



# NORTH DAKOTA AGING SERVICES

## LUNCH MENUS

May 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
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April 29th

April 30th

**LUNCH**

**NATIONAL HERB DAY**

<b>Broccoli Cheese Soup</b>	6 fl. oz	<b>Chicken Paprikash</b>	3 Oz	<b>Thai Beef w/Basil</b>	3/4 Cup
<b>Steak Cobb Salad</b>	1 each	<b>Mashed Potatoes</b>	1/2 Cup	<b>Garlic Noodles</b>	1/2 Cup
<b>Garlic Whole Grain Breadstick</b>	2 each	<b>Herbed Green Beans</b>	1/2 Cup	<b>Seasoned Broccoli Florets</b>	1 Cup
<b>Soft Margarine Cup</b>	1 each	<b>Wheat Bread</b>	2 slice	<b>Wheat Bread</b>	2 slice
<b>Saltine Crackers</b>	1 each	<b>Soft Margarine Cup</b>	2 each	<b>Soft Margarine Cup</b>	2 each
<b>Choice of Dressing</b>	1 each	<b>Fresh Cantaloupe</b>	1 Cup	<b>Diced Mangos</b>	1 each
<b>Fresh Whole Orange</b>	1 whole	<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>CINCO de MAYO</b>		<b>PROVIDER CHOICE</b>		<b>LUNCH</b>					
<b>Chips &amp; Salsa</b>	3/4 Cup	<b>Baked Potato Soup</b>	6 fl. oz	<b>Meatloaf &amp; Gravy</b>	3 Oz	<b>House Salad</b>	1 Cup	<b>Confetti Coleslaw</b>	1/2 Cup
<b>Beef Fajita</b>	1 each	<b>Chef Salad Bowl</b>	1 each	<b>Onion Mashed Potato</b>	1/2 Cup	<b>Chicken Monterey</b>	3 Oz	<b>Baked Cod w/Garlic Butter</b>	3 Oz
<b>Spanish Rice</b>	1/2 Cup	<b>Garlic Whole Grain Breadstick</b>	2 each	<b>Peas &amp; Carrots</b>	1/2 Cup	<b>Wild Rice Pilaf</b>	1/2 Cup	<b>Potato Latke</b>	3 each
<b>Southwest Corn</b>	1/2 Cup	<b>Soft Margarine Cup</b>	2 each	<b>Wheat Bread</b>	2 slice	<b>Roasted Brussels Sprouts</b>	1/2 Cup	<b>Hushpuppies</b>	2 each
<b>Caramel Custard</b>	1/2 Cup	<b>Choice of Dressing</b>	2 each	<b>Soft Margarine Cup</b>	2 each	<b>Potato Roll</b>	1 each	<b>Soft Margarine Cup</b>	1 each
<b>Raspberries</b>	1/2 Cup	<b>Saltine Crackers</b>	1 each	<b>Kiwi &amp; Strawberries</b>	1/2 Cup	<b>Soft Margarine Cup</b>	1 each	<b>Seasonal Fresh Fruit</b>	1 Cup
<b>1% Milk</b>	8 fl. oz	<b>Scalloped Apples</b>	1/2 Cup	<b>1% Milk</b>	8 fl. oz	<b>Choice of Dressing</b>	1 each	<b>1% Milk</b>	8 fl. oz
		<b>1% Milk</b>	8 fl. oz			<b>Fresh Whole Orange</b>	1 whole		
						<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>									
Sirloin Steak	3 Oz	Tex-Mex Cowboy Caviar	1/2 Cup	Cheese & Vegetable Pizza	1 slice	Porcupine Meatballs	3 each	Chicken Tenders	3 Oz
Baked Sweet Potato	1 whole	Jamaican Ribs	2 each	Herbed Green Beans	1 Cup	Mashed Potatoes	1/2 Cup	Macaroni & Cheese	1/2 Cup
Lemon-Garlic Asparagus	1/2 Cup	Parslied Potatoes	1/2 Cup	PC Granola	1 each	Squash Medley	1/2 Cup	Southwest Zucchini & Tomatoes	1 Cup
Roll Ciabatta Whole Wheat	1 (4x4)	Potato Roll	1 each	Yogurt & Peaches	1 serving	Wheat Bread	2 slice	Wheat Bread	1 slice
Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	1% Milk	8 fl. oz	Soft Margarine Cup	2 each	Soft Margarine Cup	1 each
Strawberry Cloud Cake	1 (2x3)	Fresh Whole Pear	1 each			Blushing Pineapple	1/2 Cup	Fresh Watermelon & Cantaloupe	
1% Milk	8 fl. oz	1% Milk	8 fl. oz			1% Milk	8 fl. oz	Cubes	1 Cup
								1% Milk	8 fl. oz

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
Asparagus Frittata	3/4 Cup	Seafood Newburg	4 fl. oz	Beef Ragout	3/4 Cup	Garlic Oregano Chicken	3 Oz	Apricot Glazed Pork Loin	3 Oz
Sweet Potato Hash	1 Cup	White & Wild Rice Blend	1/2 Cup	Mashed Potatoes	1/2 Cup	Company Potatoes	1/2 Cup	Roasted Red Potatoes	1/2 Cup
Banana Bran Muffin	1 each	Broccoli Spears	1 Cup	Escalloped Tomatoes	1/2 Cup	Herbed Green Beans	1/2 Cup	Squash and Peppers	1/2 Cup
Soft Margarine Cup	1 each	Wheat Roll	1 each	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice
Fresh Whole Orange	1 whole	Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Soft Margarine Cup	2 each	Soft Margarine Cup	2 each
1% Milk	8 fl. oz	Banana	1 each	Berry Crisp	1/2 Cup	Chilled Mandarin Oranges	1/2 Cup	Baked Apple	1 each
		1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LUNCH</b>									
<b>Philly Cheese Chicken Sandwich</b>	6 Oz	<b>Taco Stuffed Potato</b>	1 each	<b>Relish Plate w/Dip</b>	1 each	<b>Garlic Steak Bites</b>	3 Oz	<b>Gazpacho Salad</b>	1/2 Cup
<b>Tator Tots</b>	1/2 Cup	<b>Red Beans &amp; Rice</b>	1/2 Cup	<b>Roasted Greek Chicken</b>	3 Oz	<b>Glazed Sweet Potatoes</b>	1/2 Cup	<b>Tuna Salad Plate w/Pita Bread</b>	1 each
<b>Corn Cobbette</b>	1 each	<b>Whole Grain Breadstick</b>	1 each	<b>Herbed Penne Pasta</b>	1/2 Cup	<b>Broccoli w/Onions &amp; Peppers</b>	1/2 Cup	<b>Soft Margarine Cup</b>	1 each
<b>Soft Margarine Cup</b>	1 each	<b>Soft Margarine Cup</b>	1 each	<b>Sauteed Greens &amp; Garlic</b>	1/2 Cup	<b>Wheat Bread</b>	2 slice	<b>Peach Cobbler</b>	1/2 Cup
<b>Ketchup Packet</b>	1 each	<b>Chilled Pineapple</b>	1/2 Cup	<b>Wheat Roll</b>	1 each	<b>Soft Margarine Cup</b>	2 each	<b>1% Milk</b>	8 fl. oz
<b>Banana</b>	1 each	<b>1% Milk</b>	8 fl. oz	<b>Soft Margarine Cup</b>	1 each	<b>Pears with Blueberries</b>	1/2 Cup		
<b>1% Milk</b>	8 fl. oz			<b>Fresh Cantaloupe</b>	1 Cup	<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	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Apple Red Delicious	10 each	25 each	50 each	100 each	Wash and core apples. Arrange in 2" greased baking pan.	
3	Raisins, Bulk	1.5 Oz	4 Oz	8 Oz	1 lb	Fill apple cores with raisins.	
4	Sugar, Brown Light	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Mix together remaining ingredients and pour over top. Cover lightly, allowing steam vent. Bake for 1 hr at 350F/177C.	
	Water, Tap	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Melted
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Cinnamon, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

# Apple Baked f/Fresh (Baked Apple)

	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 Red Delicious (Red Delicious Apple)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	0 g	0 g	10 mg	5 mg

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

# Apple Scalloped Hmd f/Frz (Scalloped Apples)

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

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)

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



# Asparagus Seasoned f/Fresh (Lemon-Garlic Asparagus)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	3 g	2 g	30 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Asparagus, Fresh	2 lb	5 lb	10 lb	20 lb	Cut 1/2" Pieces	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Steam or boil Vegetables until tender. Add Seasoning and Garlic. Mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Juice, Lemon Bulk	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2						CCP -- Maintain >140F for only 4 hr.	
3						CCP --Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.	
4						CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.	

# 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 Red & Rice No Meat (Red Beans & Rice)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	Simmer	1/2 Cup	ⓘ Contains: Beans/Legumes, Tomato, Onion, Garlic, Celery, Rice, Peppers Bell, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	18 g	5 g	0 g	50 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.
Oil, Vegetable	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		Sauté onion, celery, bell pepper & garlic in oil for about 4-6 minutes.
Onion, Yellow	1.5 Oz	4 Oz	8 Oz	1 lb	Chopped	
Celery, Fresh	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 2 Oz	Chopped	
Pepper, Green Fresh	1.5 Oz	3 Oz	6 Oz	12.5 Oz	Chopped	
Garlic, Whole Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
<b>2</b>						
Pepper, Cayenne	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		Add tomatoes, beans, & seasonings. Bring to a boil. Decrease heat, cover & simmer 20-30 minutes.
<b>3</b>						
Beans Kidney f/Dry	1 lb 11 Oz	4 lb 2 Oz	8 lb 5 Oz	16 lb 10 Oz	Prepared	

## Beans Red & Rice No Meat (Red Beans & Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sauce, Hot	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Tomato, Diced Cnd	1.0 Cup	2 1/3 Cup	1 1/8 Qt	2 1/4 Qt		
	Thyme, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Paprika	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
<b>4</b>	Rice, White Parboiled	3 Oz	8 Oz	1 lb	2 lb		Add rice to boiling water, reduce heat, cover & simmer for 15-20 minutes until water is absorbed.
	Water, Tap	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt	Boiled	
<b>5</b>							Serve 3/4 cup beans topped with 1/4 cup rice.
<b>6</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>7</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Beans Kidney f/Dry (Kidney Beans)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	23 g	9 g	0 g	75 mg	160 mg

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

## Beans Kidney f/Dry (Kidney Beans)

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

# Beef Ragout f/Cubes (Beef Ragout)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	350.0 °F	Bake	3/4 Cup	ⓘ Contains: Tomato, Onion, Peppers Bell, Corn, Celery, Beef, AllergenWheat, AllergenMilk, Garlic, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	8 g	17 g	4.5 g	40 mg	180 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 1/8 Cup	2 1/8 Cup	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Flour with Seasonings and Sprinkle over Meat.	
	Paprika	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/8 tsp		
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	2 3/4 tsp		
2	Margarine, Solids	1 Tbsp	2 Tbsp 3 tsp	1/3 Cup	3/4 Cup	Melt Margarine in large pan and brown the Meat.	
	Beef, Cubes Raw	1 lb 15 Oz	4 lb 13 Oz	9 lb 10 Oz	19 lb 5 Oz		
3	Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/8 Qt	1 Gal	Add Diced Celery, Onions, and Peppers. Braise for 15 min. Mix Base and Water to make Broth. Add to Meat and simmer 1/2 hr.	
	Celery, Fresh	3.5 Oz	9.5 Oz	1 lb 3 Oz	2 lb 5 Oz		Diced
	Onion, Yellow	7 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 5 Oz		Diced
	Pepper, Green Fresh	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz		Diced

## Beef Ragout f/Cubes (Beef Ragout)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Base, Beef Paste LS G-F	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/3 Cup		
4	Tomato, Diced Cnd	0.11 no. 10 can	0.27 no. 10 can	0.54 no. 10 can	1.07 no. 10 can		Add Tomatoes to Meat and continue to cook until tender and *internal temp >155F for 15 sec is reached; about 1 1/2hr. 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. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.



# Beef Thai w/Basil (Thai Beef w/Basil)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	155 °F	Cook	3/4 Cup	<b>ⓘ Contains: AllergenSoy, Beef, Peppers Bell, Onion, Citrus, Garlic, AllergenFish, AllergenShellfish, AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	10 g	17 g	18 g	40 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.
Sugar, Brown Light	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Whisk lime juice, sugar, fish sauce and soy sauce together until incorporated. Set aside.
Juice, Lime Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Sauce, Fish	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Sauce, Soy Bulk LS	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
<b>3</b>						Heat oil in a large skillet. Add beef and cook, breaking it up with a spoon and stirring often. When beef is nearly cooked through, add garlic, peppers, and onions and cook until softened.
Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Beef, Ground 80-85/20-15 Raw	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb		

## Beef Thai w/Basil (Thai Beef w/Basil)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Whole Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	
	Pepper, Red Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Sliced Thin	
	Onion, Yellow	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Sliced Thin	
4	Basil, Fresh	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Julienne	Add basil and sauce mixture to beef. Mix to combine and continue cooking until basil is wilted.
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Meat Mixtures: 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.

# 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 Whole Grain 6in (Garlic Whole Grain Breadstick)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
4 Min	375.0 °F	Heat	2 each	ⓘ Contains: AllergenWheat, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	32 g	10 g	3 g	75 mg	280 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 Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
10 Min	145 °F	Steam	4z Spoodle	1 Cup	ⓘ Contains: AllergenSoy, Broccoli, AllergenMilk

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						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.

# Broccoli Spears f/Frz (Broccoli Spears)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	8 g	4 g	125 mg	90 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Broccoli, Spears Frz	5 lb	12 lb 8 Oz	25 lb	50 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Arrange partially thawed Broccoli Spears all in one direction in cooking pans. Steam for 4 minutes or until tender. Add Seasoning and mix well. CCP - Maintain >140F for only 4 hrs.
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup	
Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
2					CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Broccoli w/Red Peppers & Onions f/Frz (Broccoli w/Onions & Peppers)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	3 g	2 g	50 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	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melt half of the margarine and saute onions and pepper strips until wilted.	
	Pepper, Red Fresh	3 Oz	8 Oz	1 lb	2 lb		Cut into Strips
	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	6 Oz		Chopped
3	Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil broccoli until tender, approximately 8-10 minutes. Toss hot broccoli with remaining margarine. Combine vegetables & seasoning.	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	



## Broccoli w/Red Peppers & Onions f/Frz (Broccoli w/Onions & Peppers)

	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.

# 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.

# Cake Strawberry Cloud f/White Mix (Strawberry Cloud Cake)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	350.0 °F	Bake	1 (2x3)	ⓘ Contains: Strawberry, Pork & Products, AllergenMilk, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	33 g	2 g	2.5 g	75 mg	250 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> Cake Mix, White	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Prepare cake according to package directions. Bake 350F/177C for 35-45 mins. Cool.
Water, Tap	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt		
<b>3</b> Gelatin, Strawberry Dry	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Poke holes in top of cake with fork. Prepare gelatin with 2nd water according to package directions. Do not allow to set. Pour gelatin over cake allowing to soak in holes. Cover cake and refrigerate until service.
Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt		
<b>4</b> Strawberries, Sliced Unsweetened Frz	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Thawed	Prepare topping base per manufacturer instructions.
Topping, Whip Non-Dairy Bag Frz	1.0 Cup	2 1/3 Cup	1 1/8 Qt	2 1/4 Qt		
Water, Tap	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
<b>5</b>						Portion into 2x3" square pieces and keep chilled. Ladle 1 oz (1/8C) sliced strawberries over each slice of cake and top with 1-2 Tbsp whipped topping.

## Cake Strawberry Cloud f/White Mix (Strawberry Cloud Cake)

	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 -- Maintain <40F/4C

# Chef Salad/Turkey & Ham & Egg (Chef Salad Bowl)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 each	ⓘ Contains: AllergenEggs, Turkey, Pork & Products, Carrots, Peppers Bell, Onion, Corn, Garlic, Chicken, Tomato, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	11 g	21 g	10 g	175 mg	470 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, Fresh	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Shredded	Toss carrots and peppers with lettuce. Cut eggs in half lengthwise. Slice turkey and ham into julienne strips
Pepper, Green Fresh	3 Oz	8 Oz	1 lb	2 lb	Diced	
Lettuce, Iceberg	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Bite Size	
<b>2</b>						
Egg Boiled Hard Whole	5 each	12.5 each	25 each	50 each		
Turkey Roast f/Bnls	10.5 Oz	1 lb 11 Oz	3 lb 5 Oz	6 lb 11 Oz	Prepared	
Ham Baked f/Pit	10.5 Oz	1 lb 11 Oz	3 lb 5 Oz	6 lb 11 Oz		
<b>3</b>						
Tomato, Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cut into Wedges	Core tomatoes and cut each into 8 wedges.

## Chef Salad/Turkey & Ham & Egg (Chef Salad Bowl)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Sliced	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 5 Oz	Julienne	Place 1 cup lettuce mixture into individual serving bowl. Place 1 oz. each of turkey and ham on top of lettuce. Place 1/2 Egg and 1/2 oz. of cheese next to ham and turkey. Add 2 tomato wedges to garnish. Serve Chef Salad with Salad Dressing.
5							CCP -- Maintain <40F/4C

# Egg Boiled Hard Whole (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;

# Ham Baked f/Pit (Baked Ham)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	Bake	3 Oz	ⓘ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	7 g	16 g	2 g	10 mg	770 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Ham, Pit-Style Smoked	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Place ham fat-side up on a rack in roasting pan(s). Do not cover. Add water.
	Water, Tap	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt	
3					Bake to* internal temp >155F/68C held for 15 sec.	
4					Remove ham from oven about 30 min before it is done. Drain off drippings.	
5					Score ham 1/4 inch deep in diamond pattern. Return to oven and heat to *internal temp >160F/71C for 15 sec.	
6					CCP -- Maintain >135F/57C 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.	



# 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, Corn, Turkey, Chicken, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	0 g	19 g	4.5 g	10 mg	110 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 10 Oz	6 lb 8 Oz	13 lb	26 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.	

# Chicken Garlic Oregano Thigh (Garlic Oregano Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	165 °F	Bake	3 Oz	<b>ⓘ Contains: Chicken, Onion, AllergenSoy, AllergenMilk, Garlic, Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	2 g	12 g	7 g	20 mg	95 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Chicken, Thigh Bnls Sknls	10 each	25 each	50 each	100 each		Trim off all excess skin and fat from chicken thigh. Arrange on baking sheet. Keep refrigerated until ready to use.
Margarine, Solids	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Melted	Melt margarine, add onions and stir in all seasonings and lemon juice.
Onion, Yellow	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Diced	
Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
<b>3</b> Parsley, Dried	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
Paprika	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
Oregano, Dry	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		

## Chicken Garlic Oregano Thigh (Garlic Oregano Chicken)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4							Coat each piece with the herb mixture. Refrigerate until ready to bake.
5							Bake uncovered for 30 min. Turn chicken and continue baking until chicken is brown - about 30 min longer.
6							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Chicken Monterey (Chicken Monterey)

COOK TIME	COOK TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGENS
45 Min	350.0 °F	Tongs	3 Oz	ⓘ Contains: Chicken, AllergenMilk, Onion, Peppers Bell, Garlic, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	5 g	14 g	13 g	75 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Breast Bnls Sknls Large Dressing, Italian Bulk	1 lb 9 Oz	3 lb 14 Oz	7 lb 13 Oz	15 lb 10 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.
	3/4 Cup	1 3/4 Cup	3 2/3 Cup	1 3/4 Qt		Marinate chicken in dressing overnight in under refrigeration. CCP -- Maintain <40F/4C. Remove chicken from marinade and cook to internal temp of 165F/74C held for 15 sec.
2 Onion, Yellow Pepper, Green Fresh Oil, Vegetable	6.5 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 3 Oz	Sliced	Sauté vegetables in oil.
	6.5 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 3 Oz	Sliced	
	3 Tbsp 3 tsp	2/3 Cup	1 1/4 Cup	2 1/3 Cup		
3 Cheese, Monterey Jack Shredded	3 Oz	7.5 Oz	0 lb 15 Oz	1 lb 14 Oz		Top chicken with sautéed onions, peppers and cheese. Melt under broiler.
4						CCP -- Maintain >135F/57C. 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 temp of 165F/74C held 15 sec within 2 hrs - one time only.

# Chicken Paprikash f/Pulled (Chicken Paprikash)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	3 Oz	ⓘ Contains: Onion, AllergenMilk, AllergenSulphites, Chicken, Garlic, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	3 g	22 g	14 g	40 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Chicken, Meat Pulled Ckd Oil, Olive Salt, Iodized Pepper, Black Ground	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Oil. Brown Chicken. Season with Salt and Pepper. Remove Chicken and set aside until needed. CCP-Maintain >140F.
	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/8 Cup		
	1/2 tsp	1.0 tsp	2 tsp	1 Tbsp 1 tsp		
	1/4 tsp	1/2 tsp	1.0 tsp	2 tsp		
2 Onion, Yellow Paprika Wine, White	1/3 Cup	1 Cup	2 Cup	1 Qt	Diced	Saute Onions. Cook until tender. Stir in Paprika. Return Chicken to skillet. Add Wine and Chicken Broth. Bring to a boil; reduce heat and cover and simmer for 40 min until *internal temp >165F held for 15 sec. Remove Chicken. CCP-Maintain >140F.
	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		

## Chicken Paprikash f/Pulled (Chicken Paprikash)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Soup Broth Chicken f/Base	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		
<b>3</b>	Sour Cream, Real Bulk	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt		Boil skillet drippings. Stir in Sour Cream and heat through. Pour over Chicken.
<b>4</b>							CCP -- Maintain >140F for only 4 hrs. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
<b>5</b>							*Note: May serve over 1/2 C Noodles.

# Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Boil	6 fl. oz	ⓘ Contains: Onion, Chicken, 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 Roasted Greek f/Breast (Roasted Greek Chicken)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	20 g	2.5 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.
<b>2</b> Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Place chicken on baking sheet.
<b>3</b> Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Combine remaining ingredients. Evenly brush seasoning mixture over chicken. Bake for 45-55 minutes or until cooked through.
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Oregano, Dry	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Garlic, Whole Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Minced	
<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.



## Chicken Roasted Greek f/Breast (Roasted Greek Chicken)

	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.

# Chicken Sandwich Philly Cheese (Philly Cheese Chicken Sandwich)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
165 °F	Cook	6 Oz	<b>ⓘ Contains: Onion, Peppers Bell, AllergenMilk, AllergenWheat, Chicken</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
420 kcal	36 g	28 g	18 g	300 mg	630 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.
Chicken, Meat Pulled Ckd	1 lb 13 Oz	4 lb 8 Oz	9 lb	18 lb		Heat chicken on griddle with onions and peppers. Cook chicken.
<b>2</b> Onion, Yellow	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Sliced	
Pepper, Green Fresh	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Sliced	
<b>3</b> Roll Hoagie	10 each	25 each	50 each	100 each		Assemble Sandwich: Place 4 oz filling & 1 oz cheese on bun.
Cheese, American Yellow Sliced	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
<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.

## Chicken Sandwich Philly Cheese (Philly Cheese Chicken Sandwich)

	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.

# Chicken Tenders Brd f/RTB (Chicken Tenders)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	3 Oz	ⓘ Contains: Chicken, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	16 g	15 g	11 g	20 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Chicken, Tender Brd Ckd	1 lb 14 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Deep fry or bake tenders until golden brown or internal temp of >165F/74C held for 15 sec.
2					CCP -- Hold at 135F/57C for only 4 hrs.
3					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Chips & Salsa (Chips & Salsa)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	3/4 Cup	ⓘ Contains: Corn, Tomato, Onion, Garlic, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	25 g	3 g	6 g	40 mg	330 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chips Tortilla Yellow Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Arrange Chips on plate and pour Salsa in small bowl for dipping. CCP -- Maintain <40F/4C.
	Sauce, Salsa Mild RTS	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	

# 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.

# Cobbler Peach f/Biscuit Mix (Peach Cobbler)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Pork & Products, AllergenEggs, AllergenSoy, AllergenMilk, AllergenTreeNuts, AllergenWheat, Peach, Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	60 g	6 g	7 g	75 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.
Peaches, Sliced JcPk	0.5 no. 10 can	1.25 no. 10 can	2.5 no. 10 can	5 no. 10 can		Drain peaches and save juice. Saved juice can replace water volume for volume. Heat to boiling. Mix gelatin and 2nd portion of water until smooth. Add to hot juice. Cook until thick, stirring constantly.
Water, Tap	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
<b>2</b> Gelatin, Unflavored Dry	1 Oz	2.5 Oz	5 Oz	10 Oz		
Water, Tap	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Cold	
<b>3</b> Sugar, Granulated Bulk	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz		Add 1st portion of sugar, salt, 1st portion of cinnamon and nutmeg to thickened juice. Heat to boiling. Turn off heat. Add drained peaches. Mix carefully. Scale 12 lbs per pan.
Salt, Iodized	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		

## Cobbler Peach f/Biscuit Mix (Peach Cobbler)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cinnamon, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Nutmeg, Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
4	Baking Mix, Biscuit	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Biscuit topping: Melt margarine. Add to biscuit mix, 2nd portion of sugar and 3rd portion of water. Mix only until Ingredients are dampened. Drop dough 8 x 5 per pan.
	Sugar, Granulated Bulk	2 Oz	5 Oz	10 Oz	1 lb 4 Oz		
	Water, Tap	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt		
	Margarine, Solids	1 Oz	2.5 Oz	5 Oz	10 Oz		
5	Sugar, Granulated Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		Mix 3rd portion of sugar & 2nd portion of cinnamon. Sprinkle over each pan. Bake at 350F/177C for 1-1 1/2 hrs until golden. Convection oven: Bake at 325F/162C for 45-1 hr.
	Cinnamon, Ground	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp		
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Coleslaw Confetti (Confetti Coleslaw)

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1/2 Cup	ⓘ Contains: Carrots, Corn, Cabbage, 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 Bulk	0.5 Oz	1.5 Oz	3.5 Oz	6.5 Oz		
	Coleslaw Mix, Cabbage & Carrots	3 3/4 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup		
	Onion, Green/Spring/Scallions	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/2 Cup	3/4 Cup	Minced	
	Pepper, Red Fresh	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup	Minced	
	Corn Whole Kernel f/Frz	3/4 Cup	2.0 Cup	3 3/4 Cup	2.0 Qt	Cooked/Drained	
2						Combine cabbage mix, onions and peppers, corn, oranges in a large bowl.	

## Coleslaw Confetti (Confetti Coleslaw)

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
6 Min	145 °F	Steam	1/2 Cup	ⓘ Contains: Corn

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

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

# Company Potatoes (Company Potatoes )

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

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: AllergenSoy, AllergenMilk, AllergenWheat, Chicken

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.	

# Corn Cobbette Frz (Corn Cobbette)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Steam	1 each	ⓘ Contains: Corn

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

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



# Corn Southwest (Southwest Corn)

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

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

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

# Crackers Saltine PC (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 Blueberry & Strawberry (Berry Crisp)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	31 g	2 g	6 g	20 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.
Blueberries, Unsweetened Frz	1 lb 2 Oz	2 lb 13 Oz	5 lb 10 Oz	11 lb 4 Oz	Thawed	Mix sugar, lemon juice and fruit and place in greased baking pan(s).
Strawberries, Sliced Unsweetened Frz	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Thawed	
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
Juice, Lemon Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit. Bake until top is browned, checking periodically to avoid excess browning.
<b>3</b> 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 Blueberry & Strawberry (Berry 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 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		
<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.

# 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.

# Fajitas Beef f/Fajita Strips (Beef Fajita)

COOK METHOD	SERVING SIZE	ALLERGENS
Grill	1 each	ⓘ Contains: Beef, Tomato, Peppers Bell, Onion, Citrus, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	17 g	11 g	6 g	50 mg	480 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Beef, Fajita Strips	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Prepare Fajita meat according to package directions. Slice into thin strips. CCP - Maintain >140F.
Onion, Yellow	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 1 Oz	Julienne	
<b>2</b> Pepper, Green Fresh	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 1 Oz	Julienne	
Juice, Lemon Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup		*Maintain >140F until time of service.
<b>3</b> Tortilla Flour 6 in	10 each	25 each	50 each	100 each		At time of service place 2oz. Meat and 1oz. Vegetables on each Tortilla. Drizzle 1 tsp of Sauce on top and serve.
Sauce, Chile	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		



## Fajitas Beef f/Fajita Strips (Beef Fajita)

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

# Tortilla Flour 6 in (Flour Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	3 g	2.5 g	50 mg	210 mg

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

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

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

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.

# Frittata Asparagus Hmd (Asparagus Frittata)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
40 Min	375.0 °F	155 °F	Bake	3/4 Cup	<b>ⓘ</b> Contains: Asparagus, AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	4 g	15 g	12 g	250 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> Pan Coating, Spray	0.5 Oz	0.5 Oz	1.5 Oz	2.5 Oz		Using aerosol pan coating, grease 12X20X2 inch pans.
<b>3</b> Asparagus, Cuts & Tips Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		Cook asparagus tips until crisp tender. Do not overcook.
<b>4</b> Egg, Liquid	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Thoroughly blend eggs, milk, cheese & pepper.
Milk, 2% Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
Cheese, Swiss Shredded	6.5 Oz	1 lb	2 lb	4 lb		
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		

## Frittata Asparagus Hmd (Asparagus Frittata)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Parsley, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Chopped	Sprinkle asparagus & parsley in pans. Pour egg mixture over asparagus & parsley. Bake at 375F/190C for 40 min, until knife inserted comes out clean.
6							Cut into servings that are 3"x3" in size.
7							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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.

# Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	23 g	2 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						<p>WASH HANDS before beginning preparation. SANITIZE surfaces &amp; equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, &amp; Grapes.</p>	
<b>2</b>	Apple Slices f/Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	<p>Wash &amp; mix prepared fruit</p> <p>Place prepared Fruit in serving dish. Chill &lt;40F.</p>	
	Strawberries f/Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		Halved
	Grapes Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup		Halved
	Orange Fresh Whole	2 whole	5 whole	10 whole	20 whole		Quartered
	Banana Whole Fresh	2 each	5 each	10 each	20 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	ⓘ Contains: Strawberry

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

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

# 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
50 kcal	15 g	0 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Apple Red Delicious	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	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.

# Apple Red Delicious (Red Delicious Apple)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	22 g	0 g	0 g	10 mg	5 mg

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

# Gazpacho Salad (Gazpacho Salad)

SERVING SIZE	ALLERGENS
1/2 Cup	<b>ⓘ Contains: Cucumber, Peppers Bell, Onion, AllergenFish, AllergenSoy, Citrus, AllergenSulphites, Garlic, Tomato</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	1 g	2.5 g	20 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b> Cucumber, Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Peel, seed and dice Cucumber.
Tomato, Fresh	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Diced	
Onion, Red/Burmuda	3 Oz	8 Oz	1 lb	2 lb	Diced	Combine Cucumber with remaining Vegetables and Herbs.
Pepper, Green Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	
Garlic, Whole Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
<b>2</b> Parsley, Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped	
Chives, Dry	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Basil, Fresh	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Chopped	
Onion, Green/Spring/Scallions	1 Oz	2 Oz	4 Oz	8 Oz	Sliced Thin	
Pepper, Yellow Fresh	3 Oz	8 Oz	1 lb	2 lb	Diced	

# Gazpacho Salad (Gazpacho Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>3</b>	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Combine Olive Oil, Juice, Vinegar, Worcesterchire Sauce, Salt and Pepper and add to Vegetables. Marinate for 1 hour at <40F.
	Juice, Lemon Bulk	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
	Vinegar, Wine White	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Sauce, Worcestershire	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
<b>4</b>	Lettuce, Red Leaf	6.5 Oz	1 lb	2 lb	4 lb		Portion onto Leaf Lettuce.
<b>5</b>							CCP - Maintain at <40F.
<b>6</b>							NOTE: Chopped: Ensure ingredients are diced to a maximum 1/4 inch size.

# Granola PC (PC Granola)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	3 g	3.5 g	0 mg	75 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.



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

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	8 g	3 g	1.5 g	50 mg	20 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Green Beans, Whole Fresh	2 lb 6 Oz	6 lb	12 lb	24 lb	Trimmed	Steam or boil Vegetables until tender 8-10 min to *internal temp 145F/62C.
<b>3</b> Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		Add Seasonings and mix well.
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
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		

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

	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.

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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	145 °F	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 vegetables until tender 8-10min.
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	
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

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

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

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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	145 °F	Steam	1 Cup	ⓘ Contains: AllergenMilk, AllergenSoy, Beans/Legumes

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM	
70 kcal	12 g	3 g	2.5 g	100 mg	25 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	4 lb	10 lb	20 lb	40 lb	Steam vegetables until tender 8-10min.
Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Add margarine and seasonings and mix well.
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<b>3</b> Rosemary, Dried Whole	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Basil, Dried Leaves	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

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

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

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



# Kiwi & Strawberries f/Fresh (Kiwi & Strawberries)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	1 g	0 g	30 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
2	Strawberries, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	Sliced	Wash strawberries and drain. Remove stem. Slice strawberries. Peel and slice kiwi. Combine fruit to serve.
	Kiwi, Fresh	6.25 each	15.63 each	31.25 each	62.5 each	Peeled & Sliced	
3						CCP - Maintain <40F.	

# Macaroni & Cheese Side (Macaroni & Cheese)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	25 g	8 g	8 g	150 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> Macaroni, Elbow Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		Stir macaroni into boiling water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
Water, Tap	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Boiled	
<b>3</b> Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melted	Melt 1st portion margarine. Stir in flour and seasoning.
Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Sauce, Worcestershire	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Mustard, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
<b>4</b> Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Add milk gradually, stirring constantly. Cook until thickened.

## Macaroni & Cheese Side (Macaroni & Cheese)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cheese, Cheddar Shredded	3 Oz	8 Oz	1 lb	2 lb		
5	Bread Crumbs, Plain	1.5 Oz	4 Oz	8 Oz	1 lb		Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pans, 12 lbs per pan.
	Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted #2	
6							Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake at 350F/176C for 30-40 min.
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# 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
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.

# 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.

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

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

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

## Meatballs Porcupine w/Sauce (Porcupine Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
4							Shape meat mixture into balls using #16 scoop. Place meatballs on lightly greased sheet pan. Bake 30 - 40 min until browned. Pour off grease. Place meatballs in steam table. Pour tomato sauce over meat. Bake at 350F/177C for 30 min.
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# 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, AllergenEggs, AllergenMilk, AllergenWheat, AllergenSoy, Onion

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.
Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz	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		
<b>3</b> 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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C

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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	None

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

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

# Milk 1% 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

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

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	400.0 °F	145 °F	Bake	1 each	⚠ Contains: AllergenEggs, AllergenWheat, Bananas, AllergenSoy

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Muffin Mix, Bran	11 Oz	1 lb 12 Oz	3 lb 7 Oz	6 lb 14 Oz		Prepare muffin mix according to package directions. Fold in sliced bananas.
2 Water, Tap	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt		
Banana Whole Fresh	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Sliced	
3						Place #16 scoop prepared dough in muffin pan(s) to bake. Bake at 400F/204C for 20-25 min, or until golden brown, or bake per manufacturer's instructions.
4						Remove muffins from pan(s) as soon as baked.
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# 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.



# Noodles Garlic (Garlic Noodles)

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

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

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

## Noodles Garlic (Garlic Noodles)

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

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ Contains: Citrus

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

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

# Pasta Penne Herb (Herbed Penne Pasta)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	26 g	5 g	4.5 g	20 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Pasta, Penne	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Water, Tap	2 3/4 Qt	1 Gal 5 Cup	3 Gal 3 Cup	7 Gal	
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
2	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Bring water to boil and add oil. Add Pasta and stir continuously until pasta is tender to the bite. Do not over cook. Drain and plunge in ice water. Drain again *Maintain <40F. until ready to proceed.
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
3	Basil, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	To serve steam for 3 min in perforated 2" pan. Season with seasoning and stir in margarine
	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	

## Pasta Penne Herb (Herbed Penne Pasta)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Heat to internal temp of 165F held 15 sec.
5							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
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.

# Pear Slices w/Blueberries (Pears with Blueberries)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Blueberry, Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	7 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	Blueberries, Fresh 8 Oz	1 lb 3 Oz	2 lb 7 Oz	4 lb 14 Oz		Wash blueberries just before using. Drain pears. Portion 1/4 cup pears in each serving dish. Add 1/4 cup blueberries on top. Do NOT stir. Combine fruit as close to meal service as possible to avoid bleeding colors.
	Pears, Sliced JcPk 8 Oz	1 lb 3 Oz	2 lb 7 Oz	4 lb 14 Oz	Chilled	
3						CCP -- Maintain <40F/4C

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	⚠ Contains: Pear

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

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



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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
10 Min	145 °F	Steam	4z Spoodle	1/2 Cup	ⓘ Contains: Carrots, AllergenMilk, Peas, AllergenSoy

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					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Parsley, Dried 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Steam vegetables until tender 8-10 min. Add parsley and margarine; mix well.
	Margarine, Solids 1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Peas & Carrots, Frz 2 lb	5 lb	10 lb	20 lb	
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding.
4					*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.

# Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 g	1 g	0 g	30 mg	15 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pineapple, Chunks JcPk	1 3/4 Qt	1 Gal	2 Gal 1 Cup	4 Gal 1 Cup	Drained Sprinkle gelatin powder over fruit and stir gently.
	Gelatin, Strawberry Dry	1 Oz	2 Oz	4 Oz	8 Oz	
3						Let fruit stand for 30 min before serving.
4						CCP -- Maintain <40F/4C;

# Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

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

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

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

# Pizza Cheese & Veg f/Par-Baked Crust (Cheese & Vegetable Pizza)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	450.0 °F	165 °F	Bake	1 slice	ⓘ Contains: Tomato, Onion, Peppers Bell, Garlic, Mushroom, AllergenMilk, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	44 g	7 g	21 g	150 mg	490 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> Sauce Pizza Hmd	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Prepare pizza sauce as per separate recipe.
<b>3</b> Pizza Crust, Par-Baked 14 in	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb		Spread pizza sauce evenly over pizza dough.
<b>4</b> Cheese, Mozzarella Shredded	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Shredded	Top with vegetables and cheese.
Mushrooms, Pieces Cnd	1/3 Cup	1 Cup	2 Cup	1 Qt	Drained	
Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped	
Pepper, Green Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped	
<b>5</b>						Bake at 450F/232C until crust is golden brown, about 20 min. Cut pizzas into 4"X6" portions.

## Pizza Cheese & Veg f/Par-Baked Crust (Cheese & Vegetable Pizza)

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

# Sauce Pizza Hmd (Pizza Sauce)

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

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

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

## Sauce Pizza Hmd (Pizza Sauce)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<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.

# Pork Loin Glazed Apricot (Apricot Glazed Pork Loin)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	425.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: Mustard, Garlic, Allergen Sulphites, Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	14 g	17 g	14 g	30 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Pork, Loin Bnls Oil, Olive Salt, Iodized Pepper, Black Ground	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
2 Jam/Preserves, Apricot Bulk Wine, Cooking Sherry Mustard, Dijon Garlic, Whole Fresh	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Place pork loin on rack in a shallow roasting pan. Combine oil, salt, and pepper; rub evenly over pork. Roast for 10 minutes.
	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Minced	



## Pork Loin Glazed Apricot (Apricot Glazed Pork Loin)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Thyme, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
3							In a small bowl, combine remaining ingredients. Pour over loin and bake an additional 15 minutes.
4							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Pork Ribs Jamaican (Jamaican Ribs)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	2 each	ⓘ Contains: Pork & Products, Citrus, Garlic, Mustard, Tomato, Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	2 g	23 g	19 g	40 mg	170 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, BBQ Garlic, Whole Fresh Juice Orange f/BIB 6 flz Seasoning, Jamaican Jerk	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 2/3 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Thaw Ribs <40F. To prepare Sauce: Mix BBQ Sauce, Garlic, Juice, and Seasoning. Let stand for 2 hours <40F.
	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 2 tsp	Minced	
	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
2 Pork, Ribs Raw	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz		Steam Ribs to *internal temp >155F held for 15 sec. Cool and portion into 3 Rib sections. Brush Sauce on Ribs. Place on sheet pans and bake at 350F for 10 minutes to glaze Sauce on Ribs.
3						CCP - Maintain >140F for only 4 hrs. CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs. CCP - Reheat: To temp of 165F held for 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.	

# 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, Onion, Beef, Garlic, AllergenMilk, AllergenSulphites

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	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz	Diced	Crumble and brown meat. Drain fat.	
	Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		Drained
	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		
4 Cheese, Cheddar Shredded	2.5 Oz	6 Oz	11.5 Oz	1 lb 7 Oz		Add vegetables and seasonings and cook until onions are transparent.	

## Potato Bkd Beef Taco Entree (Taco Stuffed Potato)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	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 Latke Hmd f/Frz Potatoes (Potato Latke)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
8 Min	Pan Fry	3 each	<b>⚠️ Contains: Potatoes, Onion, AllergenWheat, AllergenEggs</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	17 g	4 g	14 g	20 mg	250 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, Hash Brown Shredded	3 2/3 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	Thawed	Drain thawed potatoes, removing as much moisture as possible. Potatoes may be wrapped in clean paper towel and wrung to help remove additional moisture.
<b>3</b> Onion, Yellow	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Minced	In a large bowl, combine potatoes, onion, eggs, and salt. Combine well. Sprinkle in flour until evenly incorporated; mixture should hold together. If needed, stir in additional flour 1 Tablespoon at a time. CCP -- Maintain <40F/4C if not using immediately.
Salt, Iodized	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Egg, Liquid	1/3 Cup	3/4 Cup	1 3/4 Cup	3 1/2 Cup	Thawed	
<b>4</b> Oil, Vegetable	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Lightly grease a griddle with oil. Drop approx. 2 Tablespoon dollops of potato mixture onto hot griddle and flatten slightly with a spatula. Fill half the griddle with latkes. Cook until crispy and browned on one side, 2-4 minutes.

## Potato Latke Hmd f/Frz Potatoes (Potato Latke)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Carefully grease the remaining half of the griddle, then turn latkes onto freshly greased side, flipping only once. Cook until browned. Transfer to warming rack to drain. Make as close to service as possible. CCP -- Maintain >135F/57C.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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



# Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

# Potato Mashed Herbed f/Inst (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGENS
Make	1/2 Cup	ⓘ Contains: Potatoes, Garlic, 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
<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 Herbed f/Fresh (Roasted Red Potatoes)

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

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

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

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
6							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

# Potato Sliced Parslied f/Fresh (Parslied Potatoes)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Boil potatoes until just tender.
3	Parsley, Dried	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		Place potatoes in greased counter pan. Melt margarine; add seasoning and margarine; drizzle over potatoes and cover with foil. Bake until tender and cooked through.
	Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4						*CCP--Maintain>140F. 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.	
7						Cook Time: 15-25 min	

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

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

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

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

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

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

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

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



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

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

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

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

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

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

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	ⓘ Contains: Citrus

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

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

# Potato Sweet Hash (Sweet Potato Hash)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Saute	4z Spoodle	1 Cup	⚠️Contains: Potatoes, Sweet, Tomato, Peppers Bell, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	28 g	3 g	9 g	50 mg	70 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Potato, Sweet Fresh	10 medium	25 medium	50 medium	100 medium	Peeled & Cubed	Over medium heat, saute the potatoes & onions with the olive oil, & garlic powder. Cover until softened. Remove lid and cook until browned.
	Onion, Yellow	2.5 medium	6.25 medium	12.5 medium	25 medium	Chopped	
	Oil, Olive	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Garlic, Powder	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b>	Pepper, Green Fresh	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Chopped	Add remaining ingredients and cook until softened approx 20-25min, mixing everything together. When ready, remove lid, and garnish with extra cilantro. Serve
	Tomato, Grape Fresh	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Halved	
	Cilantro, Raw	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Chopped	
<b>4</b>							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

# Potato Sweet Hash (Sweet Potato Hash)

	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 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, Tater 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.

# pudding Flan Hmd (Caramel Custard)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
50 Min	325.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	31 g	10 g	9 g	300 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> Sugar, Granulated Bulk	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt	Stir sugar over medium heat until it begins to melt and becomes a golden brown. Pour this caramelized sugar into individual baking cups or baking pan(s).
<b>3</b> Egg, Liquid	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	Beat eggs, stir in milk, 2nd sugar, vanilla and salt. Pour into caramel-coated molds or pan. Set mold in baking pan pour hot water 1" deep around molds. Bake 325F/162C for 50-55 min until knife inserted comes out clean. Chill.
Milk, Evaporated Whole Cnd	3 2/3 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
Sugar, Granulated Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
Salt, Iodized	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	
Extract, Vanilla	1 1/8 tsp	3 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	
<b>4</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4
<b>5</b>					hrs. CCP -- Maintain <40F/4C

# Raspberries (Raspberries )

SERVING SIZE	ALLERGENS
1/2 Cup	⚠ Contains: Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	2 g	1 g	30 mg	5 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Raspberries, Red Fresh	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb	WASH ALL PRODUCE under cool, running water. Drain well.
3					portion 4z cups
4					CCP -- Maintain <40F/4C



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

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

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 Long Grain & Wild (White & Wild Rice Blend)

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

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

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

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

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

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

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.
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	Saute onion, celery, and bell pepper in oil.
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> Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
<b>4</b> Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

## Rice Spanish w/Veg Base (Spanish Rice)

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

# Roll Potato (Potato Roll)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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



# Roll Wheat 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.

# Salad Tex-Mex Cowboy Caviar (Tex-Mex Cowboy Caviar)

SERVING SIZE	ALLERGENS
1/2 Cup	<b>ⓘ Contains: Beans/Legumes, Allergen Sulphites, Peppers Bell, Corn, Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	16 g	3 g	1.5 g	0 mg	190 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					CCP -- Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
5					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Seafood Newburg w/Shrimp & Fish (Seafood Newburg)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	4 fl. oz	ⓘ Contains: AllergenMilk, Onion, AllergenFish, AllergenShellfish, AllergenCrustacean, AllergenWheat, Citrus, AllergenSulphites, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	11 g	15 g	12 g	150 mg	530 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>	Fish Pollock Baked	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Prepared	Thaw Salad Shrimp at <40F. Prepare Baked Pollock and Newburg Sauce according to separate recipes.
	Sauce Newburg Hmd	1 1/8 Qt	2 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	Prepared	
<b>3</b>	Shrimp, Salad Style	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Cut Fish into 1/2 inch pieces. As close to service as possible, combine Fish, Shrimp and Sauce. Toss gently to evenly coat. Reheat until *internal temp reaches 145F 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 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.

# Fish Pollock Baked (Baked Pollock)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	375.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: Citrus, AllergenFish, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	0 g	14 g	8 g	50 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.
Fish, Pollock 2-4z	2 lb	5 lb	10 lb	20 lb		Portion fish into serving size pieces onto baking sheet and sprinkle with seasonings. Refrigerate until ready to use. Melt margarine and add lemon juice. Drizzle over fish.
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>2</b> Pepper, White	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	Melted	
Juice, Lemon Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>3</b>						Bake until fish flakes easily.
<b>4</b>						Fish: Cook to internal temp of 145F/63C held for 15 sec.

## Fish Pollock Baked (Baked Pollock)

	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.

## Sauce Newburg Hmd (Newburg Sauce)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	6 g	2 g	5 g	75 mg	130 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 2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Diced Small	Sauté onion in margarine.
	Margarine, Solids 1.5 Oz	4 Oz	8.5 Oz	1 lb 1 Oz		
<b>3</b>	Flour, All Purpose 1.5 Oz	3.5 Oz	7.5 Oz	14.5 Oz		Stir in flour with wire whip. Cook, stirring constantly, for 10 minutes. Do not brown.
<b>4</b>	Milk, 2% Bulk 1 1/2 Cup	4.0 Cup	2.0 Qt	4.0 Qt	Scalded	Gradually add milk, salt, pepper & paprika. Stir until smooth. Simmer for 5 to 10 minutes or until raw flour taste disappears.
	Salt, Iodized 1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, White 1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
	Paprika 1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

## Sauce Newburg Hmd (Newburg Sauce)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Wine, Cooking Sherry	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup		Add sherry. Stir until smooth.
6	Cream, Half & Half	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Gradually, add half & half. Stir until well-blended . Do not boil.
7							Use as directed in other recipes.
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.

# Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	Simmer	6 fl. oz	⚠️ Contains: Broccoli, Onion, Garlic, AllergenMilk, AllergenSoy, AllergenWheat, Chicken, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	8 g	9 g	225 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>	Margarine, Solids	1.5 Oz	3.5 Oz	6.5 Oz	13 Oz	In a stock pot or kettle melt margarine. Add onions and saute until tender.
	Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
<b>3</b>	Flour, All Purpose	1/3 Cup	1 Cup	2 Cup	1 Qt	Add flour and pepper. Stir until blended. Cook 5 min stirring often. Add chicken base. Blend in milk and water stirring constantly. Reduce heat and cook until thickened, stirring often.
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Base, Chicken Paste LS G-F	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	
	Milk, 2% Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal	



## Soup Broccoli Cheese Hmd (Broccoli Cheese Soup)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Cheese, Cheddar Shredded	5 Oz	12 Oz	1 lb 8 Oz	3 lb		Blend in cheese to soup mixture.
5	Broccoli, Florets Frz	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Steam broccoli to tender crisp. Add to soup mixture. Let simmer on low heat for 30 min.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Soup Potato Baked Hmd (Baked Potato Soup)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Simmer	6 fl. oz	ⓘ Contains: Onion, AllergenMilk, Chicken, Potatoes, AllergenSoy, Pork & Products, AllergenWheat, Corn, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	24 g	5 g	4.5 g	100 mg	125 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 Bkd f/Fresh	3.79 each	9.47 each	18.94 each	37.88 each	The day before service bake Potatoes as per separate recipe. Refrigerate at <40F. On day of Soup preparation remove skin from Potatoes & dice into 1/2 inch cubes. Refrigerate at <40F until needed.
<b>3</b> Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Fine chop Green Onions, then saute in Margarine until softened.
Onion, Green/Spring/Scallions	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	
<b>4</b> Flour, All Purpose	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Stir Flour into Margarine & Onions. Stir & cook for 10-15 min to make a roux.
<b>5</b> Soup Broth Chicken f/Base	3.0 Cup	2.0 Qt	3 3/4 Qt	1 Gal 6 Cup	Add prepared Chicken Broth to roux stirring constantly with a wire whip. Bring to a boil. Reduce heat & simmer 15-20 min. Add reserved Potatoes.
<b>6</b> Milk, 2% Bulk	1 1/8 Cup	2 2/3 Cup	1 1/4 Qt	2 3/4 Qt	Add Milk & cooked, crumbled Bacon to Soup. Bring temperature of Soup to 180-190F.
Bacon Pork Crumbled	1 Oz	2.5 Oz	4.5 Oz	9 Oz	

## Soup Potato Baked Hmd (Baked Potato Soup)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7	Onion, Green/Spring/Scallions	0.5 Oz	1.5 Oz	3 Oz	6 Oz	Thin slice Green Onions. Add Green Onions, Black Pepper, & Cheese to Soup. Stir until Cheese is melted.
	Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp	
	Cheese, Cheddar Shredded	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	
8						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Potato 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.	

# Soup Broth Chicken f/Base (Chicken Broth)

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

# Bacon Pork Crumbled (Crumbled Bacon)

COOK METHOD	SERVING SIZE	ALLERGENS
Crumble	1 Tbsp	ⓘ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	0 g	1 g	3 g	0 mg	75 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Bacon Strip Oven Crisp f/Raw	10 slice	25 slice	50 slice	100 slice	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Crumble Bacon that has been cooked crisp. Reheat to 165F held for 15 sec. CCP -- Maintain >140F for only 4 hrs..

# Bacon Strip Oven Crisp f/Raw (Bacon)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
400.0 °F	Bake	1 slice	ⓘ Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	0 g	1 g	3 g	0 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Bacon, Pork 18-26 ct	10 slice	25 slice	50 slice	100 slice	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Lay Bacon slices on baking sheets. Bake in oven to *internal temp >155F for 15 sec until crisp. Pour off grease. Drain on paper towel.
2					CCP -- Maintain >140F for only 4 hrs.
3					CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
4					CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
5					Cook Time: 6 - 10 min

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	Saute	1/2 Cup	ⓘ Contains: Garlic, Spinach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	150 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 Garlic, in Oil over medium heat. DO NOT brown.
Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Garlic, Whole Fresh	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Minced	
<b>3</b>						Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
Spinach, Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Chopped	
Kale, Fresh	13 Oz	2 lb	4 lb	8 lb	Chopped	
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		



## Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

	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.

# Squash Yellow & Red Peppers f/Frz (Squash and Peppers)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	2 g	2.5 g	30 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	Pan Coating, Spray	0.5 Oz	0.5 Oz	1 Oz	2 Oz	Chop onion and sauté until tender using pan coating spray.
	Onion, Yellow	9 Oz	1 lb 6 Oz	2 lb 13 Oz	5 lb 10 Oz	
3	Squash, Yellow Frz	2 lb	5 lb	10 lb	20 lb	Add squash, margarine and garlic powder to cooked onion.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
4						Cover and simmer until soft, about 20 min; stirring occasionally.
5	Pimento, Pieces Cnd	1/3 Cup	1 Cup	2 Cup	1 Qt	When vegetables are half cooked. Add pimentos and continue cook until vegetable is tender.

## Squash Yellow & Red Peppers f/Frz (Squash and Peppers)

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

# Steak Cobb Salad (Steak Cobb Salad)

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

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	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 (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

# Steak Cubes Garlic (Garlic Steak Bites)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
145 °F	Saute	3 Oz	ⓘ Contains: AllergenMilk, Beef, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	1 g	20 g	13 g	20 mg	340 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, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Season beef with the salt and pepper.
	Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
	Pepper, Black Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
<b>3</b>	Oil, Olive	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Heat oil over medium-high heat. Place the beef in the pan in a single layer, working in batches as needed. Cook steak for 4-6 minutes, stirring occasionally, until golden brown on all sides. Repeat with remaining meat if working in batches.
<b>4</b>	Margarine, Solids	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup	Add margarine and garlic to the pan. Cook for 1-2 minutes, stirring so the meat is evenly coated in sauce. Add parsley and stir to combine.
	Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	

# Steak Cubes Garlic (Garlic Steak Bites)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Minced	
5							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



# Steak Sirloin Strip (Sirloin Steak)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Broil	3 Oz	<b>ⓘ Contains: Beef</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	0 g	16 g	3 g	20 mg	40 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Beef, Steak Sirloin 6z	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	<p>WASH HANDS before beginning preparation. SANITIZE surfaces &amp; equipment.</p> <p>Pan Broil: Place Meat on a preheated ungreased griddle or heavy fry pan. Cook slowly, turning as needed. May need to turn more than once since Meat is in contact with hot metal.</p> <p>Broil: Cook Meat at a moderate temp. Care should be taken not to puncture Meat by using long-handled tongs or spatula. Place Meat 2-3 inch from heat and grill 10 min for rare, 13 min for medium. Heat to *internal temp &gt;145F/62C for 15 sec. and *Maintain &gt;140F/60C.</p>
2					<p>Holding: Prepare Steaks close to service. If holding is required, add a small amount of Water to a steam pan and layer Steaks. Seal tightly and *Maintain &gt;140F/60C.</p> <p>Optional - Add Onion Slices on top for flavoring.</p>
3					<p>NOTES: Seasoning such as Salt, Pepper, All Purpose Seasoning, Garlic, Garlic Powder, Onion Powder, etc can be applied to the Steak before grilling.</p>
4					<p>CCP -- Maintain &gt;140F/60C for only 4 hrs.</p> <p>CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.</p> <p>CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.</p>
5					<p>Cook Time: 10-15 min</p>

# Tomato Escaloped f/Cnd (Escaloped Tomatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	145 °F	Bake	1/2 Cup	ⓘ Contains: Tomato, Peppers Bell, AllergenSoy, AllergenMilk, AllergenWheat, Celery, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	16 g	3 g	1 g	75 mg	300 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> Tomato, Diced Cnd	3 1/3 Cup	2 1/8 Qt	1 Gal	2 Gal 1 Cup		Drain tomatoes. Reserve juice.
<b>3</b> Celery, Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	To juice, add coarsely chopped celery, onions, & green pepper. Cook about 15 min.
Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Diced	
Pepper, Green Fresh	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Diced	
<b>4</b> Pepper, Black Ground	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/4 tsp		Add tomatoes & pepper, and place in greased baking pan(s).
<b>5</b> Bread Crumbs, Plain	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt		Cover with bread crumbs and bake at 350F for 30 min

## Tomato Escalloped f/Cnd (Escalloped Tomatoes)

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

# Tuna Salad Plate/Pita Bread (Tuna Salad Plate w/Pita Bread)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 each	ⓘ Contains: AllergenEggs, Tomato, Carrots, Citrus, AllergenFish, AllergenWheat, AllergenSoy, AllergenSulphites, Cucumber

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	29 g	17 g	3 g	100 mg	400 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.
Lettuce, Green Leaf	13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Separated	Prepare vegetables as indicated. Slice each pita into 6 wedges. Combine tuna with egg.
Cucumber, Fresh	0 lb 15 Oz	2 lb 6 Oz	4 lb 11 Oz	9 lb 6 Oz	Sliced	
Tomato, Fresh	1 lb 3 Oz	3 lb	5 lb 16 Oz	11 lb 16 Oz	Cut into Wedges	
<b>2</b>						
Carrot, Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cut into Matchsticks	
Bread Pita	5 each	12.5 each	25 each	50 each	Cut into Wedges	
Tuna, Chunk Light WtrPk Bulk	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Drained/Flaked	
Egg Boiled Hard Whole	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	

## Tuna Salad Plate/Pita Bread (Tuna Salad Plate w/Pita Bread)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Pepper, Black Ground	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine lemon juice, pepper and mayonnaise with tuna mixture. Mix well.
	Mayonnaise, Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
	Juice, Lemon Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
4							To prepare plates, line each chilled 9" plate with 2 lettuce leaves. Place 1 #12 scoop of tuna salad in center of plate.
5							Around the tuna arrange 3 pita wedges. Place 3 cucumber slices then space out. Place 1 tomato wedge on top of each cucumber slice. Place 2 carrot sticks between cucumber/tomato wedges. Wrap and hold for same day service.
6							CCP -- Maintain <40F/4C

# Egg Boiled Hard Whole (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.

# Yogurt Vanilla & Peaches Dessert (Yogurt & Peaches)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 serving	ⓘ Contains: AllergenMilk, Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	32 g	7 g	1.5 g	225 mg	90 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Yogurt, Vanilla Low Fat Bulk	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	Portion 1/2 cup yogurt in bowl. Top with 1/2 cup of fruit.
	Peaches, Diced JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup Drained	
3						CCP -- Maintain <40F/4C

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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	145 °F	Steam	1/2 Cup	ⓘ Contains: AllergenMilk, AllergenSoy, Garlic

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Steam vegetables until tender.
Squash, Yellow Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	
Zucchini, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	
<b>3</b>					Pour margarine and seasonings over squash.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Oregano, Dry	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.



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

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

# Zucchini & Tomato Southwest f/Fresh (Southwest Zucchini & Tomatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
15 Min	0.0 °F	145 °F	Saute	1 Cup	ⓘ Contains: Tomato, Garlic, Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	9 g	3 g	3.5 g	40 mg	490 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Minced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	2 Tbsp	1/3 Cup	2/3 Cup		
Garlic, Powder	1 tsp	2 1/2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		Preprep: Slice zucchini in crosswise 1/4 Inch thick. Saute onion in oil until tender.
Zucchini, Fresh	2 lb 11 Oz	6 lb 11 Oz	13 lb 5 Oz	26 lb 11 Oz		
2 Tomato, Fresh	1 lb 5 Oz	3 lb 5 Oz	6 lb 11 Oz	13 lb 5 Oz	Seeded/Chopped	
Pepper, Black Ground	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
Salt, Iodized	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		

## Zucchini & Tomato Southwest f/Fresh (Southwest Zucchini & Tomatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cumin, Ground	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
3							Add vegetables and seasonings into onions.
4							Cook covered over low heat until tender.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.



## 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 Month Menu Lunch May 2024

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	720 kcal
Protein (g)	30g	37g
Carbohydrate	Not Applicable	95g
Fat	30-35% of calories, less is acceptable	31% of calories
Fiber (g)	9g	9g
Vitamins and Minerals	Minimum Requirements	Menu Provides
Vitamin A	300 mcg	535.84 mcg
Vitamin B-6	.6 mg	1.08 mg
Vitamin B12	.8 mcg	2.69 mcg
Vitamin C	30 mcg	70.16 mg
Vitamin D	3 mcg	4.5 mcg
Calcium	330 mg	600 mg
Potassium	1567 mg	1550 mg
Sodium	<1100mg avg over one month	920 mg

Goals are based on meeting 1/3 of the DRI per day on this menu. If only one meal is served each day the individual meals as planned are adequate to meet 1/3 of the DRI.

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, and National Academies.

## Daily Nutrient Analysis: Wednesday, Week 1, Month Menu May 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>745</b>	<b>91</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>44</b>	<b>28</b>	<b>800</b>	<b>6</b>	<b>1695</b>	<b>1060</b>	<b>743</b>	<b>656</b>	<b>126</b>	<b>5</b>	<b>187</b>	<b>229</b>	<b>160</b>	<b>1</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	
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 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	
6fl. oz Soup Broccoli Cheese Hmd	150	11	1	0	0	5	0	8	9	225	0.3	200	190	155.3	132.88	11.31	1.5	27.94	17.69	20	0.41	4	
2 Each Breadstick Garlic Whole Grain 6in	190	32	5	0	0	5	0	10	3	75	2	175	280	164.16	0	0.07	0	1.01	54	0	0	0.5	
1 Each Crackers Saltine PC	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 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 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	
<b>Lunch TOTAL</b>	<b>745</b>	<b>91</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>44</b>	<b>27.5</b>	<b>800</b>	<b>5.8</b>	<b>1695</b>	<b>1060</b>	<b>742.9</b>	<b>655.58</b>	<b>125.58</b>	<b>5.1</b>	<b>186.97</b>	<b>228.92</b>	<b>160</b>	<b>0.69</b>	<b>9.0</b>	

## Daily Nutrient Analysis: Thursday, Week 1, Month Menu May 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>715</b>	<b>83</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>44</b>	<b>28</b>	<b>545</b>	<b>5</b>	<b>1500</b>	<b>750</b>	<b>550</b>	<b>594</b>	<b>72</b>	<b>3</b>	<b>63</b>	<b>127</b>	<b>95</b>	<b>1</b>	<b>7</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
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
3oz Chicken Paprikash f/Pulled	230	3	1	0	0	1	0	22	14	40	1.25	225	170	135.12	62.28	0.66	0	5.94	7.55	75	0.15	4
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 f/Frz	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.44	3.74	0.2	36.8	21.15	0	0.09	0
1cup Melon Cantaloupe Cubes f/Fresh	50	13	1	0	0	12	0	2	0	20	0.4	450	25	23.41	263.7	57.27	0	3.9	32.77	0	0	0
<b>Lunch TOTAL</b>	<b>715</b>	<b>83</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>44</b>	<b>28.0</b>	<b>545</b>	<b>4.8</b>	<b>1500</b>	<b>750</b>	<b>549.92</b>	<b>593.72</b>	<b>71.85</b>	<b>3.4</b>	<b>63.18</b>	<b>127.17</b>	<b>95</b>	<b>0.71</b>	<b>6.5</b>

## Daily Nutrient Analysis: Friday, Week 1, Month Menu May 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>830</b>	<b>95</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>43</b>	<b>36</b>	<b>605</b>	<b>7</b>	<b>1500</b>	<b>1190</b>	<b>650</b>	<b>488</b>	<b>155</b>	<b>4</b>	<b>196</b>	<b>251</b>	<b>110</b>	<b>2</b>	<b>11</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
3/4cup Beef Thai w/Basil	270	10	1	0	0	6	0	17	18	40	2.25	400	570	169.45	50.22	40.15	0	9.83	30.35	65	1.02	7
1/2cup Noodles Garlic	120	20	1	0	0	1	0	4	3	20	1.25	75	125	66.53	23.2	0.16	0.4	3.94	62.88	25	0.15	0.5
1cup Broccoli Florets f/Frz	80	10	5	0	0	3	0	6	4	100	1.25	350	75	100.3	129.48	72.84	0.6	164.84	54.6	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
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>830</b>	<b>95</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>43</b>	<b>36.0</b>	<b>605</b>	<b>7.05</b>	<b>1500</b>	<b>1190</b>	<b>650.06</b>	<b>487.55</b>	<b>154.54</b>	<b>4.0</b>	<b>196.16</b>	<b>251.39</b>	<b>110</b>	<b>1.82</b>	<b>10.5</b>



## Daily Nutrient Analysis: Monday, Week 2, Month Menu May 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>930</b>	<b>144</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>60</b>	<b>0</b>	<b>41</b>	<b>29</b>	<b>810</b>	<b>6</b>	<b>1800</b>	<b>1200</b>	<b>772</b>	<b>311</b>	<b>71</b>	<b>6</b>	<b>29</b>	<b>148</b>	<b>165</b>	<b>0</b>	<b>10</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
1/2cup Raspberries *	60	15	8	0	0	5	0	2	1	30	1	200	5	34.2	2.36	30.9	0	9.2	24.77	0	0	0
1 Each Fajitas Beef f/Fajita Strips	160	17	1	0	0	2	0	11	6	50	1.25	125	480	64.14	3	10.98	0	3.16	30.52	25	0.01	2.5
1/2cup Rice Spanish w/Veg Base	120	24	1	0	0	2	0	3	2	40	0.75	150	80	49.53	7.43	8.03	0	5.19	7.91	5	0.01	0
1/2cup Corn Southwest *	90	19	2	0	0	3	0	3	2.5	0	0.75	225	35	73.22	30.21	11.32	0.4	2.83	32.39	0	0.13	0
1/2cup Pudding Flan Hmd	240	31	0	0	0	30	0	10	9	300	0.75	350	160	231.22	100.64	1.72	2.5	0.53	28.46	120	0.01	5
3/4cup Chips & Salsa	160	25	2	0	0	5	0	3	6	40	1	350	330	87.54	25.62	8.25	0	8.24	12.15	0	0.23	1
<b>Lunch TOTAL</b>	<b>930</b>	<b>144</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>60</b>	<b>0</b>	<b>41</b>	<b>29.0</b>	<b>810</b>	<b>5.6</b>	<b>1800</b>	<b>1200</b>	<b>771.65</b>	<b>310.78</b>	<b>71.2</b>	<b>5.9</b>	<b>29.39</b>	<b>148.4</b>	<b>165</b>	<b>0.39</b>	<b>10.0</b>

### Daily Nutrient Analysis: Tuesday, Week 2, Month Menu May 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>835</b>	<b>101</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>45</b>	<b>32</b>	<b>700</b>	<b>5</b>	<b>1680</b>	<b>1410</b>	<b>835</b>	<b>553</b>	<b>34</b>	<b>5</b>	<b>75</b>	<b>151</b>	<b>170</b>	<b>1</b>	<b>10</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 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 Each Chef Salad/Turkey & Ham & Egg	210	11	3	0	0	5	0	21	10	175	1.5	550	470	324.5	241.84	19.09	0.8	34.41	62.23	140	0.16	4.5	
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	
1/2cup 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	
2 Each Breadstick Garlic Whole Grain 6in	190	32	5	0	0	5	0	10	3	75	2	175	280	164.16	0	0.07	0	1.01	54	0	0	0.5	
6fl. oz Soup Potato Baked Hmd	150	24	2	0	0	3	0	5	4.5	100	0.5	450	125	100.83	50	14.25	0.6	20.34	16.99	10	0.17	2	
1 Each Crackers Saltine PC	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	
<b>Lunch TOTAL</b>	<b>835</b>	<b>101</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>45</b>	<b>32.0</b>	<b>700</b>	<b>4.6</b>	<b>1680</b>	<b>1410</b>	<b>835.44</b>	<b>552.5</b>	<b>33.5</b>	<b>5.0</b>	<b>74.74</b>	<b>151.19</b>	<b>170</b>	<b>0.98</b>	<b>10.0</b>	

\*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"

## Daily Nutrient Analysis: Wednesday, Week 2, Month Menu May 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>97</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>39</b>	<b>35</b>	<b>610</b>	<b>6</b>	<b>1775</b>	<b>875</b>	<b>638</b>	<b>750</b>	<b>89</b>	<b>5</b>	<b>60</b>	<b>133</b>	<b>120</b>	<b>2</b>	<b>10</b>
Lunch																						
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 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
1/2cup Peas & Carrots Seasoned f/Frz	60	10	3	0	0	4	0	3	2	30	1	150	80	44.66	450.28	7.38	0.4	19.41	23.65	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
1/2cup Kiwi & Strawberries f/Fresh	40	10	2	0	0	6	0	1	0	30	0.3	200	5	24.18	2.15	63.41	0	18.69	20.19	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
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
<b>Lunch TOTAL</b>	<b>820</b>	<b>97</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>39</b>	<b>35.0</b>	<b>610</b>	<b>6.15</b>	<b>1775</b>	<b>875</b>	<b>638.28</b>	<b>750.3</b>	<b>89.43</b>	<b>4.8</b>	<b>59.84</b>	<b>132.54</b>	<b>120</b>	<b>1.66</b>	<b>9.5</b>

## Daily Nutrient Analysis: Thursday, Week 2, Month Menu May 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>785</b>	<b>102</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>39</b>	<b>30</b>	<b>705</b>	<b>6</b>	<b>2035</b>	<b>885</b>	<b>633</b>	<b>548</b>	<b>209</b>	<b>3</b>	<b>342</b>	<b>357</b>	<b>70</b>	<b>0</b>	<b>6</b>
Lunch																						
3oz Chicken Monterey	190	5	1	0	0	3	0	14	13	75	0.4	300	250	158.09	25.16	16.79	0	14.9	11.64	45	0.04	3
1cup House Salad *	25	6	2	0	0	3	0	2	0	40	1	350	15	40.21	209.59	8.37	0	65.87	82.79	0	0	0
1 Each Dressing Italian LoCal PC	15	2	0	0	0	1	0	0	1	0	0	20	135	1.77	0.15	0	0	1.85	0.44	0	0	0
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
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
1 Each Roll Potato	90	15	1	0	0	2	0	4	2	50	1.25	40	135	34.16	0.28	0.06	0	2.97	28.28	5	0	0
1 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
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>785</b>	<b>102</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>39</b>	<b>30.0</b>	<b>705</b>	<b>6.2</b>	<b>2035</b>	<b>885</b>	<b>633.18</b>	<b>548.3</b>	<b>208.89</b>	<b>3.4</b>	<b>341.88</b>	<b>356.76</b>	<b>70</b>	<b>0.35</b>	<b>6.0</b>

## Daily Nutrient Analysis: Friday, Week 2, Month Menu May 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>925</b>	<b>95</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>37</b>	<b>48</b>	<b>545</b>	<b>5</b>	<b>1625</b>	<b>1160</b>	<b>752</b>	<b>453</b>	<b>81</b>	<b>6</b>	<b>64</b>	<b>146</b>	<b>95</b>	<b>1</b>	<b>9</b>
Lunch																						
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
2 Each Hushpuppies RTB Frz	170	23	2	0	0	2	0	4	7	75	1.5	150	470	232.47	0	0	0	1.93	81.08	0	0	1.5
3 Each Potato Latke Hmd f/Frz Potatoes	210	17	1	0	0	0	0	4	14	20	1	250	250	57.99	14.49	6.72	0.4	9.39	12.66	35	0.06	1.5
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
1cup Fruit Fresh Spring/Summer	90	23	3	0	0	17	0	2	0	30	0.5	300	5	30.09	5.68	41.98	0	8.6	21.61	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
<b>Lunch TOTAL</b>	<b>925</b>	<b>95</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>37</b>	<b>47.5</b>	<b>545</b>	<b>4.75</b>	<b>1625</b>	<b>1160</b>	<b>751.55</b>	<b>453.46</b>	<b>80.68</b>	<b>6.4</b>	<b>63.64</b>	<b>146.26</b>	<b>95</b>	<b>1.29</b>	<b>8.5</b>

## Daily Nutrient Analysis: Monday, Week 3, Month Menu May 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>740</b>	<b>120</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>47</b>	<b>0</b>	<b>40</b>	<b>17</b>	<b>625</b>	<b>7</b>	<b>1645</b>	<b>1035</b>	<b>760</b>	<b>1308</b>	<b>25</b>	<b>3</b>	<b>51</b>	<b>127</b>	<b>65</b>	<b>0</b>	<b>5</b>
Lunch																						
3oz Steak Sirloin Strip	90	0	0	0	0	0	0	16	3	20	1.25	250	40	140.84	0	0	0	0.88	8.85	45	0	1
1/2cup Asparagus Seasoned f/Fresh	35	4	2	0	0	2	0	3	2	30	2	200	115	47.63	52.93	5.21	0.4	39.88	47.25	0	0.13	0
1 4x4 Roll Ciabatta Whole Wheat	200	39	6	0	0	6	0	7	3.5	100	2	225	400	169.3	0	0	0	1.51	22.67	0	0	0.5
1 2x3 Cake Strawberry Cloud f/White Mix	160	33	1	0	0	20	0	2	2.5	75	0.75	20	250	98.66	0.26	15.94	0	1.18	19.48	0	0.07	1.5
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 Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
<b>Lunch TOTAL</b>	<b>740</b>	<b>120</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>47</b>	<b>0</b>	<b>40</b>	<b>16.5</b>	<b>625</b>	<b>7.1</b>	<b>1645</b>	<b>1035</b>	<b>760.09</b>	<b>1307.61</b>	<b>24.79</b>	<b>3.4</b>	<b>51.46</b>	<b>127.13</b>	<b>65</b>	<b>0.38</b>	<b>5.0</b>

## Daily Nutrient Analysis: Tuesday, Week 3, Month Menu May 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>785</b>	<b>100</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>43</b>	<b>30</b>	<b>470</b>	<b>4</b>	<b>1640</b>	<b>715</b>	<b>580</b>	<b>207</b>	<b>27</b>	<b>5</b>	<b>20</b>	<b>98</b>	<b>105</b>	<b>0</b>	<b>9</b>	
Lunch																							
1/2cup Salad Tex-Mex Cowboy Caviar	70	16	2	0	0	5	0	3	1.5	0	0.3	150	190	47.53	0	1.97	0	0	33.62	0	0	0	
1 Each Roll Potato	90	15	1	0	0	2	0	4	2	50	1.25	40	135	34.16	0.28	0.06	0	2.97	28.28	5	0	0	
1 Each 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	
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	
2 Each Pork Ribs Jamaican	270	2	0	0	0	1	0	23	19	40	1	300	170	178.32	8.51	0.28	1.5	0.08	0.18	80	0.16	7	
1/2cup Potato Sliced Parslied f/Fresh	140	30	2	0	0	2	0	3	1.5	10	0.75	550	70	68.96	14.02	17.66	0.2	4.57	12.61	0	0.1	0	
<b>Lunch TOTAL</b>	<b>785</b>	<b>100</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>38</b>	<b>0</b>	<b>43</b>	<b>29.5</b>	<b>470</b>	<b>3.7</b>	<b>1640</b>	<b>715</b>	<b>580.28</b>	<b>206.84</b>	<b>26.68</b>	<b>4.7</b>	<b>19.77</b>	<b>97.86</b>	<b>105</b>	<b>0.44</b>	<b>9.0</b>	

## Daily Nutrient Analysis: Wednesday, Week 3, Month Menu May 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>830</b>	<b>121</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>56</b>	<b>0</b>	<b>29</b>	<b>31</b>	<b>825</b>	<b>4</b>	<b>1550</b>	<b>790</b>	<b>593</b>	<b>279</b>	<b>39</b>	<b>3</b>	<b>82</b>	<b>104</b>	<b>35</b>	<b>0</b>	<b>11</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
1 slice Pizza Cheese & Veg f/Par-Baked Crust	380	44	2	0	0	4	0	7	21	150	1.5	300	490	120.03	34.15	25.94	0	5.68	31.97	10	0	8
1cup Green Beans Herb f/Frz	70	12	6	0	0	3	0	3	2.5	100	1.5	300	25	53.48	64.88	7.48	0.4	73.6	42.3	0	0.18	0.5
1 Each Granola PC	120	20	2	0	0	6	0	3	3.5	0	0.75	100	75	0	0	0	0	0	0	0	0	0
1 Serving Yogurt Vanilla & Peaches Dessert	160	32	2	0	0	30	0	7	1.5	225	0.5	450	90	187.33	38.51	5.48	0	2.25	17.28	10	0	1
<b>Lunch TOTAL</b>	<b>830</b>	<b>121</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>56</b>	<b>0</b>	<b>29</b>	<b>31.0</b>	<b>825</b>	<b>4.35</b>	<b>1550</b>	<b>790</b>	<b>592.64</b>	<b>279.06</b>	<b>38.9</b>	<b>3.4</b>	<b>81.77</b>	<b>103.75</b>	<b>35</b>	<b>0.18</b>	<b>11.0</b>



## Daily Nutrient Analysis: Thursday, Week 3, Month Menu May 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)	FATRNRN (G)	SAT FAT (G)
<b>DAILY TOTAL</b>	<b>830</b>	<b>112</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>39</b>	<b>32</b>	<b>545</b>	<b>7</b>	<b>1600</b>	<b>1165</b>	<b>597</b>	<b>311</b>	<b>36</b>	<b>4</b>	<b>28</b>	<b>109</b>	<b>130</b>	<b>2</b>	<b>9</b>
Lunch																						
3 Each Meatballs Porcupine w/Sauce	290	18	2	0	0	3	0	18	17	50	3	500	590	195.1	45.58	6.8	0.6	3.81	26.85	110	0.91	6
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Zucchini & Squash Yellow Seasoned f/Frz	30	4	1	0	0	2	0	2	2	20	0.5	200	20	23.15	26.66	3.36	0.4	6.25	7.45	0	0.13	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Pineapple Blushing Chunks f/Cnd	110	29	1	0	0	26	0	1	0	30	0.5	225	15	13.15	3.32	15.76	0	0.5	8.36	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
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
<b>Lunch TOTAL</b>	<b>830</b>	<b>112</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>39</b>	<b>31.5</b>	<b>545</b>	<b>6.6</b>	<b>1600</b>	<b>1165</b>	<b>597.06</b>	<b>311.18</b>	<b>36.21</b>	<b>4.2</b>	<b>28.08</b>	<b>109.01</b>	<b>130</b>	<b>1.51</b>	<b>8.5</b>

## Daily Nutrient Analysis: Friday, Week 3, Month Menu May 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>735</b>	<b>87</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>40</b>	<b>29</b>	<b>620</b>	<b>5</b>	<b>1540</b>	<b>1385</b>	<b>669</b>	<b>403</b>	<b>54</b>	<b>5</b>	<b>29</b>	<b>161</b>	<b>75</b>	<b>1</b>	<b>8</b>
Lunch																						
3oz Chicken Tenders Brd f/RTB	220	16	0	0	0	0	0	15	11	20	1	200	390	186.15	0	0	0	3.62	10.34	40	0	3
1/2cup Macaroni & Cheese Side	200	25	1	0	0	3	0	8	8	150	1.25	150	230	131.4	88.97	0.18	1.5	4.77	63.86	15	0.38	3
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
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
1cup Zucchini & Tomato Southwest f/Fresh	70	9	2	0	0	5	0	3	3.5	40	1	500	490	68.42	37.68	31.3	0	12.7	41.8	0	0.02	0
1cup Melon Watermelon Cantaloupe f/Fresh	50	12	1	0	0	10	0	2	0	20	0.4	250	10	18.42	94.35	22.87	0	1.03	11.16	0	0	0
<b>Lunch TOTAL</b>	<b>735</b>	<b>87</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>0</b>	<b>40</b>	<b>29.0</b>	<b>620</b>	<b>4.75</b>	<b>1540</b>	<b>1385</b>	<b>669.24</b>	<b>403.47</b>	<b>54.41</b>	<b>4.5</b>	<b>28.63</b>	<b>160.66</b>	<b>75</b>	<b>0.59</b>	<b>8.0</b>

## Daily Nutrient Analysis: Monday, Week 4, Month Menu May 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>81</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>31</b>	<b>30</b>	<b>745</b>	<b>4</b>	<b>1650</b>	<b>510</b>	<b>683</b>	<b>1240</b>	<b>129</b>	<b>5</b>	<b>43</b>	<b>232</b>	<b>265</b>	<b>0</b>	<b>10</b>	
Lunch																							
3/4cup Frittata Asparagus Hmd	180	4	1	0	0	1	0	15	12	250	1.5	250	125	260.63	185.15	15.45	2	12.88	141.25	240	0.22	6	
1cup Potato Sweet Hash	200	28	5	0	0	7	0	3	9	50	1.25	600	70	80.08	839.6	38.34	0	19.58	25.62	0	0	1.5	
1 Each Muffin Banana Bran f/Bran Mix	100	19	3	0	0	8	0	2	3	20	1	100	170	90.07	17.67	0.57	0	5.46	10.67	5	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 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	
<b>Lunch TOTAL</b>	<b>675</b>	<b>81</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>42</b>	<b>0</b>	<b>31</b>	<b>29.5</b>	<b>745</b>	<b>4.05</b>	<b>1650</b>	<b>510</b>	<b>682.98</b>	<b>1240.29</b>	<b>128.85</b>	<b>5</b>	<b>43.21</b>	<b>231.79</b>	<b>265</b>	<b>0.4</b>	<b>9.5</b>	

### Daily Nutrient Analysis: Tuesday, Week 4, Month Menu May 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>725</b>	<b>104</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>40</b>	<b>24</b>	<b>695</b>	<b>4</b>	<b>1775</b>	<b>975</b>	<b>712</b>	<b>513</b>	<b>101</b>	<b>6</b>	<b>223</b>	<b>206</b>	<b>110</b>	<b>1</b>	<b>6</b>
Lunch																						
1/2cup Rice Long Grain & Wild	120	26	1	0	0	0	0	3	1	30	1.25	75	55	48.61	4.61	0	0	0.55	81.61	0	0.03	0
1 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
4fl. oz Seafood Newburg w/Shrimp & Fish	210	11	0	0	0	4	0	15	12	150	0.4	300	530	218.23	168.76	0.49	2.5	10.68	13.38	90	0.77	3.5
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 Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1cup Broccoli Spears f/Frz	100	13	7	0	0	3	0	8	4	125	1.5	450	90	125.26	154.16	91.04	0.6	205.02	68.2	0	0.28	0.5
1 Each Banana Whole Fresh	100	26	3	0	0	14	0	2	0	10	0.3	450	5	24.86	3.39	9.83	0	0.56	22.6	0	0	0
<b>Lunch TOTAL</b>	<b>725</b>	<b>104</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>40</b>	<b>24.0</b>	<b>695</b>	<b>4.3</b>	<b>1775</b>	<b>975</b>	<b>712.28</b>	<b>513.39</b>	<b>101.37</b>	<b>6.1</b>	<b>222.66</b>	<b>206.44</b>	<b>110</b>	<b>1.26</b>	<b>6.0</b>

## Daily Nutrient Analysis: Wednesday, Week 4, Month Menu May 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>780</b>	<b>116</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>40</b>	<b>24</b>	<b>580</b>	<b>8</b>	<b>1500</b>	<b>1070</b>	<b>611</b>	<b>330</b>	<b>75</b>	<b>4</b>	<b>48</b>	<b>110</b>	<b>65</b>	<b>1</b>	<b>5</b>
Lunch																						
3/4cup Beef Ragout f/Cubes	130	8	1	0	0	3	0	17	4.5	40	2.25	450	180	170.4	23.81	16.54	0.4	7.65	13.54	45	0.26	1.5
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Potato Mashed Herbed f/Inst	110	24	2	0	0	1	0	3	1.5	20	0.5	200	125	67.76	12.2	10.18	0.2	4.73	11.55	0	0.08	0
1/2cup Crisp Blueberry & Strawberry	180	31	3	0	0	19	0	2	6	20	0.75	75	50	31.47	58.63	34.8	0.8	15.05	6.52	0	0.41	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
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
1/2cup Tomato Escalloped f/Cnd	70	16	2	0	0	4	0	3	1	75	2	300	300	43.05	12.23	13.21	0	7.5	23.39	0	0	0
<b>Lunch TOTAL</b>	<b>780</b>	<b>116</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>40</b>	<b>24.0</b>	<b>580</b>	<b>7.6</b>	<b>1500</b>	<b>1070</b>	<b>610.58</b>	<b>330.29</b>	<b>74.84</b>	<b>4.4</b>	<b>47.72</b>	<b>109.8</b>	<b>65</b>	<b>1.14</b>	<b>5.0</b>

## Daily Nutrient Analysis: Thursday, Week 4, Month Menu May 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>670</b>	<b>76</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>39</b>	<b>30</b>	<b>740</b>	<b>6</b>	<b>1425</b>	<b>850</b>	<b>631</b>	<b>488</b>	<b>64</b>	<b>4</b>	<b>73</b>	<b>115</b>	<b>110</b>	<b>1</b>	<b>9</b>
Lunch																						
3oz Chicken Garlic Oregano Thigh	110	2	0	0	0	0	0	12	7	20	0.75	175	95	113.73	50.61	1.97	0.6	9.65	5.26	60	0.31	1.5
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
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 Green Beans Herb f/Fresh	45	8	3	0	0	4	0	3	1.5	50	1.25	250	20	41.8	51.6	13.3	0.2	49.06	36.21	0	0.09	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
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
1/2cup Oranges Mandarin Chilled JcPk Cnd	45	12	1	0	0	11	0	1	0	20	0.4	175	10	12.43	53.45	42.51	0	0	6.21	0	0	0
<b>Lunch TOTAL</b>	<b>670</b>	<b>76</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>0</b>	<b>39</b>	<b>29.5</b>	<b>740</b>	<b>5.5</b>	<b>1425</b>	<b>850</b>	<b>630.86</b>	<b>487.51</b>	<b>63.93</b>	<b>4.4</b>	<b>72.76</b>	<b>114.82</b>	<b>110</b>	<b>0.97</b>	<b>9.0</b>

## Daily Nutrient Analysis: Friday, Week 4, Month Menu May 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>940</b>	<b>139</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>75</b>	<b>0</b>	<b>38</b>	<b>31</b>	<b>555</b>	<b>5</b>	<b>1775</b>	<b>725</b>	<b>581</b>	<b>290</b>	<b>32</b>	<b>4</b>	<b>35</b>	<b>87</b>	<b>80</b>	<b>1</b>	<b>7</b>
Lunch																						
1/2cup Squash Yellow & Red Peppers f/Frz	50	7	2	0	0	3	0	2	2.5	30	0.75	250	20	32.27	36.82	11.76	0.4	6.62	12.66	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
3oz Pork Loin Glazed Apricot	250	14	0	0	0	9	0	17	14	30	1.25	350	150	167.44	3.94	2.39	0.6	5.2	1.54	55	0	4
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
1/2cup Potato Red Roasted Herbed f/Fresh	130	28	2	0	0	1	0	3	1	30	0.5	450	65	60.86	2.87	10.14	0	4.9	12.49	5	0.01	0
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 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
<b>Lunch TOTAL</b>	<b>940</b>	<b>139</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>75</b>	<b>0</b>	<b>38</b>	<b>30.5</b>	<b>555</b>	<b>5.1</b>	<b>1775</b>	<b>725</b>	<b>581.4</b>	<b>290.2</b>	<b>31.69</b>	<b>4.4</b>	<b>35.21</b>	<b>86.71</b>	<b>80</b>	<b>0.66</b>	<b>6.5</b>

## Daily Nutrient Analysis: Monday, Week 5, Month Menu May 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>880</b>	<b>118</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>44</b>	<b>31</b>	<b>680</b>	<b>5</b>	<b>1670</b>	<b>1240</b>	<b>649</b>	<b>263</b>	<b>45</b>	<b>4</b>	<b>15</b>	<b>95</b>	<b>120</b>	<b>0</b>	<b>11</b>
Lunch																						
6oz Chicken Sandwich Philly Cheese	420	36	4	0	0	6	0	28	18	300	3.5	350	630	262.2	74.94	27.88	1	5.4	16.09	100	0.26	7
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 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 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 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 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>880</b>	<b>118</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>44</b>	<b>31.0</b>	<b>680</b>	<b>4.9</b>	<b>1670</b>	<b>1240</b>	<b>649.26</b>	<b>262.62</b>	<b>45.05</b>	<b>4</b>	<b>14.51</b>	<b>94.73</b>	<b>120</b>	<b>0.44</b>	<b>10.5</b>



## Daily Nutrient Analysis: Tuesday, Week 5, Month Menu May 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>725</b>	<b>115</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>33</b>	<b>18</b>	<b>560</b>	<b>6</b>	<b>2075</b>	<b>885</b>	<b>605</b>	<b>234</b>	<b>51</b>	<b>3</b>	<b>19</b>	<b>131</b>	<b>55</b>	<b>1</b>	<b>7</b>
Lunch																						
1 Each Potato Bkd Beef Taco Entree	330	47	4	0	0	8	0	13	11	100	3	1100	470	207.51	41.89	32.62	0	4.41	28.69	35	0.51	4.5
1/2cup Beans Red & Rice No Meat	90	18	4	0	0	2	0	5	0	50	1.75	300	125	74.88	6.59	6.24	0	8.33	56.64	0	0	0
1 Each Breadstick Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1/2cup Pineapple Chunks Chilled JcPk Cnd	80	21	1	0	0	19	0	1	0	20	0.4	175	5	7.77	2.59	12.3	0	0.39	6.47	0	0	0
8fl. oz Milk 1% 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
<b>Lunch TOTAL</b>	<b>725</b>	<b>115</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>33</b>	<b>18.0</b>	<b>560</b>	<b>6.25</b>	<b>2075</b>	<b>885</b>	<b>604.84</b>	<b>233.54</b>	<b>51.21</b>	<b>3</b>	<b>18.92</b>	<b>131.05</b>	<b>55</b>	<b>0.69</b>	<b>6.5</b>

## Daily Nutrient Analysis: Wednesday, Week 5, Month Menu May 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>695</b>	<b>82</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>45</b>	<b>29</b>	<b>630</b>	<b>6</b>	<b>2150</b>	<b>1090</b>	<b>702</b>	<b>1153</b>	<b>124</b>	<b>3</b>	<b>593</b>	<b>331</b>	<b>95</b>	<b>0</b>	<b>5</b>
Lunch																						
3oz Chicken Roasted Greek f/Breast	100	1	0	0	0	0	0	20	2.5	20	0.5	300	90	182.9	8.05	1.65	0	2.97	9.53	65	0.01	0
1/2cup Spinach & Kale Saute f/Fresh	40	5	3	0	0	1	0	4	2	150	2.5	500	210	51.33	393.38	26.93	0	503.14	164.4	0	0	0
1/2cup Pasta Penne Herb	160	26	1	0	0	1	0	5	4.5	20	1.25	100	170	65.84	26.24	1.71	0.4	27.1	83.16	0	0.14	0.5
1 Each Relish Plate/Dip f/Fresh	150	9	2	0	0	5	0	2	13	40	0.5	300	300	83.39	278.94	36.81	0	49.6	19.99	10	0.05	2
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	23.41	263.7	57.27	0	3.9	32.77	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
<b>Lunch TOTAL</b>	<b>695</b>	<b>82</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>45</b>	<b>29.0</b>	<b>630</b>	<b>6.0</b>	<b>2150</b>	<b>1090</b>	<b>702.19</b>	<b>1152.78</b>	<b>124.38</b>	<b>3.4</b>	<b>592.56</b>	<b>330.5</b>	<b>95</b>	<b>0.38</b>	<b>4.5</b>

## Daily Nutrient Analysis: Thursday, Week 5, Month Menu May 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>740</b>	<b>87</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>40</b>	<b>30</b>	<b>545</b>	<b>6</b>	<b>1415</b>	<b>885</b>	<b>598</b>	<b>1050</b>	<b>60</b>	<b>5</b>	<b>131</b>	<b>105</b>	<b>80</b>	<b>1</b>	<b>6</b>
Lunch																						
3oz Steak Cubes Garlic	200	1	0	0	0	0	0	20	13	20	2.25	350	340	196.5	65.42	1.63	1	25.1	4.24	60	0.63	3
1/2cup Pear Slices w/Blueberries	25	7	1	0	0	4	0	0	0	0	0.2	40	5	5.28	0.66	2.49	0	4.31	1.54	0	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup 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 Broccoli w/Red Peppers & Onions f/Frz	45	6	3	0	0	2	0	3	2	50	0.75	200	40	53	78.98	48.16	0.4	82.87	31.79	0	0.13	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
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>740</b>	<b>87</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>43</b>	<b>0</b>	<b>40</b>	<b>29.5</b>	<b>545</b>	<b>6.05</b>	<b>1415</b>	<b>885</b>	<b>598.05</b>	<b>1049.54</b>	<b>59.78</b>	<b>5.0</b>	<b>130.87</b>	<b>105.4</b>	<b>80</b>	<b>1.41</b>	<b>6.0</b>

## Daily Nutrient Analysis: Friday, Week 5, Month Menu May 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>107</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>63</b>	<b>0</b>	<b>33</b>	<b>18</b>	<b>545</b>	<b>5</b>	<b>1450</b>	<b>1150</b>	<b>622</b>	<b>976</b>	<b>56</b>	<b>4</b>	<b>122</b>	<b>146</b>	<b>70</b>	<b>0</b>	<b>4</b>	
Lunch																							
1/2cup Gazpacho Salad	40	5	1	0	0	2	0	1	2.5	20	0.5	200	85	23.02	83.33	34.53	0	39.45	18.76	0	0.01	0	
1 Each Tuna Salad Plate/Pita Bread	200	29	4	0	0	6	0	17	3	100	3	600	400	172.43	656.82	15.96	0.8	69.73	73.52	45	0	0.5	
1/2cup Cobbler Peach f/Biscuit Mix	310	60	3	0	0	42	0	6	7	75	1.25	250	520	193.54	52.94	5.61	0.4	7.07	41	5	0.17	1.5	
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 Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
<b>Lunch TOTAL</b>	<b>675</b>	<b>107</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>63</b>	<b>0</b>	<b>33</b>	<b>18.0</b>	<b>545</b>	<b>4.85</b>	<b>1450</b>	<b>1150</b>	<b>621.59</b>	<b>975.56</b>	<b>56.11</b>	<b>4.2</b>	<b>121.54</b>	<b>145.53</b>	<b>70</b>	<b>0.36</b>	<b>4.0</b>	



## ALTERNATE MEALS

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

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

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)



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

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

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



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

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

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
<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	
5						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	<b>ⓘ Contains: Tomato, Onion</b>

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
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Lettuce, Iceberg	1 lb	2 lb 8 Oz	5 lb	10 lb	Separated Sliced Sliced Peel and slice onion and tomato crosswise in slices. Separate lettuce into individual leaves.
	Tomato, Fresh	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	
	Onion, Yellow	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
<b>4</b>						Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.
<b>5</b>						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	ⓘ Contains: Citrus

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

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

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

# Pasta Angel Hair Buttered (Angel Hair Pasta)



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

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

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

# Pasta Angel Hair Buttered (Angel Hair Pasta)



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

# Peaches Fresh (Peaches )

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Peach

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

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

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Pear

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

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

# Pizza Casserole (Pizza Casserole)



COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
30 Min	350.0 °F	Bake	1 Cup	<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	ⓘ Contains: Citrus

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

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

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

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

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

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

# Rice Spanish w/Veg Base (Spanish Rice)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	ⓘ Contains: Corn

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

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

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

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

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

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

# Toast French Bake Peach (Peach French Toast Bake )



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	Creamed Turkey	3/4 Cup	Spaghetti & Meat Sauce	1 Cup	Meatball Sub Sandwich	1 each	Chicken Cacciatore	3 Oz
Beef Enchiladas	2 each	Dutchess Potatoes	1/2 Cup	Seasoned Broccoli Florets	1 Cup	Waffle Fries	1/2 Cup	Mashed Potatoes	1/2 Cup
Southwest Corn	1/2 Cup	Glazed Baby Carrots	1/2 Cup	Whole Grain Breadstick	1 each	Tomato Cucumber Salad	1/2 Cup	Peas & Carrots	1/2 Cup
Cilantro Cream Sauce	2 Tbsp	Wheat Bread	2 slice	Margarine Cup	1 each	Ketchup Packet	1 each	Wheat Bread	2 slice
Pico de Gallo	1 #12 sc.	Soft Margarine Cup	2 each	Chilled Apricots	1/2 Cup	Chilled Mandarin Oranges	1/2 Cup	Margarine Cup	2 each
Diced Mangos	1 each	Oranges, Pineapples & Bananas	1/2 Cup	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Banana	1 each
1% Milk	8 fl. oz	1% Milk	8 fl. oz					1% Milk	8 fl. oz



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# Apricots f/JcPk (Chilled Apricots)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
<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	<b>ⓘ Contains: AllergenSoy, AllergenMilk, Garlic, Carrots, Citrus, Onion</b>

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

# Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

# Chicken Florentine (Chicken Florentine)



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

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

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

# 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	
<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.

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

# Enchiladas Beef Hmd (Beef Enchiladas)



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

# 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>						Pour undrained mandarian oranges into undrained pineapple. Mix gently. Fold in sliced bananas. Portion with slotted spoon. Chill <40F.
Orange, Mandarin JcPk	0.17 no. 10 can	0.42 no. 10 can	0.83 no. 10 can	1.66 no. 10 can		
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	<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

# 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		
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.
<b>3</b> 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 Baking Pan	18 x 13 x 1 13-1/2 x 23 x 2	40 - 2 x 2-1/2" pieces 50 - 2 x 2-1/2" pieces	8 x 5 10 x 5	Cakes, bar cookies, oven baking Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items



## Production Guides

### GUIDE TO PORTION CONTROL EQUIPMENT

SPOODLE SIZE	LADLE SIZE	SCOOP SIZE	APPROX.NO. SERVINGS PER QUART	PART OF CUP	NO. OF OUNCES	COMMON USE
6 oz.	6 oz.	No. 6	6	3/4	6 oz.	Soups, casseroles, creamed dishes
4 oz.	4 oz.	No. 8	8	1/2	4 oz.	Mashed potatoes, vegetables, fruits, dressings, potatoes, starches, pureed meat with bread
N/A	N/A	No. 10	10	2/5	3-1/2 oz.	Sandwich fillings. Pureed egg and toast
3 oz.	N/A	No. 12	12	1/3	3 oz.	Salads
2 oz.	2 oz.	No. 16	16	1/4	2 oz.	Meat balls, drop biscuits, muffins, cupcakes
N/A	N/A	No. 20	20	1/5	1-3/4 oz.	Sauces, cookies, drop biscuits
N/A	N/A	No. 24	24	1/8	1-1/2 oz.	Toppings, cookies, drop biscuits
N/A	1 oz.	No. 30	30	2 Tbs.	1 oz.	Gravy, salad dressings, sauces, cookies, toppings
N/A	N/A	No. 40	40	1 Tbs.	1/2 oz.	Cookies, toppings, salad dressings, cranberry sauce

## Production Guides

### GUIDE TO CAN SIZES

Can Size (Industry term)	Approximate net weight or fluid measure	Approximate cups per can	Number of portions	Principal products
No. 10	6lb-7 lb. 5 oz	12 - 13	25	Institutional size for fruits, vegetables
No. 5 Squat	4 lb-4-1/4 lb.	8	16 - 20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 Fl oz or 51 oz	5-1/4	10 - 12	Fruit and vegetable juices, condensed soups
No. 2-1/2	26 - 30 oz	3-1/2	5 - 7	Fruits, some vegetables
No. 2	18 Fl oz or 20 oz	2-1/2	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb.	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14 - 16 oz	1-3/4	3 - 4	Some fruits and meat products
No. 1	10-1/2 - 12 oz	1-1/4	2 - 3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables







