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

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

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

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

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

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

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

# Spread Garlic Butter (Garlic Butter Spread)

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

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

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

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

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

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

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

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

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

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

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

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

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



# Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

# Meatballs Swedish w/Sauce (Swedish Meatballs)

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

# Noodles Parslied (Parslied Noodles)

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

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

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

# Noodles Parslied (Parslied Noodles)

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

# Carrot Dilled f/Frz Bias (Seasoned Carrots)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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

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

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

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



# Beef Kabobs Marinated (Marinated Beef Kabob)

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

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

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

# Beef Kabobs Marinated (Marinated Beef Kabob)

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

# Marinade Beef (Beef Marinade)

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

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

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

# Marinade Beef (Beef Marinade)

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

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

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

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

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

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

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

# Vegetable Mix Broccoli Normandy f/Frz (Broccoli Normandy)

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

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

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

# Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

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

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



# Banana Whole Fresh (Banana)



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

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

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



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

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

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

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

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



Health & Human Services



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

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

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

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

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

# Greens Collard f/Frz (Collard Greens)

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

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

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

# Greens Collard f/Frz (Collard Greens)

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

# Crisp Pineapple Hmd (Pineapple Crisp)

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

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

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



# Crisp Pineapple Hmd (Pineapple Crisp)

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

# Cornbread f/Mix (Cornbread)

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

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

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Egg, Liquid Frz 1/2 Cup	1.0 Cup	1 1/3 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap 2 1/4 Cup	1 1/8 Qt	1 3/4 Qt	2 1/4 Qt		
	Baking Mix, Corn Muffin 1 lb 9 Oz	3 lb 2 Oz	4 lb 11 Oz	6 lb 4 Oz		
<b>3</b>						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.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						Discard unused product.

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

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

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

# Meatloaf No Sauce (Meatloaf)

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

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

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

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

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

# Fruit Fresh Fall/Winter (Seasonal Fresh Fruit)

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

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

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



# Banana Whole Fresh (Banana)

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

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

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



# Gravy Brown f/Mix (Brown Gravy)

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

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

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

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

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

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

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

**Lunch Alternate Meals- S/ S 2023 - Week 1**

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

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

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

## Lunch Alternate Meals- S/ S 2023 - Week 2

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

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# Spinach Salad w/Chicken (Spinach/Chicken Salad)



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

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

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

# Spinach Salad w/Chicken (Spinach/Chicken Salad)



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

# Dressing Asian Style (Asian Style Dressing)

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

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

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

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



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

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

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

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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



# Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

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

# Strawberries f/Fresh (Fresh Strawberries)

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

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

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

# Apple Slices f/Fresh (Chilled Apple Slices)

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

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

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

# Dressing Italian Fat Free PC (FF Italian Dressing)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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

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

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

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



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



# Juice Orange f/BIB 6 flz (Orange Juice)



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

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

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

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



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

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

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

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

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Bratwurst Grilled (Grilled Bratwurst)

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

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

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

# Potato Fries French f/Prepared (French Fries)

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

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

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

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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

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

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

# Brussels Sprouts Balsamic f/Frz (Balsamic Brussels Sprouts)



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



# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

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

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

# Banana Whole Fresh (Banana)



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

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

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

# Banana Whole Fresh (Banana)



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# Grapes Fresh (Fresh Grapes)

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

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

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

# Strawberries f/Fresh (Fresh Strawberries)

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

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

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

# Apple Slices f/Fresh (Chilled Apple Slices)



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

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

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

# Bun Hot Dog Whole Wheat (WW Hot Dog Bun)

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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



# BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

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

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

## Broccoli Slaw f/Broc Slaw Mix (Broccoli Slaw)

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

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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

# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Po



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

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

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



# Potato Baby Roasted Seasoned RTC (Seasoned Roasted Baby Po



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

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

# Sauce Vinaigrette (Vinaigrette)



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SERVING SIZE	ALLERGENS
1 fl. oz	☐ <b>Contains: Allergen Sulphites, Garlic</b>

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

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

# Sauce Vinaigrette (Vinaigrette)



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

# Banana Whole Fresh (Banana)



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

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

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

# Banana Whole Fresh (Banana)



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

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

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

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

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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

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

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



# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)



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

# Coleslaw f/Shredded Mix & Dressing (Coleslaw)



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

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

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

# Cottage Cheese w/Fruit (Cottage Cheese & Fruit)

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

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

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

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



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

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

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

# Banana Whole Fresh (Banana)



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

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

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

# Banana Whole Fresh (Banana)



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# Dressing Italian LoCal PC (LoCal Italian Dressing)



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SERVING SIZE	ALLERGENS
1 each	None

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

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

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

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

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

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



# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

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

# Sauce Vinaigrette (Vinaigrette)



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SERVING SIZE	ALLERGENS
1 fl. oz	☐ <b>Contains: Allergen Sulphites, Garlic</b>

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

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

# Sauce Vinaigrette (Vinaigrette)



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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

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

## Meatballs Swedish w/Sauce (Swedish Meatballs)

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

## Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	SERVING UTENSIL	SERVING SIZE	ALLERGENS
40 Min	#8 scoop	1 #8 sc.	<input type="checkbox"/> Contains: Rice, Onion, Garlic, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	25 g	3 g	1 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Rice, Brown Raw Rice, White Parboiled	3 1/4 Cup	1 3/4 Qt	2 1/2 Qt	3 1/4 Qt		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	3/4 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup		
<b>2</b> Water, Tap Base, Chicken Paste LS G-F Pepper, Black Ground	2 Qt	1 Gal	1 Gal 3 Cup	2 Gal		Place rice in steamtable pans.
	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		
	1/8 tsp	1/4 tsp	1/2 tsp	1/2 tsp		
<b>3</b> Onion, Yellow	2 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup	Chopped	Bring chicken base, water, pepper and onions to a boil.

## Rice Brown Pilaf (Brown Rice Pilaf)

	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Add 2.25qt. of hot stock mixture to each pan. Cover with foil or metal lid and bake at 350F/176C for 40 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							Discard unused product.

# Vegetable Mix Riviera f/Frz (Riviera Blend Vegetables)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	5 g	2 g	2 g	30 mg	35 mg

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



# Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

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

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

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

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

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

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

# Liver & Onions (Liver & Onions)



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COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	145 °F	Grill	3 Oz	☐ Contains: Onion, Beef, AllergenWheat, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	18 g	27 g	13 g	30 mg	360 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Flour, All Purpose	2 Cup	1 Qt	1 1/2 Qt	2 Qt		Mix seasonings with flour.
Salt, Iodized	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
<b>2</b> Pepper, Black Ground	1 Tbsp	2 Tbsp	3 Tbsp	1/4 Cup		
Garlic, Powder	1 3/4 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
<b>3</b> Liver, Beef Raw	25 slice	50 slice	75 slice	100 slice		Dredge liver in seasoned flour. Chill until ready to grill.
<b>4</b> Oil, Vegetable	1 Cup	2 Cup	3 Cup	1 Qt		Oil grill; grill liver slices.
<b>5</b> Onion, Yellow	3 lb	6 lb	9 lb	12 lb	Sliced Thin	Grill sliced onions until tender. Serve grilled onions over liver.

# Liver & Onions (Liver & Onions)



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	INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Discard unused product.

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

# Greens Mixed/Veg Base f/Frz (Steamed Buttered Greens)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	4 g	3 g	2 g	125 mg	35 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Greens, Mustard Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	Steam Vegetables until tender.
Greens, Turnip Frz	2 lb 8 Oz	5 lb	7 lb 8 Oz	10 lb	
<b>3</b> Margarine, Solids	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup	Add Margarine and Seasonings.
Base, Vegetable Paste LS G-F	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp	
<b>4</b>					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>6</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Banana Whole Fresh (Banana)



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

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

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





Milk 1% 8 flz PC (1% Milk)

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

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

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

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



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SERVING SIZE	ALLERGENS
<b>1 Cup</b>	<input type="checkbox"/> <b>Contains: Strawberry, AllergenSoy, Blueberry, Raspberry</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	2 g	3.5 g	20 mg	10 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
<b>1</b> Blueberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Strawberries, Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	
<b>3</b> Raspberries, Red Fresh	1 lb 14 Oz	3 lb 12 Oz	5 lb 10 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	12 Oz	1 lb 8 Oz	2 lb 3 Oz	2 lb 15 Oz	
<b>4</b>					Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
<b>5</b>					CCP -- Maintain <40F/4C; discard unused product.

# Chicken Salad Stuffed Tomato (Chicken Salad Stuffed Tomato)



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COOK METHOD	SERVING SIZE	ALLERGENS
Chill	12 Oz	☐ Contains: Tomato, Cucumber, Allergen Sulphites, Carrots, Lemon, Chicken, Allergen Eggs, Celery, Allergen Wheat, Allergen Milk, Citrus, Allergen Soy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	11 g	21 g	19 g	75 mg	210 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Tomato, Fresh	25 each	50 each	75 each	100 each		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Prepare Chicken Salad per separate recipe.
<b>2</b> Lettuce, Green Leaf	1 lb 8 Oz	3 lb	4 lb 8 Oz	6 lb	Trimmed	Cut tomatoes into 8 wedges 3/4 of the way through from the core end leaving the bottom of the tomato intact. Gently open the wedges of the tomato to allow for the salad to be stuffed inside.
Cucumber, Fresh	1 lb 10 Oz	3 lb 4 Oz	4 lb 14 Oz	6 lb 8 Oz	Sliced 1/4" Halved	
Carrot, Baby Whole Fresh	1 lb 12 Oz	3 lb 8 Oz	5 lb 4 Oz	7 lb		
<b>3</b> Chicken Salad w/Egg & Celery	6 lb 4 Oz	12 lb 8 Oz	18 lb 12 Oz	25 lb		Arrange 1-2 lettuce leaves on plate as a base. Place a tomato in the center of the plate. Place 1 #8 scoop of Chicken Salad in center of tomato. Garnish with 1.5 oz. of carrots & 1.5 oz. of cucumber.
<b>4</b>						CCP -- Maintain <40F/4C.

# Chicken Salad w/Egg & Celery (Chicken Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	☐ Contains: Allergen Sulphites, Lemon, Allergen Eggs, Celery, Allergen Soy, Chicken, Citrus, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	2 g	15 g	14 g	20 mg	135 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine all ingredients. Toss well. *Chill in refrigerator. Maintain Eggs <40F.
Egg Boiled Hard Whole RTS	5.26 each	10.53 each	15.79 each	21.05 each	Diced	
Mayonnaise, Bulk	1 1/4 Cup	2 1/2 Cup	3 3/4 Cup	1 1/4 Qt		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product.
Chicken, Meat Pulled Ckd	2 lb 9 Oz	5 lb 2 Oz	7 lb 11 Oz	10 lb 4 Oz		
Celery, Fresh	14 Oz	1 lb 12 Oz	2 lb 10 Oz	3 lb 8 Oz	Diced	
Dressing, French Bulk	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup		
Pepper, White	1/4 tsp	3/4 tsp	1 tsp	1 1/4 tsp		
Juice, Lemon RTS	3 tsp	1 Tbsp 2 tsp	2 Tbsp 2 tsp	3 Tbsp 2 tsp		

# Bread Banana Whole Grain PC (Whole Grain Banana Bread)



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SERVING SIZE	ALLERGENS
1 each	<input type="checkbox"/> Contains: AllergenWheat, Bananas, AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	3 g	6 g	20 mg	180 mg

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

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

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

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

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

# Meatloaf No Sauce (Meatloaf)



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

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

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



# Meatloaf No Sauce (Meatloaf)



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

# Potato Mashed f/Inst Granules (Mashed Potatoes)



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

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

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

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	175 mg	220 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Saute Garlic, in Oil over medium heat. DO NOT brown.
Oil, Vegetable	2 Tbsp	1/4 Cup	1/3 Cup	1/2 Cup		
Garlic, Whole Fresh	2 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp	Minced	
<b>3</b>						Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
Spinach, Fresh	4 lb	8 lb	12 lb	16 lb	Chopped	
Kale, Fresh	2 lb	4 lb	6 lb	8 lb	Chopped	
Salt, Iodized	1 1/2 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Pepper, Black Ground	1 tsp	2 tsp	1 Tbsp	1 Tbsp 1 tsp		

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)



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

# Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	1 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 25	SERVINGS 50	SERVINGS 75	SERVINGS 100	PREPARATION STEP
1 Kiwi, Medium Fresh  Strawberries, Fresh	15.63 each	31.25 each	46.88 each	62.5 each	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash Strawberries and drain. Remove stem. Slice Strawberries. Peel and slice Kiwi. Combine fruit to serve.
	1 1/2 Qt	3 1/8 Qt	1 Gal 1 Cup	1 Gal 4 Cup	
2					CCP - Maintain <40F.

# Gravy Brown f/Mix (Brown Gravy)



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

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

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

Milk 1% 8 flz PC (1% Milk)

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

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

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



## MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.



## Standard Breakfast Meal Pattern

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



## CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.

## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
<b>Milk: Low-fat (1%) or fat-free milk, unflavored or flavor</b>	<b>8 fl oz</b>	<b>15 g</b>
<b>Meat/meat alternates</b> Lean meat, poultry, or fish	<b>1 oz</b>	<b>None</b>
Cheese	<b>1 oz</b>	
Cottage cheese	<b>1 oz</b>	
Egg, large	<b>1 each</b>	
Cooked dry beans or peas	<b>N/A</b>	
Peanut butter, soy nut butter, or other nut or seed butters	<b>4 TBSP</b>	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	<b>1 c</b>	
<b>Fruit (Fresh or juice packed)</b>	<b>½ c or 1 small piece</b>	<b>15 g</b>
<b>Grains</b>	<b>2 oz served each meal</b>	<b>30 g</b>
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	
<b>Total Per Meal (average)</b>		<b>60 g= 4 Exchanges</b>

## 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
<b>Meat/meat alternates</b> 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	
<b>Vegetables</b>	$\frac{1}{2}$ c	5g
<b>Fruits (Fresh or juice packed)</b>	$\frac{1}{2}$ c or 1 small piece	15g
<b>Grains</b>	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	
<b>Total Per Meal (average)</b>		<b>65g= 4 Exchanges</b>



## 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		
<b>MILK</b>	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
<b>YOGURT</b>	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
<b>CHEESE</b>	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
<b>OTHER</b>	Kefir, plain, low-fat	1 cup



## SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.



## SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

To ensure substitutions are appropriate and meet the nutritional needs of participants served please follow these general guidelines:

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.
- Substitutions should be similar cooking methods. For example, substituting chicken for beef in a BBQ recipe is an acceptable substitution. Substituting scalloped potatoes for rosemary potatoes is not an acceptable substitution because the scalloped potatoes are much higher in fat, calories, and sodium.

## SUBSTITUTION LISTS

### BREADS AND STARCHES:

1oz serving.

Please note meal pattern requires 2oz per meal to meet requirements.

WG= Whole Grain Rich

Food Item	1oz Serving
Whole Wheat Bread	1 slice
Rye Bread	1 slice
Oatmeal Bread	1 slice
Raisin Bread	1 slice
Pumpernickel Bread	1 slice
WG Bagel	½ each
WG English Muffin	½ each
WG Hot Dog Bun	½ each
WG Hamburger Bun	½ each
WG Pita 6 inch	1 each
WG Tortilla 6 inch	1 each
WG Roll, small	1 each
WG Breadsticks	1 each
Graham Crackers 2-1/2" square	3 each
Animal Crackers	8 each
WG soda crackers	6 each
WG cooked cereal	½ cup
WG cold cereal	1 cup
WG granola	¼ cup
WG Biscuit 2 ½ inch	1 each
WG Muffin, small 1oz	1 each
WG Pancake 4 inch	2 each
WG Waffle, 4 ½ inch	1 each
Cornbread 2 inch	1 each
Granola Bar	1 each
WG Cooked Pasta	½ cup
WG Cooked Rice	½ cup

## SUBSTITUTION LISTS

### MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

Food Item	Serving Size
Round Steak	3oz
Sirloin	3oz
Flank Steak	3oz
Beef Tenderloin	3oz
Ground Beef (90 to 95% recommended)	3oz
Chipped Beef	3oz
Pork (tenderloin, roast, chops, cutlets)	3oz
Ground Turkey	3oz
Ground Chicken	3oz
Fresh or Frozen Fish	3oz
Tuna or Salmon (canned in water)	3oz
Crab, Lobster, Scallops, Shrimp, Clams	3oz
Cottage Cheese (reduced sodium recommended)	½ cup
Reduced sodium turkey or chicken sausage	3oz
Reduced sodium bacon or turkey bacon	3oz
Chicken (baked, broiled, roasted without skin)	3oz
Turkey (baked, broiled, roasted without skin)	3oz
Reduced sodium lunchmeat	3oz
Egg substitute	3oz
Egg	3 each
Mozzarella Cheese	3oz
Liver (serve rarely due to high cholesterol item)	3oz
Tofu	4oz
Peanut Butter	4 TBSP

# SUBSTITUTION LISTS

## VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

Food Item	Good Source Vitamin A	Good Source Vitamin C
Asparagus		
Beans (green, wax, Italian)		
Beets		
Broccoli	X	X
Brussels Sprouts		X
Cooked Cabbage		
Carrots	X	
Cauliflower		X
Egg Plant		
Potatoes		
Yams/Sweet Potatoes	X	
Pumpkin	X	X
Red Peppers	X	X
Collard Greens	X	
Mustard Greens	X	
Turnip Greens	X	X
Cooked Mushrooms		
Okra		
Onions		
Pea Pods		
Green Peppers		X
Rutabaga		
Spinach (1/2c cooked, 1c raw)	X	X
Summer Squash	X	X
Tomato (One Large)		X
Reduced Sodium Tomato Juice		X
Turnip		
Water Chestnuts		
Zucchini (1/2c cooked, 1c raw)		
Raw Cabbage		X
Celery		
Cucumber		
Dark Green Lettuce (Romaine, field greens)	X	X

## SUBSTITUTION LISTS

### FRUITS

Canned fruit is recommended to be purchased in juice, or extra light syrup.

Light syrup and water are also acceptable.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple, Raw, 2-inch diameter	1 each		
Applesauce	½ cup		
Apricots, Raw, Medium	4 each	X	
Apricots, Canned	½ cup or 4 halves	X	
Banana, 9 inches long	½ each		
Blackberries, Raw	¾ cup		X
Blueberries, Raw	¾ cup		
Cantaloupe, Cubes	1 cup	X	X
Cherries, Large Raw	12 each		
Cherries, Canned	½ cup		
Fruit Cocktail, Canned	½ cup		
Grapefruit, Medium	½ each		X
Grapefruit, Canned	¾ cup		X
Grapes, Small	15 each		
Honeydew Melon, Cubes	1 cup		X
Kiwi, Large	1 each		
Mandarin Oranges	½ cup		
Mango, Small	½ each	X	
Nectarine, 1 ½ inch	1 each		X
Orange, 2 ½ inch	1 each		X
Papaya	1 cup		X
Peaches, Raw	1 each or ¾ cup	X	
Peaches, Canned	½ cup or 2 halves	X	
Pear, Raw, small	1 each		
Pear, Canned	½ cup or 2 halves		
Pineapple, Raw	¾ cup		X
Pineapple, Canned	½ cup		X
Plum, Raw 2 inch	2 each		

## SUBSTITUTION LISTS

### FRUITS

Fruit juice must be 100% juice to meet requirements.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Raspberries, Raw	1 cup		X
Strawberries, Raw Whole	1 cup		X
Tangerine, 2 ½ in	2 each		X
Watermelon Cubes	1 cup		
Food Item- Juice	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Juice	½ cup		
Apple Cider	½ cup		
Cranberry Juice Cocktail	1/3 cup		
Grapefruit Juice	½ cup		X
Grape Juice	1/3 cup		
Orange Juice	½ cup		X
Pineapple Juice	½ cup		X
Prune Juice	1/3 cup		
Food Item- Dried Fruit	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Rings	4 each		
Apricot, Halves	7 each		
Dates, Medium	10 each		
Figs	10 each		
Prunes, Medium	3 each		
Raisins	2 TBSP		



## PRODUCTION GUIDES

Production guides are intended as a resource to help staff cooking and serving to produce and serve foods in portion sizes to meet the menu requirements.

## Production Guides

### GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet Baking Pan	18 x 13 x 1 13-1/2 x 23 x 2	40 - 2 x 2-1/2" pieces 50 - 2 x 2-1/2" pieces	8 x 5 10 x 5	Cakes, bar cookies, oven baking Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items



## Production Guides

### GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce

## Production Guides

### GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables



## NOTES





