



# NORTH DAKOTA AGING SERVICES

## LUNCH MENUS

March 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>LUNCH</b>				

February 26th

February 27th

February 28th

February 29th

<b>Confetti Coleslaw</b>	1/2 Cup
<b>Hamburger on Bun</b>	1 each
<b>Potato Wedges</b>	1/2 Cup
<b>Lettuce Tomato Pickle Onion</b>	1 each
<b>Mustard Mayo Ketchup</b>	1 serv
<b>Baked Apple</b>	1 each
<b>1% Milk</b>	8 fl. oz



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>						<b>National Meatball Day March 9th</b>			
<b>Baked Chicken Breast</b>	3 Oz	<b>Stuffed Pork Chop</b>	1 each	<b>Artichoke Salad</b>	1/2 Cup	<b>Hawaiian Turkey Burger</b>	1 each	<b>Porcupine Meatballs</b>	3 each
<b>Glazed Sweet Potatoes</b>	1/2 Cup	<b>Buttered Red Potatoes</b>	1/2 Cup	<b>Chicken Pot Pie</b>	1 Cup	<b>Tator Tots</b>	1/2 Cup	<b>Mashed Potatoes</b>	1/2 Cup
<b>Seasoned Green Peas</b>	1/2 Cup	<b>Broccoli &amp; Cheese Sauce</b>	1/2 Cup	<b>Wheat Bread</b>	1 slice	<b>Corn Cobbette</b>	1 each	<b>Herbed Green Beans</b>	1/2 Cup
<b>Wheat Bread</b>	2 slice	<b>Cornbread</b>	1 (2x3)	<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each	<b>Wheat Roll</b>	1 each
<b>Soft Margarine Cup</b>	2 each	<b>Soft Margarine Cup</b>	1 each	<b>Banana</b>	1 each	<b>Ketchup Packet</b>	1 each	<b>Soft Margarine Cup</b>	1 each
<b>Fresh Cantaloupe</b>	1 Cup	<b>Scalloped Apples</b>	1/2 Cup	<b>1% Milk</b>	8 fl. oz	<b>Fresh Whole Pear</b>	1 each	<b>Diced Mangos</b>	1 each
<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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>						<b>Happy St. Patrick's Day PROVIDER CHOICE</b>			
Tomato Cucumber Salad	1 Cup	Chili Verde	1 Cup	Chicken Marsala	3 Oz	Knoephla Soup	1 Cup	Corned Beef & Cabbage	1 Cup
Shrimp Scampi	4 Oz	Southwest Corn	1 Cup	Mashed Potatoes	1/2 Cup	Steak Cobb Salad	1 each	Roasted Red Potatoes	1/2 Cup
Herbed Linguine	1/2 Cup	Tortilla Chips	2 Oz	Roasted Brussels Sprouts	1/2 Cup	Whole Grain Breadstick	1 each	Glazed Carrots	1/2 Cup
Wheat Roll	1 each	Diced Mangos	1 each	Wheat Bread	2 slice	Soft Margarine Cup	1 each	Rye Bread	2 slice
Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	2 each	Saltine Crackers	1 each	Soft Margarine Cup	2 each
Fresh Whole Orange	1 whole			Peaches & Pears	1/2 Cup	Choice of Dressing	1 each	Seafoam Salad	1 (2x3 ~ sq)
1% Milk	8 fl. oz			1% Milk	8 fl. oz	Fresh Strawberries	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>									
House Salad	1 Cup	Herb Roasted Salmon	3 Oz	Black Bean Enchiladas	2 each	Roast Beef	3 Oz	Cornflake Chicken	3 Oz
Italian Pasta Bake	1 Cup	Rosemary Potatoes	1/2 Cup	Southwest Corn	1/2 Cup	Mushroom Gravy	2 fl. oz	Company Potatoes	1/2 Cup
Seasoned Zucchini	1/2 Cup	Lemon Walnut Broccoli	1/2 Cup	Shredded Lettuce Garnish	1/4 Cup	Mashed Potatoes	1/2 Cup	Prince Edward Vegetable Blend	1/2 Cup
Wheat Roll	1 each	Wheat Bread	2 slice	Pico de Gallo	1 #12 sc.	Spinach with Garlic Butter	1/2 Cup	Wheat Bread	2 slice
Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Oranges In Whipped Topping	1/2 Cup	Wheat Bread	2 slice	Soft Margarine Cup	2 each
Choice of Dressing	1 each	Seasonal Fresh Fruit	1/2 Cup	1% Milk	8 fl. oz	Soft Margarine Cup	2 each	Apricot Crisp	1/2 Cup
Fresh Cantaloupe	1 Cup	1% Milk	8 fl. oz			Cranberry Peaches	1/2 Cup	1% Milk	8 fl. oz
1% Milk	8 fl. oz					1% Milk	8 fl. oz		

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
<b>Meatloaf &amp; Gravy</b>	3 Oz	<b>Beef Barley Soup</b>	6 fl. oz	<b>Chicken a L'Orange</b>	3 Oz	<b>Turkey Mornay</b>	1 Cup	<b>Baked Cod w/Garlic Butter</b>	3 Oz
<b>Onion Mashed Potato</b>	1/2 Cup	<b>Chef Salad</b>	1 each	<b>Steamed Rice</b>	1/2 Cup	<b>Baked Potato</b>	1 each	<b>Wild Rice Pilaf</b>	1/2 Cup
<b>Capri Blend Vegetables</b>	1/2 Cup	<b>Unsalted Crackers</b>	1 each	<b>Oriental Blend Vegetables</b>	1 Cup	<b>Parslied Carrots</b>	1/2 Cup	<b>Garden Blend Vegetables</b>	1 Cup
<b>Wheat Bread</b>	2 slice	<b>Garlic Breadstick</b>	1 each	<b>Naan Bread</b>	0.5 each	<b>Whole Grain Biscuit</b>	1 each	<b>Wheat Bread</b>	2 slice
<b>Soft Margarine Cup</b>	2 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>	2 each
<b>Strawberry Applesauce</b>	1/2 Cup	<b>Choice of Dressing</b>	2 each	<b>Fresh Honeydew Cubes</b>	1 Cup	<b>Peach Crisp</b>	1/2 Cup	<b>Fresh Whole Orange</b>	1 whole
<b>1% Milk</b>	8 fl. oz	<b>Banana</b>	1 each	<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 Baked f/Fresh (Baked Apple)



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

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

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

# Apple Baked f/Fresh (Baked Apple)

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	0 g	4 g	0 mg	60 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>	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	Combine undrained fruit and seasonings. Cook off 3/4 liquid and apples until tender.
	Cinnamon, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
	Apple Slices, Frz	1 1/2 Qt	3 1/2 Qt	1 Gal 5 Cup	3 Gal 3 Cup	
	Sugar, Granulated Bulk	1/3 Cup	3/4 Cup	1 1/2 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.	
<b>4</b>					Option: To serve cool.	



# Apple Scalloped Hmd f/Frz (Scalloped Apples)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						+CCP - Serve Chilled <40F/4C.

# Applesauce Strawberry (Strawberry Applesauce)

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

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	
<b>3</b>						CCP -- Maintain <40F/4C

# Artichoke Salad w/Vinaigrette (Artichoke Salad)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Mushrooms, Fresh	13 Oz	2 lb	4 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	3/4 Cup	2 Cup	1 Qt	2 Qt		Combine vegetables.
3 Tomato, Fresh	13 Oz	2 lb	4 lb	8 lb	Cubed	Pour vinaigrette over vegetables. Mix lightly to distribute evenly.
Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Diced	
Artichoke, Hearts Cnd	13 Oz	2 lb	4 lb	8 lb		
4						CCP -- Maintain <40F/4C.

# Sauce Vinaigrette (Vinaigrette)



COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 fl. oz	ⓘ Contains: Allergen Sulphites, Garlic

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	1/3 Cup	1 Cup	2 Cup	1 Qt		Combine vinegar and seasoning in mixer bowl.
Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<b>2</b> Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Cayenne	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>3</b> Oil, Vegetable	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Combine oils. Slowly add to vinegar mixture. Mix on low speed until oil is blended in.
Oil, Vegetable	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt		
<b>4</b> Parsley, Dried	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		Add herbs to vinaigrette. Chill. Stir before using.
Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	

# Sauce Vinaigrette (Vinaigrette)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chives, Dry	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
<b>5</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.

# Beef Corned w/Cabbage (Corned Beef & Cabbage)



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	1 Cup	ⓘ Contains: Beef, Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	6 g	14 g	13 g	50 mg	1050 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Beef, Corned Brisket	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cabbage, Green Fresh	2 lb	5 lb	10 lb	20 lb	Cover meat with water and simmer until tender; 4-5 hrs.
3					When done, remove from liquid. Save half of the liquid. Refrigerate and remove any fat.
4					Refrigerate meat until ready to slice. Thinly slice corned beef.
5					Cut cabbage into wedges.
6					Cook cabbage in corned beef stock until tender (15-20 min).
7					Reheat meat. Serve 1/2 Cup cabbage with 3 oz sliced meat.
8					For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.

# Beef Corned w/Cabbage (Corned Beef & Cabbage)



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



# Beef Roast f/Top Round (Roast Beef)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
240 Min	450.0 °F	145 °F	Roast	3 Oz	ⓘ Contains: Beef, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	21 g	6 g	30 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>					Rub roast with seasonings. Place meat thermometer into center of meat. Place in roasting pan and brown in oven for 10 min per side. When meat is browned, reduce heat to 300F/149C.
Beef, Roast Raw Rnd-Top Inside	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
<b>3</b>					Cook roast until cooked through, approx. 3-4 hours.
<b>4</b>					For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
<b>5</b>					Let stand 30 min before slicing. Slice roast in 1 oz portions and arrange in steam pan(s). Save drippings to make au jus gravy as desired.

# Beef Roast f/Top Round (Roast Beef)



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

# Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)

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

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

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

# Bread Naan (Naan Bread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
1 Min	400.0 °F	145 °F	Bake	0.5 each	ⓘ Contains: AllergenWheat, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	33 g	7 g	3.5 g	75 mg	300 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.

# Bread Rye Seeded Thick Slice (Rye Bread)

SERVING SIZE	ALLERGENS
2 slice	<b>ⓘ Contains: AllergenWheat, Corn, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	47 g	9 g	3 g	75 mg	580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Rye Bread	20 each	50 each	100 each	200 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.

# 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.

# 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.

# Breadstick Garlic f/7 in (Garlic Breadstick)

COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1 each	<b>ⓘ Contains: AllergenWheat, AllergenMilk, Garlic, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	20 g	4 g	7 g	10 mg	240 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> Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Combine garlic powder & margarine.
Margarine, Solids	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Melted	
<b>3</b> Breadstick, Soft 7 in	10 each	25 each	50 each	100 each		Brush bread sticks with garlic margarine. Bake per manufacturer's instructions. For best quality keep warm until service.
<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.



# Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	11 g	11 g	12 g	300 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	CHEESE SAUCE: Melt margarine. Add flour. Stir until smooth; cook 5 min. Add milk gradually, stirring constantly with whisk. Add shredded cheese and spices and continue to simmer until cheese is melted and *internal temp reaches 145F/62C held for 15 sec.
Flour, All Purpose	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
<b>2</b> Milk, 2% Bulk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	
Cheese, Cheddar Shredded	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	
Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<b>3</b> Broccoli, Florets Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Steam or boil vegetables until just tender. Drain. Fold sauce into vegetables.
<b>4</b>					CCP--Maintain >135F/57C for only 4 hr.

# Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)



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

# Broccoli Lemon Walnut (Lemon Walnut Broccoli)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Heat margarine until melted. Add nuts and cook, stirring constantly, until margarine turns brown, about 1-2 minutes.
Nuts, Walnuts	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
<b>3</b> Lemon, Zest	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Grated	Stir in seasonings, lemon zest and juice.
Juice, Lemon RTS	1/4 Cup	2/3 Cup	1 1/3 Cup	2 3/4 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>4</b> Broccoli, Florets Fresh	2 lb 13 Oz	7 lb 1 Oz	14 lb 2 Oz	28 lb 4 Oz		Steam broccoli until tender approx 8 to 10 min. Toss in nut mixture until evenly coated.

# Broccoli Lemon Walnut (Lemon Walnut Broccoli)



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

# Brussels Sprouts Roasted f/Fresh (Roasted Brussels Sprouts)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
25 Min	400.0 °F	Roast	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	11 g	4 g	6 g	75 mg	180 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Brussels Sprouts, Fresh Oil, Olive Salt, Iodized Pepper, Black Ground	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Trimmed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Trim Brussels sprouts by carefully cutting off brown end and peeling away any yellow outer leaves. Place Brussels sprouts on sheet pans in single layer. Add oil & seasonings and mix well. Roast in oven until browned and tender (approximately 20-30 minutes).
	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		
	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2						CCP -- Maintain >135F/57C. Temperature should be taken every 2 hours during holding. 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.

# Carrot Glazed f/Frz (Glazed Carrots)



COOK METHOD	SERVING SIZE	ALLERGENS
Bake	1/2 Cup	ⓘ Contains: Carrots, Citrus, AllergenSoy, Onion, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	14 g	1 g	7 g	50 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	Carrot, Sliced Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Margarine, Solids	1/3 Cup	3/4 Cup	1 2/3 Cup	
	Sugar, Granulated Bulk	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	
	Seasoning, Pepper Lemon	1/2 tsp	1 1/8 tsp	2 1/8 tsp	
	Water, Tap	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	
2					Add all ingredients to Carrots. Place in baking pan.
3					Bake at 400F for 15-20 min to *internal temp >140F for 15 sec. Turn frequently. *Maintain >140F.

# Carrot Glazed f/Frz (Glazed Carrots)

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

# 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
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Carrot, Sliced Frz 2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender. (Approximately 8-10 minutes)
3	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	
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.



# Chef Salad Mixed greens (Chef Salad )

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	ⓘ Contains: Spinach, AllergenMilk, Turkey, Peppers Bell, Carrots, Corn, Garlic, Onion, AllergenEggs, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	6 g	21 g	11 g	175 mg	220 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Turkey Roast f/Bnls Carrot, Fresh Pepper, Green Fresh Lettuce Mix, Spring	1 lb 5 Oz	3 lb 5 Oz	6 lb 11 Oz	13 lb 5 Oz	Prepared	Roast turkey as per separate recipe. Toss carrots and peppers with lettuce.
	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Shredded	
	0.75 each	1.88 each	3.75 each	7.5 each	Diced	
	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
2 Egg Boiled Hard Whole RTS	5 each	12.5 each	25 each	50 each		Cut eggs in half lengthwise.
3						Slice turkey into julienne strips.
4 Cheese, Cheddar Sliced	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz	Julienne	Place 2 cup lettuce mixture into individual serving bowl. Place 3 oz. of turkey on top of lettuce. Place 1/2 egg and 1 oz. of cheese next to turkey.

# Turkey Roast f/Bnls (Roast Turkey)

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

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

# Chicken a la Orange Breast (Chicken a L'Orange)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	3 g	20 g	7 g	10 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Chicken in greased baking pans. *Maintain <40F until ready to use.
<b>2</b> Margarine, Solids	1/4 Cup	2/3 Cup	1 1/3 Cup	2 3/4 Cup		Melt Margarine.
Juice Orange f/BIB 6 flz	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Prepared	Combine remaining ingredients; mix well. Pour over Chicken.
Orange, Zest	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
<b>3</b> Juice, Lemon RTS	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	2 3/4 tsp		
Nutmeg, Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
<b>4</b>						Bake at 350F for 30min to *internal temp 165F for 15 sec until Chicken is tender and cooked through.
<b>5</b>						To serve, pour about 3 Tbsp Sauce over Chicken.
<b>6</b>						CCP -- Maintain: >140F for only 4 hrs.

# Chicken a la Orange Breast (Chicken a L'Orange)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

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

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

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

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

# Chicken Breast Baked f/Bnls (Baked Chicken Breast)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	Tongs	3 Oz	<b>Contains: Chicken</b>

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<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 greased baking sheet.
<b>3</b> Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Sprinkle chicken with seasonings.
Paprika	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
<b>4</b>					Bake uncovered or grill.
<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.

# Chicken Breast Baked f/Bnls (Baked Chicken Breast)



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



# Chicken Cornflake Thigh & Drum (Cornflake Chicken)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	350.0 °F	165 °F	Bake	3 Oz	ⓘ Contains: Chicken, AllergenWheat, AllergenSoy, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	11 g	19 g	4.5 g	10 mg	290 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pepper, Black Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Remove skin from chicken. Place chicken on baking sheet; sprinkle with seasonings.
Paprika	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
<b>2</b> Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 2 tsp	
Chicken, Drumstick Bnls Raw	10 each	25 each	50 each	100 each	
Chicken, Thigh Bnls Sknls	10 each	25 each	50 each	100 each	
<b>3</b> Cereal, Corn Flakes Bulk	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Crush cornflakes; roll chicken in cornflakes.
<b>4</b> Pan Coating, Spray	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Spray non-stick cooking spray in pan. Place chicken in baking pan. Bake uncovered about 35 min at 350F/176C.

# Chicken Cornflake Thigh & Drum (Cornflake Chicken)

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

# Chicken Marsala \* (Chicken Marsala)



COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	165 °F	Saute	Spatula	3 Oz	ⓘ Contains: Chicken, AllergenMilk, Onion, AllergenSoy, Garlic, AllergenWheat, AllergenSulphites, Mushroom

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	8 g	21 g	10 g	20 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> Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Lightly pound chicken with mallet and set aside.
<b>3</b> Thyme, Fresh	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Chopped	Combine flour, salt and pepper. Dredge chicken in seasoned flour mixture.
Garlic, Whole Fresh	1 Oz	2 Oz	4 Oz	8 Oz	Minced	
Shallots, Peeled Fresh	1 Oz	2 Oz	4 Oz	8 Oz	Minced	
<b>4</b> Flour, All Purpose	2 Oz	5 Oz	10 Oz	1 lb 4 Oz		Heat butter in pan until completely melted and brown chicken each side 4-5 min until golden brown.
Salt, Iodized	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		

# Chicken Marsala (Chicken Marsala)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
5	Mushrooms, Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Sliced	Once chicken has browned add thyme, garlic, & shallots. Saute until garlic & shallots turn lightly brown around the edges.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Wine, Marsala	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Soup Broth Chicken f/Base RS	3/4 Cup	2 Cup	1 Qt	2 Qt		
6							Add wine, broth and mushrooms. Bring to gentle boil until liquid is reduced by half & sauce has thickened.
7							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Broth Chicken f/Base RS (Chicken Broth)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
5 Min	200.0 °F	Simmer	8 fl. oz	ⓘ Contains: Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	1 g	0.5 g	10 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Water, Tap	2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal	Hot	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Base, Chicken Paste RS	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz		
2							Bring water in medium stock pot to a boil then reduce to a simmer. Stir in base until completely dissolved to create Broth. Bring back to a simmer for 2 minutes.
3							Portion using 2 - 4 oz ladles.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	26 g	28 g	15 g	100 mg	520 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	3 Oz	7 Oz	14 Oz	1 lb 12 Oz	Chopped Fine	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Saute Onions in Margarine.
	Margarine, Solids	2.5 Oz	6 Oz	12 Oz		
2 Flour, All Purpose	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt		Add Flour and Pepper to Onions. Stir until blended; about 5 min.
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp		
3 Base, Chicken Paste LS G-F	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/3 Cup	3/4 Cup		Combine Base and Water to form Stock. Add Stock, stirring constantly with wire whisk. Cook until thickened.
	Water, Tap	1 Qt	2 1/2 Qt	1 Gal 2 Cup		
4 Chicken, Meat Pulled Ckd	1 lb 15 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb 1 Oz		Cut Chicken into 1/2 "x 3/4" pieces. Add to Sauce.
5 Celery, Fresh	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 7 Oz	Chopped Fine	Cook Celery, Peas and Carrots until partially done. Drain. Fold into Sauce.
	Peas, Green Frz	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz		

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



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Carrot, Sliced Frz	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz		
<b>6</b>	Baking Mix, Biscuit	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		Scale Chicken mixture into 12x20x2" counter pan, approximately 12 lbs per pan. *Maintain >140F or quick-chill at <40F until ready to use later. TOPPING: Prepare Biscuit Mix according to package directions. Cut into Biscuit shapes.
<b>7</b>							Top Chicken with Biscuits. Bake immediately. Bake at 400F for 20-30 min to *internal temp >165F for 15 sec.
<b>8</b>							CCP -- Maintain >140F for only 4 hrs.
<b>9</b>							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>10</b>							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
<b>11</b>							Cook Time: 20-30 minutes

# Chili Verde (Chili Verde)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	145 °F	Simmer	1 Cup	ⓘ Contains: Garlic, Onion, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	4 g	26 g	8 g	20 mg	430 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.
Pork, Diced Raw	3 lb 4 Oz	8 lb 3 Oz	16 lb 5 Oz	32 lb 11 Oz		Season pork with salt and pepper. Heat oil in a large pot and brown pork.
<b>2</b> Salt, Iodized	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp		
Pepper, Black Ground	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
Oil, Vegetable	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		Add onions, garlic, and oregano and cook until softened.
<b>3</b> Onion, Yellow	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Diced	
Garlic, Whole Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Minced	
Oregano, Dry	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		



# Chili Verde (Chili Verde)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Sauce, Salsa Verde RTS	1.0 Cup	2 1/3 Cup	1 1/8 Qt	2 1/4 Qt		Add salsa verde and broth and simmer for approximately 45 minutes, until pork is cooked through.
	Soup Broth Chicken f/Base	3 1/3 Cup	2 1/8 Qt	1 Gal	2 Gal 1 Cup	Prepared	
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.

# Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

# 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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.

# Coleslaw Confetti (Confetti Coleslaw)



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

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

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

# Coleslaw Confetti (Confetti Coleslaw)

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

# Corn Whole Kernel f/Frz (Whole Kernel Corn)

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

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

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

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

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

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



# Company Potatoes (Company Potatoes )

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Paprika	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
2							Preheat oven to 325°F. 2. Divide hash browns between 4-4 inch steam table pans (for 120 servings)
3							Mix together remaining ingredients (except for paprika)
4							Divide the mixture evenly among the pans containing the hashbrowns and mix.
5							Sprinkle the paprika over the top of the pans
6							Bake uncovered for approximately 1 1/2 hours or until slightly brown on top.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
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 Mustard Mayo Ketchup (Mustard Mayo Ketchup)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<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 pkgk etchup, 1 pkg mayo, & 1 pkg mustard.
<b>2</b> Mayonnaise PC	10 each	25 each	50 each	100 each	
Mustard 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.

# Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

# Mustard PC (Mustard Pack)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

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

# Corn Cobbette Frz (Corn Cobbette)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1 each	<b>Contains: Corn</b>

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.

# Corn Southwest (Southwest Corn)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	37 g	5 g	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.
Pepper, Red Roasted	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Minced	Steam or boil vegetables until tender. (Approximately 8-10 minutes) Add margarine and seasonings. *Maintain >135F/57C.
Corn, Whole Kernel Frz	4 lb	10 lb	20 lb	40 lb		
Pepper, Green Fresh	3/4 Cup	2 Cup	1 Qt	2 Qt	Minced	
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Chili Powder, Mild	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<b>2</b>						



# Corn Southwest (Southwest Corn)

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

# Corn Southwest f/Frz (Southwest Corn)



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

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

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

# Corn Southwest f/Frz (Southwest Corn)



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

# 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.

# Cornbread f/Mix (Cornbread)

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

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

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

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

# Crisp Apricot Hmd (Apricot Crisp)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	38 g	3 g	6 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.
Apricots, JcPk	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	3 Gal 5 Cup	Mix sugar, lemon juice and fruit.
<b>2</b> Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
<b>3</b> Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit.
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
Cinnamon, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	

# Crisp Apricot Hmd (Apricot 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	
<b>4</b>						Bake 350F/177C for 45-50 minutes, until top is browned; checking periodically to avoid excessive browning.
<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.



# Crisp Peach Hmd (Peach Crisp)



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

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

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

# Crisp Peach Hmd (Peach Crisp)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Cinnamon, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
<b>7</b>							Bake at 350F/177C for 45 mins, checking periodically to avoid excess browning.
<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.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	ⓘ Contains: Cucumber, Allergen Sulphites, Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	12 g	2 g	10 g	30 mg	180 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>						Mix vinegar, oil and spices until thoroughly blended.
Vinegar, White	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		
Oil, Vegetable	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		
Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Salt, Iodized	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
Dill, Weed Dried	3/4 tsp	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
<b>3</b>						Add seasoning mixture to vegetables and toss well.
Tomato, Fresh	1 1/2 Qt	3 1/2 Qt	1 Gal 5 Cup	3 Gal 3 Cup	Diced	
Cucumber, Fresh	1 1/2 Qt	3 1/2 Qt	1 Gal 5 Cup	3 Gal 3 Cup	Diced	
<b>4</b>						CCP -- Maintain <40F/4C

# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
2 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	0 g	2 g	0 mg	270 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.

# Enchiladas Bean Black (Black Bean Enchiladas)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	375.0 °F	145 °F	Simmer	2 each	ⓘ Contains: Tomato, Onion, Beans/Legumes, Garlic, AllergenMilk, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
410 kcal	50 g	17 g	17 g	450 mg	670 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> Beans, Black Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		Soak beans in water overnight. Drain, and move on to next step.
Water, Tap	1 1/2 Qt	1 Gal	2 Gal	4 Gal		Heat oil in saucepan and saute onion and garlic until tender. Add beans and fresh water and bring to a boil. Simmer for about 2 hrs until beans are soft and liquid is thick.
Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
<b>3</b> Onion, Yellow	1.67 each	4.17 each	8.33 each	16.66 each	Chopped	
Garlic, Whole Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Minced	
<b>4</b> Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Add coriander and salt after first hour and more garlic to taste.

# Enchiladas Bean Black (Black Bean Enchiladas)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Coriander (Cilantro), Dried	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
5	Cumin, Ground	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Pour off liquid from beans. Puree half of beans along with cumin and chili powder. Return pureed beans to pot and blend with remaining whole beans. Keep on low heat. Stir to prevent sticking.
	Chili Powder, Mild	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
6	Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Heat oil in fry pan and fry tortillas quickly on each side until soft. Prepare sauce. Dip each tortilla in sauce.
	Sauce Tomato	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
7	Cheese, Cheddar Shredded	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Grated	Assemble Enchiladas: Spread 1/3 cup bean mixture over each tortilla. Layer cheese and thin layer of onion. Roll up and place seam side down in steam table pan that has been oiled on bottom. When pan is filled, pour remaining sauce evenly over. Sprinkle with remaining cheese and onion. Bake just until cheese bubbles and is lightly browned, approximately 15-20 minutes.
	Onion, Yellow	1.67 each	4.17 each	8.33 each	16.66 each	Chopped Fine	
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 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Enchiladas Bean Black (Black Bean Enchiladas)



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



# Sauce Tomato (Tomato Sauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	2 fl. oz	ⓘ Contains: Tomato, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	270 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Tomato Sauce, Cnd	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		Combine all ingredients and heat.
	Onion, Yellow	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
	Garlic, Powder	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Basil, Dried Leaves	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
	Oregano, Dry	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
3							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

# Sauce Tomato (Tomato Sauce)

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

# Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	<b>ⓘ Contains: Corn</b>

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

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

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



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

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

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

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



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

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1/2 Cup	<b>⚠️ Contains: Apples, Allergen Sulphites, Strawberry, Bananas, Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	1 g	0 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.  Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.
Apple Slices f/Fresh	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		Wash & mix prepared fruit  Place prepared Fruit in serving dish. Chill <40F.
Strawberries f/Fresh	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	Halved	
2 Grapes Fresh	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	Halved	
Orange Fresh Whole	1 whole	2.5 whole	5 whole	10 whole	Quartered	
Banana Whole Fresh	1 each	2.5 each	5 each	10 each	Peeled & Sliced	
<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.

# Grapes Fresh (Fresh Grapes)

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

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

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



# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<b>ⓘ Contains: Strawberry</b>

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

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

# Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Apple, Red Delicious	5 each	12.5 each	25 each	50 each	Sliced	WASH ALL PRODUCE under cool, running water. Drain well.
3						Core and cut into 1/2 " slices and serve.
4						CCP -- Maintain <40F/4C

# 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.

# 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 Pickle Onion (Lettuce Tomato Pickle Onion)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0 g	30 mg	120 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	Assemble for service: 1 lettuce leaf, 1 tomato slice, 1 onion slice and 2 pickle chips.
	Pickle, Dill Chips	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
	Tomato, Fresh	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	
	Onion, Yellow	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
4						

CCP -- Maintain <40F/4C

# Gelatin Seafoam Salad w/Pineapple (Seafoam Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 (2x3 ~ sq)	<b>ⓘ Contains: AllergenSoy, AllergenMilk, Pineapple, Citrus, Pork &amp; Products</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	21 g	3 g	8 g	30 mg	150 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> Gelatin, Dry Lime	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz	Preprep: Drain pineapple; reserve juice. Prepare whipped cream per manufacturer's instructions. Dissolve gelatin in boiling water. Chill until partially set.
Water, Tap	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
<b>3</b> Pineapple, Crushed JcPk	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Fold pineapple and topping into partially set gelatin. Blend 1 cup pineapple juice and cream cheese until smooth and creamy.
Topping, Whip Non-Dairy Bag Frz	1.0 Cup	2 1/3 Cup	1 1/8 Qt	2 1/4 Qt	
<b>4</b> Cream Cheese, Bulk	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz	Fold cheese mixture into gelatin mixture. Scale 9 1/2 lb of mixture into each steamtable pan. Chill until firm.
<b>5</b>					CCP -- Maintain <40F/4C

# Gravy Mushroom Semi\_scratch (Mushroom Gravy)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Cook	2 fl. oz	<b>ⓘ Contains: AllergenMilk, Mushroom, AllergenWheat, AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	2 g	2 g	40 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Soup, Cream of Mushroom Cnd Cond LS	1 lb 1 Oz	2 lb 10 Oz	5 lb 3 Oz	10 lb 6 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 2% Bulk	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt		Combine soup and Milk. Add to Flour. Cook and stir until smooth; about 10 min. *Maintain >140F.
<b>3</b> Mushrooms, Pieces Cnd	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Drained	Stir in Mushrooms and cook to *internal temp >165F 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.
<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.

# Green Beans Herb Frz (Herbed Green Beans)



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

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

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



# Green Beans Herb Frz (Herbed Green Beans)



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

# Hamburger on WW Bun (Hamburger on Bun)

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

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

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

# Beef Patty Baked (Baked Beef Patty)

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

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

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

# Bun Hamburger White Wheat RTS (Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

# House Salad (House Salad )

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

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

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

# Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

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

# Knoephla Soup (Knoephla Soup)

SERVING SIZE	ALLERGENS
1 Cup	<b>ⓘ Contains: Onion, AllergenMilk, AllergenEggs, AllergenWheat, Carrots, Potatoes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	59 g	11 g	11 g	125 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.
Carrot, Shredded Fresh	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		In a large skillet, melt butter; cook potatoes and onion for 20-25 minutes or until tender. Add milk; heat through but do not boil. Set aside. In a Dutch oven, bring water and bouillon to a boil.
Potato, Russet/Baking Fresh	3 each	7.5 each	15 each	30 each	Diced Small	
Onion, White	1 each	2.5 each	5 each	10 each	Grated	
<b>2</b> Milk, 1% Bulk	3 Cup	2.0 Qt	3 3/4 Qt	1 Gal 5 Cup		
Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	3 Gal 5 Cup		
G-F LS Base, Chicken-like Bouillon Vegan	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		

# Knoephla Soup (Knoephla Soup )

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Butter, Salted Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Cubed	
3	Knoephla *	1 Qt	2 1/2 Qt	1 Gal 2 Cup	2 Gal 3 Cup		Meanwhile, combine first four Knoepfla ingredients to form a stiff dough. Roll into a 1/2-in. rope. Cut into 1/4-in. pieces and drop into boiling broth. Reduce heat; cover and simmer for 10 minutes. Add the potato mixture; heat through. Sprinkle with parsley if desired.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Knoephla (Knoephla )

SERVING SIZE	ALLERGENS
1/2 Cup	<b>ⓘ Contains: AllergenEggs, AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	48 g	9 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>					. Whisk eggs add to flour; stir in warm water until a stiff dough is formed.
Egg, Shell Large	2.5 each	6.25 each	12.5 each	25 each	
Water, Tap	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	
Flour, All Purpose	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	
<b>3</b>					Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, cut the dough into bite sized pieces with scissors into the boiling water. Boil for 20 minutes; drain well.
<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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Mango Diced PC (Diced Mangos)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	1 g	0 g	20 mg	5 mg

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

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# 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: Tomato, Onion, Beef, AllergenEggs, Rice, Peppers Bell

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.
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Place all ingredients in large mixing bowl. (Excluding tomato sauce) Blend on low speed until blended. Do not overmix.
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Egg, Liquid	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
<b>3</b> 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	
Onion, Yellow	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
4	Tomato Sauce, Cnd	3 1/4 Cup	2 Qt	1 Gal	2 Gal		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.

# Meatloaf & Gravy f/Mix (Meatloaf & Gravy)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	6 g	16 g	17 g	75 mg	280 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> Gravy Brown f/Mix	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Prepared	Prepare gravy as per separate recipe.
<b>3</b> Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	Mix remaining ingredients on low speed until blended. Do not overmix.
Bread Crumbs, Plain	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		
Egg, Liquid	1/3 Cup	1 Cup	2 Cup	1 Qt		
Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

# Meatloaf & Gravy f/Mix (Meatloaf & Gravy)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Press mixture into loaf pans. Or, form loaves onto a baking sheet. Bake, approximately 1 1/2 hr.
5							Drain fat from meatloaf. Let stand a few minutes before slicing. Portion into 3 oz pieces. Serve 2 fl oz of gravy over each serving.
6							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- 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.



# 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.

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

# Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

# 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					

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C

# 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.

# Oranges Mandarin JcPk w/Whip Topping (Oranges In Whipped Topping)

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

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

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

# Pasta Linguine Herbed (Herbed Linguine)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	21 g	6 g	18 g	75 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.
<b>2</b>	Margarine, Solids	3 Oz	8 Oz	1 lb	2 lb	Melt margarine. Add garlic and cook until golden. Set aside.
	Garlic, Whole Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
<b>3</b>	Cream Cheese, Bulk	10.5 Oz	1 lb 11 Oz	3 lb 5 Oz	6 lb 11 Oz	Mix cream cheese on medium speed until fluffy, using flat paddle.
<b>4</b>	Parsley, Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Blend spices and first portion of parsley into cream cheese.
	Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	



# Pasta Linguine Herbed (Herbed Linguine)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt		Add 1st water gradually to cream cheese mixture. Mix until smooth. Add margarine and garlic, again mixing until smooth.
6	Pasta, Linguine Dry	9 Oz	1 lb 6 Oz	2 lb 12 Oz	5 lb 8 Oz		Cook pasta according to manufacturer's instructions. Rinse and drain.
	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
7	Cheese, Parmesan Grated	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Place cooked pasta in counter pan(s). Stir cream cheese sauce into each pan of hot pasta. Cover. CCP - Maintain >135F/57C. Sprinkle with parmesan cheese and parsley just before serving.
	Parsley, Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped	
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 140F/60C 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.

# Pasta Ziti Italian Bake (Italian Pasta Bake)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1 Cup	<b>ⓘ Contains: AllergenEggs, Tomato, AllergenMilk, Onion, AllergenWheat, AllergenSoy, Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	49 g	19 g	7 g	350 mg	660 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> Pasta, Ziti Dry	1 lb	2 lb 8 Oz	5 lb	10 lb		Cook ziti or pasta of choice to al dente stage per package instructions. Drain and set aside.
<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> Tomato, Diced Cnd	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		Combine tomatoes, onions, garlic, thyme, oregano, salt, & pepper in large pot. Cover & simmer about 15 min.
Tomato Puree, Cnd	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
Garlic, Whole Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
Thyme, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

# Pasta Ziti Italian Bake (Italian Pasta Bake)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
5	Cottage Cheese, 2% Fat	13 Oz	2 lb	4 lb	8 lb		Add cottage cheese & mozzarella cheese to tomato mixture. Mix well. Fold cooked pasta into tomato mixture. Grease pans. Transfer mixture to pans. If not baking immediately chill at <40F/4C.
	Cheese, Mozzarella Shredded	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Shredded	
6	Cheese, Parmesan Grated	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Grated Fine	Make topping by combining parmesan cheese, bread crumbs & margarine. Sprinkle topping over pasta casserole. Bake.
	Bread Crumbs, Plain	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted	
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.

# Pasta Ziti Italian Bake (Italian Pasta Bake)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
11							Cook Time: 35-45 min

# Peaches & Pears Diced JcPk Cnd (Peaches & Pears)

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

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	
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Peaches, Diced JcPk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Drained	Combine peaches & pears. Chill fruit prior to service.
	Pears, Diced JcPk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Drained	
3						Portion 1/2 cup per serving.	
4						+CCP - Serve Chilled <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> Lettuce, Iceberg	3 Oz	8 Oz	1 lb	2 lb	Separated	WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b> Peaches, Sliced JcPk	1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal	Drained	Separate lettuce into garnish leaves. Arrange 4-5 drained Peach slices in a star pattern on cleaned lettuce leaf.
<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

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	<b>⚠ Contains: Pear</b>

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

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

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

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

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

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



# Pico de Gallo f/Fresh (Pico de Gallo)

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

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

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

# Pork Chop Stuffed f/Bnls (Stuffed Pork Chop)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
90 Min	325.0 °F	165 °F	Bake	1 each	ⓘ Contains: Pork & Products, Onion, AllergenEggs, Corn, AllergenWheat, AllergenSoy, Chicken, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	16 g	21 g	10 g	40 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Pork Chop, Bnls Raw	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Stuffing Mix, Bread Dry	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz	With a sharp knife make a pocket in chop by splitting through the meat.
<b>3</b> Egg, Liquid	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup	Prepare dressing per package instructions. Place #20 scoop dressing into meat pocket.
Flour, All Purpose	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	
Salt, Iodized	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp	
Pepper, White	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
<b>4</b> Base, Chicken Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Combine flour and spices. Dredge stuffed chops in mixture. Cook on medium grill 3-4 min on each side until well browned.
Water, Tap	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	

# Pork Chop Stuffed f/Bnls (Stuffed Pork Chop)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						Combine base and water. Place 10 chops, flat, in each 2" steamtable pan. Pour 1 cup chicken broth into bottom of pan. Cover and bake in 325F/162C oven for 1-1 1/2 hrs.
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.

# Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
75 Min	375.0 °F	145 °F	Bake	1 each	ⓘ Contains: Potatoes

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

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

# Potato Mashed caramelized onions ( Onion Mashed Potato)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Boil	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes, AllergenMilk, Onion, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	34 g	4 g	5 g	50 mg	95 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Onion, Caramelized  Potato, Russet/Baking Fresh	3/4 Cup	2 Cup	1 Qt	2 Qt	Peeled & Sliced	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Place Potatoes in large pot and cover with Water. Cook until tender and drain.
<b>2</b> Milk, 2% Bulk  Margarine, Solids  Salt, Iodized	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Hot	
<b>3</b>						Combine Potatoes and Milk mixture with a mixer on medium speed until fluffy. Mix in caramelized onions. *Maintain >140F/60C.
<b>4</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.

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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 Herbed f/Inst (Mashed Potatoes)



COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	ⓘ Contains: AllergenSoy, Potatoes, 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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Add potato flakes. Stir constantly using wire whip.
Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	
Potato, Mashed Granules Milk Free	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add margarine and seasonings.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>3</b>						
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		
<b>4</b>						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

# Potato Mashed Herbed f/Inst (Mashed Potatoes)



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



# Potato Red Roasted Quarter w/Peel (Roasted Red Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	25 g	3 g	9 g	20 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Red Fresh	2 lb 12 Oz	6 lb 13 Oz	13 lb 10 Oz	27 lb 5 Oz	Quartered	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Oil, Vegetable	1/3 Cup	1 Cup	2 Cup	1 Qt		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes. Spread potatoes in a single layer on oiled baking sheets.
3 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine salt and pepper. Sprinkle a light coat of mixture over potatoes. Roast potatoes at 400F until tender & golden brown, approximately 30-35 min.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	2 3/4 tsp	1 Tbsp 3 tsp		
4						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

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

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	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Sliced	Slice Potatoes into 1/2 inch slices and steam until tender.
3	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.
4							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Sweet Fresh	2 lb	5 lb	10 lb	20 lb	Boiled	Pre-prep: Zest Oranges. When potatoes are cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
Orange Fresh Whole	0.4 whole	1 whole	2 whole	4 whole		
<b>3</b> Sugar, Brown Light	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Mix sugar, margarine, orange zest and juice. Heat to boiling point to make a syrup.
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		
Juice Orange f/BIB 6 flz	1/3 Cup	1 Cup	2 Cup	1 Qt		
<b>4</b>						Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.
<b>5</b>						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

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



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

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

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

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

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

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<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.

# Potato Tator Tots f/RTB (Tator Tots)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	23 g	2 g	7 g	20 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Tator Tots Frz	1 lb 13 Oz	4 lb 9 Oz	9 lb 1 Oz	18 lb 3 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.

# Potato Wedges f/RTB (Potato Wedges)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	Bake	1/2 Cup	<b>Contains: Potatoes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	3 g	20 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> Potato, Wedges Frz	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Place potato wedges in single layer on baking sheet. Bake until golden brown.
<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.



# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	Cut into Wedges	Wash & peel potatoes. Cut into pieces approximately 2 inches in size. Place potatoes in bowl.
<b>3</b> Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
<b>4</b> Rosemary, Dried Whole	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Spread potatoes in a single layer on oiled baking sheets. Combine salt, pepper and rosemary. Sprinkle a light coat of mixture over potatoes. Roast potatoes until tender & golden brown.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<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)



	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.

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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		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	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz		
<b>3</b> Onion, Yellow	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
Celery, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
Carrot, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
<b>4</b> Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 2 Cup		Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
<b>5</b> Pepper, Red Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Stir in peppers and parsley.

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

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

# Rice Steamed (Steamed Rice)

COOK METHOD	SERVING SIZE	ALLERGENS
Steam	1/2 Cup	ⓘ Contains: Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	27 g	3 g	0 g	30 mg	50 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, Brown Parboiled 1 2/3 Cup	1.0 Qt	2 1/8 Qt	1 Gal	Rinse rice until water runs clear; drain. Combine rice and water in pan(s). Steam rice 25-35 minutes until fluffy.
	Water, Tap 2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
	Salt, Iodized 1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3					Cook Time: 25-35 min
4					*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Roll Wheat RTS (Wheat Roll)

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

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

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

# Salmon Herb Roasted (Herb Roasted Salmon)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	145 °F	Roast	Spatula	3 Oz	ⓘ Contains: AllergenMilk, AllergenFish, Citrus, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
120 kcal	2 g	13 g	8 g	20 mg	60 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.
Salmon, Fillet Raw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz		Place salmon on baking pan. Combine remaining ingredients and brush over fish.
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted	
Juice, Lemon RTS	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/2 Cup		
Lemon, Zest	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
Chives, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Chopped	
Dill, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Chopped	
<b>3</b>						Fish: Cook to internal temp of 145F/63C held for 15 sec.

# Salmon Herb Roasted (Herb Roasted Salmon)

	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.



# Shrimp Scampi Hmd (Shrimp Scampi)



COOK METHOD	SERVING SIZE	ALLERGENS
Saute	4 Oz	ⓘ Contains: AllergenShellfish, Onion, AllergenCrustacean, AllergenSoy, AllergenMilk, Citrus, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	5 g	14 g	13 g	75 mg	580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Shrimp, Shell on Tail On	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	3 Oz	8 Oz	1 lb	2 lb		
Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Peel and de-vein shrimp leaving the tail section intact.
3 Onion, Green/Spring/Scallions	1 Oz	2.5 Oz	5.5 Oz	10.5 Oz	Sliced	
Garlic, Whole Fresh	3.33 each	8.33 each	16.67 each	33.33 each	Minced	
Juice, Lemon RTS	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		Add onions and garlic to oil. Saute for 1 minute.
4 Parsley, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	
Lemon, Zest	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	Grated	

# Shrimp Scampi Hmd (Shrimp Scampi)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Add lemon juice, parsley and lemon rind to saute mixture. Add shrimp. Saute to internal temp 155F 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 Beef Barley Hmd f/Cubes (Beef Barley Soup)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	Simmer	6 fl. oz	ⓘ Contains: AllergenWheat, Carrots, Beef, Onion, Celery, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	8 g	6 g	1 g	30 mg	230 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Cubes Raw	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Brown Beef Cubes in kettle.
2 Celery, Fresh	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Chopped	
Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Chopped	Add remaining ingredients. Bring to a boil, cooking to *internal temp >155F for 15 sec. Lower heat and simmer 1 hr.
3 Barley, Pearl	2 Oz	5 Oz	10 Oz	1 lb 4 Oz		
Base, Beef Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Water, Tap	1 3/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	4 Gal 3 Cup		
Carrot, Fresh	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Chopped	
Pepper, Black Ground	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/3 Cup		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

# Soup Beef Barley Hmd f/Cubes (Beef Barley Soup)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Bay Leaf, Whole	1/8 tsp	1/4 tsp	1/2 tsp	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 to 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: Spinach, Garlic, AllergenMilk

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: Garlic, AllergenMilk

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 Cobb Salad (Steak Cobb Salad)



COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Chill	1 each	<b>⚠️ Contains: Tomato, Beef, AllergenEggs, Spinach, Peppers Bell</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	13 g	15 g	9 g	75 mg	280 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Egg Boiled Hard Whole RTS	5 each	12.5 each	25 each	50 each	Chopped	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Thaw Steak Prepare Hard Boiled Eggs as per separate recipe. Remove shell & refrigerate cooked Eggs at <40F for at least 2 hours.
<b>2</b> Beef, Steak Strips Julienne	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cooked	Cut Steak into strips. Heat Steak to 155F held for 15 sec. CCP - Maintain >140F for only 4 hrs. Chicken will be hot when placed on Salad.
<b>3</b> Lettuce, Iceberg	6.5 Oz	1 lb	2 lb	4 lb	Bite Size	For each Salad, place 2 cup Lettuces on plate. Add 1 Tablespoon chopped Green Pepper, 1 Tablespoon chopped Tomato, 1Tablespoon Chopped Egg. CCP - Maintain <40F. At time of service add 3 oz hot Steak. **Traditionally, toppings are not evenly distributed in a Cobb Salad. Each Topping is placed in a separate pile on the top of the Salad. Check with Manager in regard to placement of Toppings for your facility. Serve with 2 Tablespoons Dressing.
Lettuce, Romaine Fresh	6.5 Oz	1 lb	2 lb	4 lb	Bite Size	
Spinach, Fresh	6.5 Oz	1 lb	2 lb	4 lb	Bite Size	



# Steak Cobb Salad (Steak Cobb Salad )



INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Lettuce, Green Leaf	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		
Tomato, Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Chopped	
Pepper, Green Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Chopped	
Dressing, French LoCal Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					CCP -- Maintain <40F/4C; discard unused product.
5					

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<b>ⓘ Contains: Strawberry</b>

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

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

# Turkey Burger Hawaiian (Hawaiian Turkey Burger)



COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Make	1 each	ⓘ Contains: Turkey, Pineapple, AllergenSoy, AllergenWheat, AllergenEggs, Garlic, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
410 kcal	45 g	26 g	14 g	175 mg	580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Turkey Burger Patty f/Grd	10 each	25 each	50 each	100 each	Prepared	Prepare turkey patties as per separate recipe. Transfer to pans & cover.
3 Sauce Teriyaki	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Prepared	Prepare teriyaki sauce as per separate recipe. Cover and simmer for 15 min.
4 Pineapple Slice f/Cnd	10 slice	25 slice	50 slice	100 slice	Drained	Grill pineapple slices on flat top grill until they just start to brown.
5 Bun Hamburger Whole Wheat	10 each	25 each	50 each	100 each		Just before service, warm hamburger buns in oven.
6						To serve: Place one turkey patty on bottom bun; top with 0.5 oz teriyaki glaze and 1 slice pineapple . Cover with top of bun.
7						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

# Turkey Burger Hawaiian (Hawaiian Turkey Burger)

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

# Turkey Burger Patty f/Grd (Turkey Patty)



COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	Cook	1 each	<b>ⓘ Contains: AllergenEggs, Turkey, AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	8 g	14 g	9 g	50 mg	150 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 ingredients in a large bowl and mix well. Working with 1/2 cup of turkey mixture at a time, shape into patties 1/2 inch thick. Cook on flat top for 7-10 minutes per side. Or grill 5-6 inches over medium high heat for 7-10 min on each side.
Turkey, Ground Bulk 85/15	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	
Bread Crumbs, Plain	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt	
Egg, Liquid	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp	
Marjoram, Ground	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	
<b>3</b>					For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

# Turkey Burger Patty f/Grd (Turkey Patty)



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

# Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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



# Pineapple Slice f/Cnd (Pineapple Slice)

COOK TEMP	SERVING SIZE	ALLERGENS
0.0 °F	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
<b>1</b>					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
<b>2</b> Pineapple, Slices JcPk	0.4 no. 10 can	1 no. 10 can	2 no. 10 can	4 no. 10 can	Lightly drain fruit. Portion using 1/2 Cup solid spoodle or #10 scoop.
<b>3</b>					Refrigerate at <40F until service.

# Sauce Teriyaki (Teriyaki Sauce)



COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	2 fl. oz	ⓘ Contains: AllergenSoy, AllergenWheat, Garlic, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	9 g	2 g	0 g	20 mg	470 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sauce, Soy Bulk LS	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Combine all ingredients. Bring to a boil. Cover and simmer for 15 min. Serve 2 fl oz.
Water, Tap	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	
<b>2</b> Sugar, Brown Light	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup	
Ginger, Ground	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp	
Garlic, Whole Fresh	0.94 clove	2.35 clove	4.7 clove	9.4 clove	
Wine, Cooking Sherry	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	

# Sauce Teriyaki (Teriyaki Sauce)

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

# Turkey Mornay f/Pulled (Turkey Mornay)



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

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

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

# Turkey Mornay f/Pulled (Turkey Mornay)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cheese, Swiss Shredded	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Cheese, Parmesan Grated	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
5	Turkey, Pulled/Shredded	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	Thawed	Steam or boil broccoli to partially cook until crisp tender. Gently fold broccoli and turkey into sauce mixture.
	Broccoli, Florets Frz	1 lb 10 Oz	4 lb	8 lb	16 lb		
6							Portion casserole into baking pans and bake 30-40 min at 350F/177C.
7							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Vegetable Mix Capri Blend (Capri Blend Vegetables)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	1 g	2 g	20 mg	65 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam or boil vegetables until tender, approx 8 to 10 min. Add Seasoning and mix well.
Vegetable Mix, Capri Frz	2 lb	5 lb	10 lb	20 lb	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
<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 Garden Blend (Garden Blend Vegetables)

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

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

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

# Vegetable Mix Oriental Blend (Oriental Blend Vegetables)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam or boil Vegetables until tender. approx 8 to 10 min Add Seasoning and mix well.
Vegetable Mix, Oriental Frz	4 lb	10 lb	20 lb	40 lb	
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
Ginger, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<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 Prince Edward Blend (Prince Edward Vegetable Blend)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Steam or boil vegetables until tender. approx 8 to 10 min Add margarine & mix well.
	Vegetable Mix, Prince Edward 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.

# Zucchini Seasoned f/Fresh (Seasoned Zucchini)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	3 g	2 g	2 g	20 mg	120 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	Zucchini, Fresh	2 lb	5 lb	10 lb	20 lb	Chopped	Steam or boil vegetables until tender, approx 6 to 8 min.
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Gently stir in margarine and seasoning.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
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.



## NUTRIENT ANALYSIS

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

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

**Nutrient Analysis**  
**North Dakota Department**  
**on Aging**  
**Month Menu March**  
**Lunch 2024**

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	810 kcal
Protein (g)	30 (g)	42 (g)
Carbohydrate	NA	106 (g)
Fat	30-35% of calories, less is acceptable	32%
Fiber (g)	9 (g)	11 (g)
Vitamins and Minerals	Minimum Requirements +/- 10%	Menu Provides
Vitamin A	300 mcg	638.82 mcg
Vitamin B-6	.6 mg	1.31 mg
Vitamin B12	.8 mcg	2.91 mcg
Vitamin C	30 mcg	71.99 mcg
Vitamin D	3 mcg	5.0 mcg
Calcium	330 mg	650 mg
Potassium	1567 mg	1800 mg
Sodium	<1100mg avg over one month	1030 mg

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

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

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

Daily Nutrient Analysis: Friday, Week 1, Month Menu March 2024

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>880</b>	<b>132</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>77</b>	<b>0</b>	<b>32</b>	<b>32</b>	<b>545</b>	<b>5</b>	<b>1515</b>	<b>805</b>	<b>398</b>	<b>289</b>	<b>52</b>	<b>3</b>	<b>35</b>	<b>53</b>	<b>65</b>	<b>1</b>	<b>8</b>
Lunch																						
1/2cup Potato Wedges f/RTB	110	21	2	0	0	0	0	3	3	20	0.75	350	30	0	0	5.87	0	0	0	0	0.06	1
1 Each Hamburger on WW Bun *	270	20	2	0	0	1	0	16	15	75	2.5	175	140	95.09	5.21	2.4	0	1.16	4.3	45	0.7	4.5
8fl. oz Milk 1% 8 flz PC	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	233.64	142.65	0	3	0.25	12.3	15	0	1.5
1 Serv Condiment Mustard Mayo Ketchup	40	5	0	0	0	3	0	0	3	10	0.2	40	210	9.32	2.7	0.3	0	5.35	1.74	5	0.01	0
1 Each Garnish Lettuce Tomato Pickle Onion	20	4	1	0	0	2	0	1	0	30	0.4	175	120	21.45	23.11	6.16	0	15.4	20.74	0	0	0
1/2cup Coleslaw Confetti *	120	16	1	0	0	12	0	2	6	20	0.4	125	120	15.45	92.08	29.66	0	7.58	8.64	0	0	1
1 Each Apple Baked f/Fresh	220	53	4	0	0	46	0	1	2	40	0.5	250	75	22.93	23.15	7.29	0.4	5.7	5.22	0	0.13	0
<b>Lunch TOTAL</b>	<b>880</b>	<b>132</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>77</b>	<b>0</b>	<b>32</b>	<b>31.5</b>	<b>545</b>	<b>4.85</b>	<b>1515</b>	<b>805</b>	<b>397.88</b>	<b>288.9</b>	<b>51.68</b>	<b>3.4</b>	<b>35.44</b>	<b>52.94</b>	<b>65</b>	<b>0.9</b>	<b>8.0</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>710</b>	<b>99</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>44</b>	<b>19</b>	<b>535</b>	<b>5</b>	<b>1725</b>	<b>775</b>	<b>623</b>	<b>1293</b>	<b>81</b>	<b>4</b>	<b>50</b>	<b>156</b>	<b>85</b>	<b>1</b>	<b>3</b>
Lunch																						
3oz Chicken Breast Baked f/Bnls	100	0	0	0	0	0	0	20	2.5	10	0.4	300	135	181.5	11.07	0	0	0.32	7.73	65	0.01	0
1/2cup Potato Sweet Glazed Orange f/Fresh	180	36	3	0	0	21	0	2	3.5	50	0.75	350	85	45.37	681.06	7.39	0.6	5.8	13.03	0	0.26	0.5
1/2cup Peas Green w/Paprika f/Frz	90	13	4	0	0	5	0	5	2	30	1.5	150	115	74.79	114.15	16.33	0.4	27.45	48.15	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
<b>Lunch TOTAL</b>	<b>710</b>	<b>99</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>44</b>	<b>19.0</b>	<b>535</b>	<b>5.15</b>	<b>1725</b>	<b>775</b>	<b>622.95</b>	<b>1293.21</b>	<b>81.05</b>	<b>4.0</b>	<b>50.26</b>	<b>156.45</b>	<b>85</b>	<b>0.79</b>	<b>3.0</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>895</b>	<b>103</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>47</b>	<b>37</b>	<b>730</b>	<b>4</b>	<b>1715</b>	<b>1075</b>	<b>878</b>	<b>447</b>	<b>56</b>	<b>6</b>	<b>119</b>	<b>130</b>	<b>140</b>	<b>1</b>	<b>13</b>
Lunch																						
1/2cup Potato Red w/Skin Sliced f/Fresh	130	28	2	0	0	1	0	3	1.5	20	0.5	450	20	54.52	14.41	10.07	0.2	4.61	12.26	0	0.1	0
1/2cup Broccoli Florets & Cheese Sauce f/Frz	180	11	3	0	0	5	0	11	12	300	1	350	230	221.46	194.14	45.61	1.5	103.67	43.52	30	0.46	6
1 Each Pork Chop Stuffed f/Bnls	240	16	1	0	0	1	0	21	10	40	1.5	400	380	215.78	6.13	0.11	0.6	0.2	30.92	70	0.06	3
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 2x3 Cornbread f/Mix	130	20	2	0	0	6	0	3	4	20	1	40	240	147.45	13.2	0.03	0.2	1.43	30.34	20	0	1
1/2cup Apple Scalloped Hmd f/Frz	90	15	1	0	0	13	0	0	4	0	0.2	75	60	5.94	36.91	0.08	0.6	4.18	0.76	0	0.26	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
<b>Lunch TOTAL</b>	<b>895</b>	<b>103</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>47</b>	<b>37.0</b>	<b>730</b>	<b>4.3</b>	<b>1715</b>	<b>1075</b>	<b>877.75</b>	<b>447.26</b>	<b>55.91</b>	<b>6.1</b>	<b>119.38</b>	<b>130.05</b>	<b>140</b>	<b>1.06</b>	<b>12.5</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>825</b>	<b>86</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>45</b>	<b>37</b>	<b>520</b>	<b>4</b>	<b>1590</b>	<b>1000</b>	<b>660</b>	<b>450</b>	<b>25</b>	<b>4</b>	<b>49</b>	<b>158</b>	<b>95</b>	<b>1</b>	<b>7</b>
Lunch																						
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	0
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup Chicken Pot Pie w/Biscuit Crust f/Pulled	360	26	2	0	0	5	0	28	15	100	2.25	350	520	297.22	247.6	4.89	1	22.11	54.36	75	0.4	3.5
1/2cup Artichoke Salad w/Vinaigrette	170	9	3	0	0	3	0	3	15	20	0.75	350	210	73.15	16.76	10	0	19.49	47.52	0	0.06	1
<b>Lunch TOTAL</b>	<b>825</b>	<b>86</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>45</b>	<b>36.5</b>	<b>520</b>	<b>4.4</b>	<b>1590</b>	<b>1000</b>	<b>660.08</b>	<b>450.22</b>	<b>24.78</b>	<b>4</b>	<b>48.67</b>	<b>157.98</b>	<b>95</b>	<b>0.65</b>	<b>6.5</b>



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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>860</b>	<b>125</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>41</b>	<b>27</b>	<b>565</b>	<b>5</b>	<b>1520</b>	<b>1190</b>	<b>706</b>	<b>227</b>	<b>20</b>	<b>4</b>	<b>21</b>	<b>121</b>	<b>120</b>	<b>0</b>	<b>8</b>
Lunch																						
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1/2cup Potato Tator Tots f/RTB	160	23	2	0	0	0	0	2	7	20	0.5	250	390	69.27	0	3.3	0	3.05	18.97	0	0	1.5
1 Each Ketchup PC	5	2	0	0	0	1	0	0	0	0	0	20	65	1.82	1.82	0.29	0	0.21	0.63	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Turkey Burger Hawaiian	410	45	5	0	0	13	0	26	14	175	4	450	580	325.2	41.3	5.77	0.6	5.67	54.39	100	0.17	4
1 Each Corn Cobbette Frz	70	18	2	0	0	0	0	3	0.5	0	0.5	200	5	58.51	0	3.74	0	0	24.19	0	0	0
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
<b>Lunch TOTAL</b>	<b>860</b>	<b>125</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>41</b>	<b>27.0</b>	<b>565</b>	<b>5.4</b>	<b>1520</b>	<b>1190</b>	<b>706.11</b>	<b>227.15</b>	<b>19.81</b>	<b>3.6</b>	<b>21.08</b>	<b>121.35</b>	<b>120</b>	<b>0.35</b>	<b>7.5</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>700</b>	<b>94</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>36</b>	<b>27</b>	<b>510</b>	<b>5</b>	<b>1550</b>	<b>1030</b>	<b>600</b>	<b>334</b>	<b>62</b>	<b>4</b>	<b>55</b>	<b>128</b>	<b>130</b>	<b>1</b>	<b>8</b>
Lunch																						
1 Each Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
3 Each Meatballs Porcupine w/Sauce *	290	18	2	0	0	3	0	18	17	50	3	500	590	195.1	45.58	6.8	0.6	3.81	26.85	110	0.91	6
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
1/2cup Green Beans Herb Frz *	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1 Each Mango Diced PC	70	18	2	0	0	16	0	1	0	20	0.2	200	5	15.88	61.23	41.28	0	4.76	48.76	0	0	0
<b>Lunch TOTAL</b>	<b>700</b>	<b>94</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>36</b>	<b>27.0</b>	<b>510</b>	<b>5.1</b>	<b>1550</b>	<b>1030</b>	<b>599.79</b>	<b>333.71</b>	<b>61.9</b>	<b>4.0</b>	<b>54.99</b>	<b>128.31</b>	<b>130</b>	<b>1.26</b>	<b>8.0</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>855</b>	<b>83</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>36</b>	<b>48</b>	<b>635</b>	<b>4</b>	<b>1600</b>	<b>1285</b>	<b>697</b>	<b>574</b>	<b>107</b>	<b>6</b>	<b>100</b>	<b>178</b>	<b>170</b>	<b>2</b>	<b>13</b>
Lunch																						
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
1cup Cucumber & Tomato Salad f/Fresh	140	12	2	0	0	8	0	2	10	30	0.75	500	180	55.06	72.72	24.36	0	29.62	28.92	0	0.04	1
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
4oz Shrimp Scampi Hmd	180	5	0	0	0	0	0	14	13	75	0.5	175	580	238.33	129.83	6.49	1.5	37.7	22.01	115	0.56	2
1/2cup Pasta Linguine Herbed	270	21	1	0	0	2	0	6	18	75	1.25	125	230	88.35	173.91	1.42	1	26.92	63.95	35	0.89	8
1 Each Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
<b>Lunch TOTAL</b>	<b>855</b>	<b>83</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>36</b>	<b>48.0</b>	<b>635</b>	<b>3.55</b>	<b>1600</b>	<b>1285</b>	<b>696.66</b>	<b>574.33</b>	<b>106.76</b>	<b>5.5</b>	<b>100.09</b>	<b>177.53</b>	<b>170</b>	<b>1.67</b>	<b>13.0</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>820</b>	<b>111</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>46</b>	<b>28</b>	<b>475</b>	<b>3</b>	<b>1675</b>	<b>805</b>	<b>802</b>	<b>267</b>	<b>66</b>	<b>4</b>	<b>26</b>	<b>135</b>	<b>90</b>	<b>1</b>	<b>6</b>
Lunch																						
1 Each Mango Diced PC	70	18	2	0	0	16	0	1	0	20	0.2	200	5	15.88	61.23	41.28	0	4.76	48.76	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup Chili Verde	200	4	0	0	0	2	0	26	8	20	0.75	500	430	279.84	3.48	2.11	0.6	3.16	2.87	75	0.04	2
2oz Chips Tortilla Yellow Bulk	270	39	3	0	0	0	0	5	12	75	1	125	190	127.57	0	0	0	11.85	6.8	0	0.46	1.5
1cup Corn Southwest *	180	37	5	0	0	6	0	5	5	10	1.25	450	70	146.44	60.42	22.64	0.6	5.66	64.78	0	0.26	1
<b>Lunch TOTAL</b>	<b>820</b>	<b>111</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>37</b>	<b>0</b>	<b>46</b>	<b>27.5</b>	<b>475</b>	<b>3.3</b>	<b>1675</b>	<b>805</b>	<b>801.53</b>	<b>266.65</b>	<b>66.03</b>	<b>4.2</b>	<b>25.67</b>	<b>135.41</b>	<b>90</b>	<b>0.76</b>	<b>6.0</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>770</b>	<b>95</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>44</b>	<b>29</b>	<b>550</b>	<b>6</b>	<b>1775</b>	<b>935</b>	<b>683</b>	<b>374</b>	<b>115</b>	<b>5</b>	<b>242</b>	<b>156</b>	<b>85</b>	<b>1</b>	<b>6</b>
Lunch																						
1/2cup Brussels Sprouts Roasted f/Fresh	100	11	5	0	0	3	0	4	6	75	1.75	500	180	81.58	44.85	100.24	0	212.42	71.96	0	0	1
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Chicken Marsala *	210	8	1	0	0	1	0	21	10	20	1	450	210	218.85	81.73	1.54	1.5	10.41	15.14	65	0.53	2
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Peaches & Pears Diced JcPk Cnd	60	15	2	0	0	12	0	1	0	10	0.4	150	5	17.34	11.4	3.11	0	1.2	2.4	0	0	0
<b>Lunch TOTAL</b>	<b>770</b>	<b>95</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>44</b>	<b>28.5</b>	<b>550</b>	<b>5.75</b>	<b>1775</b>	<b>935</b>	<b>683.43</b>	<b>373.6</b>	<b>115.18</b>	<b>4.7</b>	<b>241.55</b>	<b>155.85</b>	<b>85</b>	<b>1.0</b>	<b>5.5</b>

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

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>850</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>41</b>	<b>28</b>	<b>610</b>	<b>6</b>	<b>1795</b>	<b>885</b>	<b>702</b>	<b>736</b>	<b>117</b>	<b>5</b>	<b>164</b>	<b>203</b>	<b>210</b>	<b>1</b>	<b>12</b>
Lunch																						
1/2cup Strawberries f/Fresh	35	9	2	0	0	6	0	1	0	20	0.5	175	5	27.22	1.13	66.68	0	2.49	27.22	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
1 Each Steak Cobb Salad *	180	13	3	0	0	7	0	15	9	75	3	600	280	166.41	324.65	39.71	0.6	150.12	98.52	120	0.09	2.5
1cup Knoephla Soup *	380	59	3	0	0	7	0	11	11	125	1.25	500	150	188.45	227.95	10.51	1.5	2.78	33.85	70	0.37	7
1 Each Crackers Saltine 2-ct Pkg	15	3	0	0	0	0	0	0	0	0	0.2	0	30	3.06	0.03	0	0	0.76	4.02	0	0.01	0
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
<b>Lunch TOTAL</b>	<b>850</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>41</b>	<b>28.0</b>	<b>610</b>	<b>6.05</b>	<b>1795</b>	<b>885</b>	<b>701.59</b>	<b>736.38</b>	<b>116.95</b>	<b>5.1</b>	<b>163.79</b>	<b>203.3</b>	<b>210</b>	<b>0.65</b>	<b>11.5</b>

**Daily Nutrient Analysis: Friday, Week 3, Month Menu March 2024**

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
<b>PROVIDER CHOICE</b>																							
<b>DAILY TOTAL</b>	<b>1040</b>	<b>126</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>39</b>	<b>49</b>	<b>575</b>	<b>6</b>	<b>1775</b>	<b>2225</b>	<b>607</b>	<b>1306</b>	<b>70</b>	<b>4</b>	<b>113</b>	<b>188</b>	<b>90</b>	<b>1</b>	<b>14</b>	
Lunch																							
1/2cup Carrot Glazed f/Frz	110	14	4	0	0	9	0	1	7	50	0.75	225	120	35.67	1020.83	2.62	0.8	22.45	12.56	0	0.44	1	
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1	
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5	
1/2cup Potato Red Roasted Quarter w/Peel	180	25	2	0	0	1	0	3	9	20	0.4	450	150	49.72	0.03	9.16	0	9.13	11.16	0	0.03	0.5	
1cup Beef Corned w/Cabbage	190	6	2	0	0	3	0	14	13	50	2	450	1050	122.46	4.54	56.02	0	68.95	43.23	50	0	4	
2 Slice Bread Rye Seeded Thick Slice	250	47	6	0	0	4	0	9	3	75	3	175	580	120	0	0.38	0	1.15	105.6	0	0	0.5	
1 2x3 ~ Sq Gelatin Seafoam Salad w/Pineapple	160	21	0	0	0	19	0	3	8	30	0.1	75	150	46.16	57.44	2.02	0	0.81	3.23	20	0.22	5	
<b>Lunch TOTAL</b>	<b>1040</b>	<b>126</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>0</b>	<b>39</b>	<b>48.5</b>	<b>575</b>	<b>6.35</b>	<b>1775</b>	<b>2225</b>	<b>607.41</b>	<b>1306.26</b>	<b>70.21</b>	<b>3.8</b>	<b>112.83</b>	<b>188.08</b>	<b>90</b>	<b>1.06</b>	<b>13.5</b>	

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

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

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>645</b>	<b>101</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>37</b>	<b>17</b>	<b>810</b>	<b>7</b>	<b>2170</b>	<b>1250</b>	<b>709</b>	<b>774</b>	<b>95</b>	<b>4</b>	<b>90</b>	<b>284</b>	<b>45</b>	<b>0</b>	<b>6</b>
Lunch																						
1cup Pasta Ziti Italian Bake	330	49	3	0	0	9	0	19	7	350	4	600	660	313.89	90.28	13.25	0.4	6.76	125.33	25	0.1	3.5
1/2cup Zucchini Seasoned f/Fresh	30	3	1	0	0	2	0	2	2	20	0.4	250	120	34.59	27.52	16.24	0.4	5.97	21.79	0	0.13	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1 Each Roll Wheat RTS	70	15	2	0	0	2	0	3	1.5	30	0.75	100	150	62.72	0	0	0	0.56	8.4	0	0	0
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.39	263.51	57.22	0	3.9	32.74	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
<b>Lunch TOTAL</b>	<b>645</b>	<b>101</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>37</b>	<b>17.0</b>	<b>810</b>	<b>6.65</b>	<b>2170</b>	<b>1250</b>	<b>709.17</b>	<b>773.52</b>	<b>95.09</b>	<b>3.8</b>	<b>90.2</b>	<b>283.74</b>	<b>45</b>	<b>0.41</b>	<b>5.5</b>



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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>710</b>	<b>90</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>0</b>	<b>37</b>	<b>28</b>	<b>560</b>	<b>5</b>	<b>1975</b>	<b>790</b>	<b>611</b>	<b>330</b>	<b>164</b>	<b>4</b>	<b>159</b>	<b>179</b>	<b>55</b>	<b>1</b>	<b>4</b>
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Salmon Herb Roasted	120	2	1	0	0	0	0	13	8	20	0.75	350	60	123.75	45.46	8.41	0.6	4.9	16.82	35	0.26	1
1/2cup Potato Wedges Rosemary f/Fresh	170	30	2	0	0	2	0	3	4.5	20	0.75	550	150	68.43	0.45	17.58	0	3.73	13.08	0	0.02	0
1/2cup Broccoli Lemon Walnut	90	10	4	0	0	2	0	5	4.5	75	1.25	450	160	106.23	58.29	117.61	0.4	133.02	83.44	0	0.13	0.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Fruit Fresh Spring/Summer	40	11	1	0	0	8	0	1	0	20	0.3	150	5	14.46	2.68	20.74	0	4.18	10.65	0	0	0
<b>Lunch TOTAL</b>	<b>710</b>	<b>90</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>0</b>	<b>37</b>	<b>28.0</b>	<b>560</b>	<b>5.15</b>	<b>1975</b>	<b>790</b>	<b>610.77</b>	<b>330.3</b>	<b>164.45</b>	<b>4.0</b>	<b>158.62</b>	<b>178.79</b>	<b>55</b>	<b>0.8</b>	<b>4.0</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>675</b>	<b>101</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>31</b>	<b>23</b>	<b>840</b>	<b>8</b>	<b>1625</b>	<b>835</b>	<b>583</b>	<b>394</b>	<b>82</b>	<b>4</b>	<b>35</b>	<b>195</b>	<b>45</b>	<b>0</b>	<b>9</b>
Lunch																						
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
2 Each Enchiladas Bean Black	410	50	7	0	0	3	0	17	17	450	6	600	670	240.15	122.04	8.54	0.2	17.5	119.32	30	0.28	6
1/4cup Garnish Lettuce Shredded	5	2	0	0	0	1	0	0	0	10	0.2	75	5	8.16	10.21	1.14	0	9.84	11.84	0	0	0
1/2cup Oranges Mandarin JcPk w/Whip Topping	60	14	1	0	0	12	0	1	1	20	0.4	175	10	13.77	55.86	44.28	0	0.25	6.47	0	0	1
1 #12 sc. Pico de Gallo f/Fresh	10	3	1	0	0	1	0	1	0	10	0.2	125	15	13.39	18.03	6.4	0	3.6	8.04	0	0	0
1/2cup Corn Southwest f/Frz	90	19	3	0	0	3	0	3	2.5	0	0.75	250	25	76.1	46.7	22.12	0.4	3.41	37.47	0	0.13	0
<b>Lunch TOTAL</b>	<b>675</b>	<b>101</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>31</b>	<b>23.0</b>	<b>840</b>	<b>7.65</b>	<b>1625</b>	<b>835</b>	<b>583.37</b>	<b>394.36</b>	<b>82.48</b>	<b>3.6</b>	<b>34.84</b>	<b>195.34</b>	<b>45</b>	<b>0.41</b>	<b>8.5</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>705</b>	<b>93</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>46</b>	<b>24</b>	<b>625</b>	<b>7</b>	<b>1775</b>	<b>970</b>	<b>659</b>	<b>681</b>	<b>38</b>	<b>4</b>	<b>418</b>	<b>249</b>	<b>95</b>	<b>0</b>	<b>8</b>
Lunch																						
1/2cup Spinach w/Garlic Butter	45	4	2	0	0	0	0	3	3.5	100	2.25	500	105	41.13	407.85	23.01	0	395.22	158.57	10	0	2
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Beef Roast f/Top Round	140	0	0	0	0	0	0	21	6	30	1.75	350	200	190.93	0.07	0	0	1.58	10.83	60	0	2.5
2fl. oz Gravy Mushroom Semi_scratch *	40	5	1	0	0	2	0	2	2	40	0.3	75	115	39.38	12.26	0.22	0.4	0.41	7.3	5	0.01	0.5
1/2cup Potato Mashed f/Inst Granules	110	24	2	0	0	1	0	3	1.5	20	0.3	200	125	66.75	11.88	10.07	0.2	3.75	10.9	0	0.08	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Peaches Sliced JcPk Cnd w/Cranberry Sauce	80	23	2	0	0	19	0	2	0	10	0.5	175	10	22.99	25.46	4.77	0	4.5	6.42	0	0	0
<b>Lunch TOTAL</b>	<b>705</b>	<b>93</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>46</b>	<b>24.0</b>	<b>625</b>	<b>7.2</b>	<b>1775</b>	<b>970</b>	<b>659.08</b>	<b>680.94</b>	<b>38.18</b>	<b>3.6</b>	<b>418.25</b>	<b>248.82</b>	<b>95</b>	<b>0.48</b>	<b>7.5</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
			9																				
<b>DAILY TOTAL</b>	<b>910</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>48</b>	<b>34</b>	<b>730</b>	<b>9</b>	<b>1550</b>	<b>1120</b>	<b>736</b>	<b>795</b>	<b>19</b>	<b>5</b>	<b>50</b>	<b>135</b>	<b>135</b>	<b>1</b>	<b>10</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 Vegetable Mix Prince Edward Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0	
1/2cup Crisp Apricot Hmd	200	38	3	0	0	28	0	3	6	40	1	300	55	55.31	182.38	7.51	0.8	9.91	5.89	0	0.41	1	
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1	
3oz Chicken Cornflake Thigh & Drum	160	11	1	0	0	1	0	19	4.5	10	4.5	250	290	169.93	67.12	2.38	0.6	3.07	44.17	85	0.02	1	
1/2cup Company Potatoes	180	17	1	0	0	2	0	8	10	225	1	350	310	165	108.43	6.04	0.6	1.26	12.34	30	0.18	5	
<b>Lunch TOTAL</b>	<b>910</b>	<b>115</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>0</b>	<b>48</b>	<b>33.5</b>	<b>730</b>	<b>9.35</b>	<b>1550</b>	<b>1120</b>	<b>736.36</b>	<b>795.06</b>	<b>18.95</b>	<b>5.4</b>	<b>50.42</b>	<b>134.56</b>	<b>135</b>	<b>1.13</b>	<b>9.5</b>	

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>805</b>	<b>95</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>36</b>	<b>35</b>	<b>570</b>	<b>6</b>	<b>1700</b>	<b>860</b>	<b>591</b>	<b>349</b>	<b>89</b>	<b>5</b>	<b>30</b>	<b>110</b>	<b>120</b>	<b>2</b>	<b>10</b>
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
3oz Meatloaf & Gravy f/Mix	240	6	0	0	0	1	0	16	17	75	2	300	280	168.57	30.68	0.17	0.6	1.73	19.41	95	0.92	6
1/2cup Vegetable Mix Capri Blend	35	4	0	0	0	3	0	1	2	20	0.3	200	65	17.49	50.23	49.3	0.4	8.03	19.13	0	0.13	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1/2cup Potato Mashed caramelized onions *	190	34	2	0	0	4	0	4	5	50	0.75	650	95	102.97	43.77	18.36	0.8	7.22	14.49	5	0.22	1
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Applesauce Strawberry	50	14	2	0	0	10	0	0	0	0	0.4	75	5	4.39	0.88	20.64	0	0.44	2.64	0	0	0
<b>Lunch TOTAL</b>	<b>805</b>	<b>95</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>36</b>	<b>35.0</b>	<b>570</b>	<b>5.55</b>	<b>1700</b>	<b>860</b>	<b>591.32</b>	<b>348.98</b>	<b>88.58</b>	<b>4.8</b>	<b>30.21</b>	<b>110.47</b>	<b>120</b>	<b>1.66</b>	<b>9.5</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>690</b>	<b>81</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>43</b>	<b>27</b>	<b>585</b>	<b>5</b>	<b>1630</b>	<b>1160</b>	<b>623</b>	<b>708</b>	<b>26</b>	<b>4</b>	<b>139</b>	<b>204</b>	<b>185</b>	<b>1</b>	<b>8</b>
Lunch																						
1 Each Crackers Saltine Unsalted PC	25	5	0	0	0	0	0	1	0.5	10	0.4	10	50	6.3	0	0	0	0	7.44	0	0	0
1 Each Breadstick Garlic f/7 in	150	20	1	0	0	0	0	4	7	10	1.25	40	240	35.09	41.5	0.01	0.6	5.27	46.04	0	0.3	1
2 Each Dressing Italian LoCal PC	30	3	0	0	0	3	0	0	2	0	0.1	30	270	3.55	0.3	0	0	3.7	0.89	0	0.01	0
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Chef Salad Mixed greens *	200	6	2	0	0	2	0	21	11	175	2.5	500	220	256.18	382.63	14.05	0.8	118.45	105.02	150	0.17	4.5
6fl. oz Soup Beef Barley Hmd f/Cubes	60	8	2	0	0	2	0	6	1	30	0.75	200	230	64.18	97.72	1.86	0	5.87	10.09	15	0.04	0
<b>Lunch TOTAL</b>	<b>690</b>	<b>81</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>43</b>	<b>27.0</b>	<b>585</b>	<b>5.4</b>	<b>1630</b>	<b>1160</b>	<b>622.76</b>	<b>708.01</b>	<b>25.76</b>	<b>4.4</b>	<b>139.14</b>	<b>204.33</b>	<b>185</b>	<b>0.7</b>	<b>7.5</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>805</b>	<b>116</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>46</b>	<b>20</b>	<b>535</b>	<b>5</b>	<b>1675</b>	<b>710</b>	<b>643</b>	<b>673</b>	<b>46</b>	<b>4</b>	<b>63</b>	<b>159</b>	<b>85</b>	<b>1</b>	<b>5</b>
Lunch																						
1/2cup Rice Steamed	120	27	1	0	0	0	0	3	0	30	0.3	75	50	50.49	0	0	0	0.03	2.64	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1cup Vegetable Mix Oriental Blend	150	24	8	0	0	6	0	6	4	50	1.5	350	95	92.88	425.16	5.82	0.6	46.76	34.52	0	0.26	0.5
1/2 Each Bread Naan	190	33	1	0	0	2	0	7	3.5	75	2.25	100	300	63.79	0	0	0	0	65.06	0	0.03	1
3oz Chicken a la Orange Breast	160	3	0	0	0	1	0	20	7	10	0.4	350	85	184.5	60.13	9.17	0.8	5.9	12.08	65	0.37	1.5
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.71	5.1	30.62	0	4.93	32.32	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
<b>Lunch TOTAL</b>	<b>805</b>	<b>116</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>46</b>	<b>20.0</b>	<b>535</b>	<b>4.85</b>	<b>1675</b>	<b>710</b>	<b>642.97</b>	<b>672.86</b>	<b>45.62</b>	<b>4.4</b>	<b>62.91</b>	<b>158.87</b>	<b>85</b>	<b>0.84</b>	<b>5.0</b>

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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>1065</b>	<b>158</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>61</b>	<b>0</b>	<b>47</b>	<b>33</b>	<b>740</b>	<b>6</b>	<b>2325</b>	<b>865</b>	<b>788</b>	<b>1170</b>	<b>70</b>	<b>6</b>	<b>106</b>	<b>119</b>	<b>100</b>	<b>1</b>	<b>8</b>
Lunch																						
1 Each Potato Bkd f/Fresh	240	55	4	0	0	4	0	5	1.5	20	1	1000	15	126	0	32.26	0	1.53	22.68	0	0	0
1/2cup Carrot Parsley *	50	8	3	0	0	4	0	1	2.5	40	0.75	200	75	30.47	786.42	2.73	0.4	21.37	10.92	0	0.13	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
1cup Turkey Mornay f/Pulled	210	10	2	0	0	4	0	25	8	150	1.25	400	240	254.79	115.3	29.46	1.5	68.29	31.59	75	0.38	2.5
1/2cup Crisp Peach Hmd	240	47	3	0	0	35	0	3	6	30	1	250	60	51.91	86.18	5.79	0.8	9.23	7.5	0	0.41	1
<b>Lunch TOTAL</b>	<b>1065</b>	<b>158</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>61</b>	<b>0</b>	<b>47</b>	<b>32.5</b>	<b>740</b>	<b>5.85</b>	<b>2325</b>	<b>865</b>	<b>787.61</b>	<b>1170.37</b>	<b>70.36</b>	<b>5.7</b>	<b>105.71</b>	<b>119.1</b>	<b>100</b>	<b>1.1</b>	<b>8.0</b>



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

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



	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>890</b>	<b>114</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>43</b>	<b>33</b>	<b>640</b>	<b>7</b>	<b>1650</b>	<b>705</b>	<b>659</b>	<b>893</b>	<b>92</b>	<b>7</b>	<b>130</b>	<b>249</b>	<b>60</b>	<b>2</b>	<b>6</b>
Lunch																						
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
1 Whole Orange Fresh Whole	70	17	3	0	0	13	0	2	0	75	0.2	300	0	19.6	15.4	74.48	0	0	42	0	0	0
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
3oz Fish Cod w/Garlic Butter Sauce	210	3	1	0	0	0	0	16	15	50	1.25	400	170	182.95	158.74	2.31	3	30.85	10.02	40	1.05	2.5
1/2cup Rice Pilaf Wild f/Rice Blend	170	33	1	0	0	1	0	4	2.5	40	1.5	125	25	65.17	70.4	8.94	0.4	38.58	107.4	0	0.13	0
1cup Vegetable Mix Garden Blend	150	24	8	0	0	6	0	6	4	50	1.5	350	95	93.04	425.22	5.9	0.6	47.64	34.64	0	0.26	0.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
<b>Lunch TOTAL</b>	<b>890</b>	<b>114</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>43</b>	<b>32.5</b>	<b>640</b>	<b>6.55</b>	<b>1650</b>	<b>705</b>	<b>658.66</b>	<b>893.18</b>	<b>91.74</b>	<b>7.0</b>	<b>129.86</b>	<b>248.86</b>	<b>60</b>	<b>1.83</b>	<b>5.5</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.

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

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# Applesauce JcPk Cnd (Chilled Applesauce)

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

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

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

# Asparagus Almondine f/Frz (Asparagus Almondine)



Health & Human Services



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Asparagus, Cuts Frz	2 lb	5 lb	10 lb	20 lb		Steam or boil asparagus until tender and drain.
<b>3</b> Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Spread nuts on a shallow pan in a thin layer. Bake, stirring occasionally until light brown.
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Nuts, Almonds Sliced	1.5 Oz	4 Oz	8 Oz	1 lb	Sauteed	
<b>4</b>						Add seasonings and mix lightly. Serve immediately.
<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.

# Asparagus Almondine f/Frz (Asparagus Almondine)



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

# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Beans Refried f/Cnd (Refried Beans)



Health & Human Services



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	17 g	6 g	3.5 g	40 mg	430 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Onion, Yellow 1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	Sauté onions in oil until tender. Add onions and spices to beans and mix well.
	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Beans, Refried Cnd 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		
<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.
<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.

# Beans Refried f/Cnd (Refried Beans)



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

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

SERVING SIZE	ALLERGENS
1 Cup	<b>ⓘ Contains: Strawberry, 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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b> Blueberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Strawberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	
<b>3</b> Raspberries, Red Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	4.5 Oz	12 Oz	1 lb 8 Oz	2 lb 15 Oz	
<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

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

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

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

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



# Broccoli f/Fresh Salad (Broccoli Salad)



Health & Human Services



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

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

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

# Broccoli f/Fresh Salad (Broccoli Salad)

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

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g	6 g	4 g	100 mg	75 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Broccoli, Florets Frz 4 lb	10 lb	20 lb	40 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids 3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Parsley, Dried 1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
<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.

# Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)



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

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

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

# Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)



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

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



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

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

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

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



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

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



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

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

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



# Coleslaw Confetti (Confetti Coleslaw)



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

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

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

# Coleslaw Confetti (Confetti Coleslaw)

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

# Corn Whole Kernel f/Frz (Whole Kernel Corn)

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

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

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

# Corn Whole Kernel f/Frz (Whole Kernel Corn)

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

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

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

# Cornbread f/Mix (Cornbread)

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

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

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

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

# Creamy Chicken Parm (Chicken Parmesan)



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

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

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



# Creamy Chicken Parm (Chicken Parmesan)



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

# Cucumber Slices Plain (Cucumber Slices)

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

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

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

# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

# Egg and Sausage Bake (Egg & Sausage Bake )



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

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

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

# Egg and Sausage Bake (Egg & Sausage Bake )



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

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

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

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

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

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

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C



# Egg Scrambled f/Frz (Scrambled Egg)



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

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

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

# Egg Scrambled f/Frz (Scrambled Egg)



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

# Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Lettuce, Iceberg 1 lb	2 lb 8 Oz	5 lb	10 lb	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

# Grandmas Hot Dish (Grandma's Hot Dish )



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

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

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

# Grandmas Hot Dish (Grandma's Hot Dish )



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Tomato, Diced Cnd LS	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz		Divide meat & diced tomatoes between 6 inch steamtable pans - add sauce & noodle mixture, str
6							Bake in oven for 30 minutes - stirring after 15 minutes
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							+CCP - Serve Hot >140F/60C
10							Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.

# House Salad (House Salad )

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

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

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

# Italiane Sub Sndw ( Italian Submarine Sandwich)

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

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

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

# Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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



# Macaroni & Cheese Entree (Macaroni & Cheese)



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

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

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

# Macaroni & Cheese Entree (Macaroni & Cheese)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Cheese, Cheddar Shredded	13 Oz	2 lb	4 lb	8 lb	Shredded	Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pan(s), 12 lb per pan.
6	Bread Crumbs, Plain	3 Oz	8 Oz	1 lb	2 lb		Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted #2	
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11							Cook Time: 30-40 min

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	2 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Watermelon, Seedless	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Diced	Cut in bite size chunks, 1/2 inch in size. Mix together.
	Melon, Cantaloupe Fresh	13 Oz	2 lb	4 lb	8 lb	Diced	
<b>3</b>						CCP -- Maintain <40F/4C.	

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

SERVING SIZE	ALLERGENS
8 fl. oz	⚠ Contains: AllergenMilk

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

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

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<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.

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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



# Pasta Angel Hair Buttered (Angel Hair Pasta)



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

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

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

# Pasta Angel Hair Buttered (Angel Hair Pasta)



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

# Peaches Fresh (Peaches )

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Peach

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

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

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Pear

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

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

# Pizza Casserole (Pizza Casserole)



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

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

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

# Pizza Casserole (Pizza Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Onion, Yellow	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Chopped	Add the spaghetti sauce and the pizza seasoning to the meat mixture. Cook for 30 minutes.
	Pepper, Green Fresh	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
5	Cheese, Mozzarella Shredded	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz		Mix sauce and noodles together. Add peppers, mushrooms and pepperoni. Pour into baking pans.
6	Pepperoni, Sliced	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz		Top with cheese and bake for 20 minutes or until internal temperature of 165 degrees
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato Bkd Beef Taco Entree (Taco Stuffed Potato)



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

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

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

# Potato Bkd Beef Taco Entree (Taco Stuffed Potato)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Add vegetables and seasonings and cook until onions are transparent.
	Sauce, Salsa Mild RTS	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
5							Slice open each potato and pinch both ends toward middle creating pocket. Place 1/2 cup meat mixture in each potato pocket. Add 1 Tbsp cheese to each potato. Top with 1 oz salsa.
6							For Ground Meat (Beef, Pork, Veal, Lamb, Fish and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Potato Hashbrown f/Dehydrated (Hash Browns)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	16 g	2 g	7 g	10 mg	125 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<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 3/4 Qt	1 Gal 2 Cup	Boiled	Add potatoes to water. Hydrate according to package directions under refrigeration.
	Potato, Hash Brown Dry	6.5 Oz	1 lb	2 lb	4 lb		
<b>3</b>	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Season with salt and pepper.
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
<b>4</b>	Pan Coating, Spray	5 g	5 g	5 g	5 g		Grill Method: Place half of margarine on griddle of 375F/190C and top with a thin layer of potatoes.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt		

# Potato Hashbrown f/Dehydrated (Hash Browns)



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

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Potato, Sweet Fresh	2 lb	5 lb	10 lb	20 lb	Boiled	Pre-prep: Zest Oranges. When potatoes are cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
Orange Fresh Whole	0.4 whole	1 whole	2 whole	4 whole		
<b>3</b> Sugar, Brown Light	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Mix sugar, margarine, orange zest and juice. Heat to boiling point to make a syrup.
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		
Juice Orange f/BIB 6 flz	1/3 Cup	1 Cup	2 Cup	1 Qt		
<b>4</b>						Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.
<b>5</b>						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

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



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

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

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

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

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

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	<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.

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

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

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

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

# Rice Spanish w/Veg Base (Spanish Rice)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2 g	40 mg	80 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Saute onion, celery, and bell pepper in oil.
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	
Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
<b>3</b>						Add raw rice and stir 2-3 min until grains are coated with oil.
Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
<b>4</b>						Stir in seasonings. Place rice in steam table pan.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		



# Rice Spanish w/Veg Base (Spanish Rice)



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

# Roll Wheat RTS (Wheat Roll)

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

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

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

# Soup Chowder Corn Vegetarian Hmd (Corn Chowder)



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

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

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

## Soup Chowder Corn Vegetarian Hmd (Corn Chowder)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Corn, Cream Style Cnd	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		Bring soup to a low boil then immediately reduce to a simmer. Add corn and potatoes, simmer until potatoes are tender.
	Potato, Russet/Baking Fresh	6.5 Oz	1 lb	2 lb	4 lb	Peeled & Cubed	
5	Milk, 2% Bulk	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup		Add milk, seasonings and sugar to the soup mixture. Bring back to a simmer and immediately reduce the heat to maintain a simmer. DO NOT BOIL or soup will break. Simmer for 20 minutes stirring occasionally to keep the mixture smooth. If too thin you can cook a little longer or if too thick you can add some broth/stock. CCP -- Cook to internal temp of 165F/74C held for 15 sec.
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Sugar, Granulated Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
6	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Chopped Fine	To Serve: Garnish with parsley (optional).
7							Note: You can use par cooked diced potatoes or lightly steam them prior to adding into soup.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

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

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

# Taco Casserole (Taco Casserole )



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

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

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

# Taco Casserole (Taco Casserole )

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

# Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	<b>ⓘ Contains: Corn</b>

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

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



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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C

# Toast French Bake Peach (Peach French Toast Bake )



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

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

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

# Toast French Bake Peach (Peach French Toast Bake )



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

# Bread White (White Bread)

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

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

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

# Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	1 slice	ⓘ Contains: AllergenWheat

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	10 slice	25 slice	50 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

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

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)



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

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

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

# Tomato Stewed f/Cnd (Stewed Tomatoes)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Add cornstarch to small amount of juice from tomatoes; make paste. Combine tomatoes with seasonings and heat to boiling. Add cornstarch paste; stirring constantly cook until thick and clear.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Vegetable Mix, Sicilian 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 seasonings and mix well.
Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
<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.

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



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

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

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

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



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

Lunch Alternate Meals F/W 2024 - Week 1

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

Lunch Alternate Meals F/W 2024 - Week 2

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

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# Apricots f/JcPk (Chilled Apricots)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	<b>Contains: Apricots</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Apricots, JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 4 Cup	3 Gal 2 Cup	Drained	Portion according to serving size.
<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.

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



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

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

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

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



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Basil, Dried Leaves	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Mix together Tomato Sauce, Mushroom Soup, and Spices. Pour mixture on top of layered Cabbage.
	Oregano, Dry	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Tomato Sauce, Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Soup, Cream of Mushroom Cnd Cond	3/4 Cup	2 Cup	1 Qt	2 Qt		
4							Bake 2 hrs to *internal temp 165F/74C for 15 sec.
5							CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

# Beets Pickle Cnd (Pickled Beets)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Beets

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

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

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
2 slice	ⓘ Contains: AllergenWheat

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

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

# Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



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

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

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



# Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cheese, Cheddar Shredded	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Cheese, Parmesan Grated	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup		
5	Yogurt, Plain Low Fat Bulk	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		Add yogurt, broccoli and noodles. Stir to combine, divide among baking pans. Cover and bake at 350F/177C for approximately 30 min.
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g	6 g	4 g	100 mg	75 mg

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

# Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



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

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

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

# Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



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

# Cauliflower Parsley f/Frz (Parsley Cauliflower)

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

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g		2 g	2 g	20 mg	35 mg

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

# Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



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

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

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

# Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	0.31 no. 10 can	0.78 no. 10 can	1.56 no. 10 can	3.12 no. 10 can		
	Onion, Yellow	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz	Diced	
<b>4</b>							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<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.

# Soup Broth Chicken f/Base (Chicken Broth)

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

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

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



# Chicken Florentine (Chicken Florentine)



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

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

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

# Chicken Florentine (Chicken Florentine)



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

# Chicken Baked Breast Bnls Sknls (Baked Chicken Breast)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	Place Chicken on greased baking sheet. *Maintain <40F/4C until ready to use.
3	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Sprinkle Chicken with Seasonings.
	Paprika	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
4					Bake uncovered or Grill to *internal temp >165F/74C held for 15 sec.	
5					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.	

# Coleslaw f/Shredded Mix (Coleslaw)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<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

# Corn Southwest f/Frz (Southwest Corn)



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

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

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

# Corn Southwest f/Frz (Southwest Corn)



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

# Peppers Red Roasted f/Fresh (Roasted Red Peppers)

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

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

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

# Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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



# Crisp Cherry f/Frz (Cherry Crisp)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	39 g	3 g	6 g	30 mg	50 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Cherries, Sweet Pitted Frz	1 lb 15 Oz	4 lb 14 Oz	9 lb 11 Oz	19 lb 6 Oz		Mix sugar, lemon juice and fruit.
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
Juice, Lemon RTS	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
<b>3</b> Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Softened	Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit. Bake 350F/177C for 40-50min until top is browned, checking periodically to avoid excessive browning.
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		

# Crisp Cherry f/Frz (Cherry Crisp)

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

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

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

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

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

# Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	<b>ⓘ Contains: AllergenEggs, AllergenWheat, AllergenSulphites</b>

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

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

# Egg Salad Soft Hmd (Egg Salad)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	3 g	10 g	10 g	40 mg	180 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Egg Boiled Hard Whole RTS	15 each	37.5 each	75 each	150 each	Ground	Combine eggs and dressing, mix well. *Maintain <40F/4C until used.
	Mayonnaise, Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
3	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		Add spices to egg mixture. Mix well.
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4						CCP -- Maintain <40F/4C	

# Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

# Enchiladas Beef Hmd (Beef Enchiladas)



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

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

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



# Enchiladas Beef Hmd (Beef Enchiladas)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Chili Powder, Mild	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Cumin, Ground	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
5	Cheese, Cheddar Shredded	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Top with grated cheese. Cover and bake for 30 min. Uncover and bake for another 15 min.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	<b>ⓘ Contains: Corn</b>

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

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

# Gelatin Strawberry Delight w/Crust (Strawberry Delight)



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

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

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

# Gelatin Strawberry Delight w/Crust (Strawberry Delight)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Margarine, Solids	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Melted	
6							When crust is cooled; spread strawberry mixture over crust. Chill 4-5 hr. Cut 2x3" slices.
7							CCP -- Maintain <40F/4C

# Grapes Fresh (Fresh Grapes)

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

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

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

# Green Beans Herb f/Frz (Herbed Green Beans)



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

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

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

# Green Beans Herb f/Frz (Herbed Green Beans)



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

# House Salad (House Salad )

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

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

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



# Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

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

# Lasagna Cheese Rollup Frz (Cheese Lasagna Rollup)

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

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

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

# Mango Diced PC (Diced Mangos)

SERVING SIZE	ALLERGENS
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	1 g	0 g	20 mg	5 mg

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

# Margarine Cup (Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

# Margarine Cup (Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

# Meatball Italian Sub Sandwich (Meatball Sub Sandwich)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Sauce, Marinara	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Marinara Sauce to temp of >145F held for 15 sec.
2 Meatballs Italian No Sauce	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Prepare Meatballs as per separate recipe. CCP - Maintain >140F for only 4 hrs.
3 Roll Hoagie	10 each	25 each	50 each	100 each	At time of service, place 3 Meatballs in each Roll. Cover with 2 f/z ladle Sauce, or serve Sauce on the side. Serve Immediately. CCP - Maintain >140F for only 4 hrs.
4					CCP - Cool: Product Must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hours. CCP - Reheat: To internal temp of 165F held for 15 sec within 1 hr - one time only.

# Meatballs Italian No Sauce (Italian Meatballs)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	4 g	15 g	17 g	40 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1 Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Mince Celery and Onion. Combine all ingredients. Shape into 1 1/2 oz. Meatballs using #24 scoop. Place on sheet pans. Bake in 450F oven to brown Meat. Drain fat. Cover and turn heat down to 325F and continue to bake 20-25 min to *internal temp >155F for 15 sec until completely cooked.	
	Celery, Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Chopped Fine
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Chopped Fine
	Egg, Liquid	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Bread Crumbs, Plain	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Cheese, Parmesan Grated	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup			



# Meatballs Italian No Sauce (Italian Meatballs)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>2</b>							CCP -- Maintain >140F for only 4 hrs.
<b>3</b>							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>4</b>							CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

# Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

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

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
<b>2</b>	Orange, Mandarin JcPk 0.17 no. 10 can	0.42 no. 10 can	0.83 no. 10 can	1.66 no. 10 can		Pour undrained mandarian oranges into undrained pineapple. Mix gently. Fold in sliced bananas. Portion with slotted spoon. Chill <40F.
	Pineapple, Chunks JcPk 2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		
	Banana Whole Fresh 13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Sliced	
<b>3</b>						CCP -- Keep chilled at 40F.

# Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

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

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

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

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

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

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

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

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



# Pico de Gallo f/Fresh (Pico de Gallo)

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

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

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

# Pork Pulled on WG Bun (Pulled Pork on Bun)

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

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

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

# Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

# Potato Dutchess f/Pearls (Dutchess Potatoes)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	22 g	5 g	2 g	75 mg	60 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	Boiled Heat milk and water. Mix hot milk/water with potatoes.
	Milk, 2% Bulk	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	
	Potato, Pearls	8 Oz	1 lb 4 Oz	2 lb 9 Oz	5 lb 2 Oz	
<b>3</b>	Egg, Liquid	1/3 Cup	1.0 Cup	2.0 Cup	4.0 Cup	Add beaten eggs. Pile lightly into shallow baking pans.
<b>4</b>						Bake as directed, until tops are golden brown and product is hot.
<b>5</b>						CCP -- Heat until product reaches 165F or more for at least 15 sec.
<b>6</b>						CCP -- Maintain >140F/60C; discard unused product.
<b>7</b>						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Potato Dutchess f/Pearls (Dutchess Potatoes)



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

# Potato Fries Waffle Bkd (Waffle Fries)

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

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

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

# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

# Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	Cut into Wedges	Wash & peel potatoes. Cut into pieces approximately 2 inches in size. Place potatoes in bowl.
<b>3</b> Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Pour oil over potatoes. Stir to coat. Drain excess oil from potatoes.
<b>4</b> Rosemary, Dried Whole	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Spread potatoes in a single layer on oiled baking sheets. Combine salt, pepper and rosemary. Sprinkle a light coat of mixture over potatoes. Roast potatoes until tender & golden brown.
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<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)



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

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)

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

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

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

# Sauce Cilantro Cream (Cilantro Cream Sauce)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	2 g	0 g	4.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						Combine all ingredients. Cover and refrigerate at least 15 minutes before service.
Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
Cilantro, Raw Bunch	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	
Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Lime, Zest	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Juice, Lime RTS	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>3</b>						CCP -- Maintain <40F/4C.

# Sauce Marinara (Marinara Sauce)



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

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

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

# Soup Potato Bacon Hmd (Potato Bacon Soup)



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

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

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

# Soup Potato Bacon Hmd (Potato Bacon Soup)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Milk, 2% Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
5	Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	Add base, water, and milk, stirring constantly. Simmer for 10 min.
	Onion, Yellow	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
6							Add potatoes, bacon, onion, and celery. Heat to *internal temp >145F/63C for 15 sec.
7							Cook Time: 1 1/2 hr
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	29 g	18 g	16 g	75 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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		
4	Pasta, Spaghetti Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Heat to boiling enough water for amount of pasta to be prepared. Cook spaghetti according to package directions. Rinse and drain.
5							Serve 1/2 cup pasta with 1/2 cup sauce.
6							Maintain >135F/57CF for only 4 hrs.
7							CCP -- Cool: Product must reach <135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Spinach Seasoned f/Frz (Seasoned Spinach)

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

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

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

# Turkey Creamed f/Pulled (Creamed Turkey)



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

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

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

# Turkey Creamed f/Pulled (Creamed Turkey)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2	Dough, Pastry Sheet 10x15	0.83 each	2.08 each	4.17 each	8.33 each		Top with sheets of Pastry Dough. Combine Egg and Water to make Egg Wash. Brush Egg Wash over Pastry Dough. Bake immediately until *internal temp of 165F/74C held for 15 sec.
	Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Water, Tap	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
3							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



## MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

## Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
<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	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
<b>Vegetables</b>	<b>1/2 cup</b>	<b>2 servings</b>
<b>Fruits</b>	<b>1/2 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	1/2 cup pasta 1/2 cup rice	



## CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.



## Carbohydrate Content Breakfast

### 15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
<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	18 x 13 x 1	40 - 2 x 2-1/2" pieces	8 x 5	Cakes, bar cookies, oven baking
Baking Pan	13-1/2 x 23 x 2	50 - 2 x 2-1/2" pieces	10 x 5	Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items

## Production Guides

### GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce

## Production Guides

### GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables



## NOTES







