



NORTH DAKOTA AGING SERVICES

Spring Summer Lunch Menus 2024

Menu Order

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PLEASE NOTE THAT ALL RECIPES PAGES HAVE THEIR OWN NUMBERING

INTRODUCTION

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

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

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

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

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



MENU OVERVIEW

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

Menus Best Practice Guide

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

PRINTING RECOMMENDATIONS

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

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

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



MENU PACKET

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Beef Tips & Mushrooms in Gravy	1/2 Cup	Sweet & Sour Chicken	1 Cup	Peach Chutney Pork Chop	3 Oz	Swedish Meatballs	3 each	Crispy Beef Tacos	2 each
Onion Mashed Potato	1/2 Cup	Brown Rice	1/2 Cup	Glazed Sweet Potatoes	1/2 Cup	Mashed Potatoes	1/2 Cup	Southwest Corn	1/2 Cup
Sauteed Greens & Garlic	1/2 Cup	Seasoned Broccoli Florets	1 Cup	Capri Blend Vegetables	1/2 Cup	Stir Fry Vegetable Blend	1/2 Cup	Refried Beans	1/2 Cup
Wheat Bread	2 slice	Vegetable Potstickers	1 each	Choice of Fruit	1/2 Cup	Wheat Bread	2 slice	Cherry Fruit Salad	1/2 Cup
Soft Margarine Cup	2 each	Fresh Whole Orange	1 whole	Wheat Bread	2 slice	Soft Margarine Cup	2 each	1% Milk	8 fl. oz
Strawberry Applesauce	1/2 Cup	1% Milk	8 fl. oz	Soft Margarine Cup	2 each	Fresh Plums	1/2 Cup		
1% Milk	8 fl. oz			1% Milk	8 fl. oz	1% Milk	8 fl. oz		

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Tomato & Onion Salad	1/2 Cup	Roast Turkey	3 Oz	Beef Lentil Soup	6 fl. oz	Tangy Meatloaf	3 Oz	Tuna Melt Sandwich	1 each
Creamed Chicken w/Veg	1 Cup	Poultry Gravy	2 fl. oz	Chef Salad Bowl	1 each	Boiled Potatoes	1/2 Cup	Rosemary Potatoes	1/2 Cup
Parslied Noodles	1/2 Cup	Sage Bread Dressing	1/2 Cup	Garlic Whole Grain Breadstick	1 each	Sicilian Blend Vegetables	1/2 Cup	Tomato Cucumber Salad	1/2 Cup
Mixed Vegetables	1/2 Cup	Mashed Potatoes	1/2 Cup	Soft Margarine Cup	1 each	Wheat Bread	2 slice	Lettuce Tomato Onion	1 each
Whole Grain Biscuit	1 each	Herbed Green Beans	1/2 Cup	Choice of Dressing	1 each	Soft Margarine Cup	2 each	Peaches	1 each
Soft Margarine Cup	1 each	Wheat Bread	1 slice	Saltine Crackers	1 each	Fresh Whole Pear	1 each	1% Milk	8 fl. oz
Fresh Watermelon Cubes	1 Cup	Soft Margarine Cup	1 each	Pound Cake w/Strawberries	1 slice	1% Milk	8 fl. oz		
1% Milk	8 fl. oz	Banana	1 each	1% Milk	8 fl. oz				
		1% Milk	8 fl. oz						

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE									
Hamburger Steak	3 Oz	Chicken a la Moutarde	3 Oz	Kielbasa & Sauerkraut	1 Cup	Roast Beef & Gravy	3 Oz	Baked Lemon Tilapia	3 Oz
Baked Sweet Potato	1 whole	Brown Rice Pilaf	1 #8 sc.	O'Brien Potatoes	1/2 Cup	Garlic Mashed Potatoes	1/2 Cup	Roasted Red Potatoes	1/2 Cup
Brussels Sprouts & Tomatoes	1/2 Cup	Savory Carrots	1 Cup	Cream Style Corn	1/2 Cup	Peas with Fresh Dill	1/2 Cup	Seasoned Broccoli Florets	1/2 Cup
Wheat Bread	2 slice	Wheat Roll	1 each	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice
Soft Margarine Cup	2 each	Soft Margarine Cup	1 each	Soft Margarine Cup	2 each	Soft Margarine Cup	2 each	Soft Margarine Cup	2 each
Fresh Pineapple	3/4 Cup	Fresh Watermelon Cubes	1 Cup	Mustard Pack	1 each	Chilled Peaches	1/2 Cup	Fruited Mallow Gelatin	1 (2x3)
1% Milk	8 fl. oz	1% Milk	8 fl. oz	Fresh Grapes	1/2 Cup	1% Milk	8 fl. oz	1% Milk	8 fl. oz
				1% Milk	8 fl. oz				

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Chicken Drumsticks	2 each	Scrambled Egg	1 #16 sc.	Knoephla Soup	1 Cup	BBQ Pork Ribs	3 Oz	Zucchini & Cucumber Salad	1/2 Cup
Poultry Gravy	2 fl. oz	Seasoned Steak	2 Oz	Asian Shrimp Salad	1 1/2 Cup	Wild Rice Pilaf	1/2 Cup	Grandma's Hot Dish	1 Cup
Mashed Potatoes	1/2 Cup	Hash Browns	1/2 Cup	Garlic Whole Grain Breadstick	1 each	Spinach with Garlic Butter	1/2 Cup	Italian Green Beans	1/2 Cup
Squash Casserole	1/2 Cup	Orange Vinaigrette Roasted Veg	1/2 Cup	Soft Margarine Cup	1 each	Corn Cobbette	1 each	Garlic Whole Grain Breadstick	1 each
Wheat Bread	2 slice	Dry Rye Toast	2 slice	Saltine Crackers	1 each	Cornbread	1 (2x3)	Soft Margarine Cup	1 each
Soft Margarine Cup	2 each	Soft Margarine Cup	2 each	Kiwi & Strawberries	1/2 Cup	Soft Margarine Cup	2 each	Fresh Honeydew Cubes	1 Cup
Fresh Cantaloupe	1 Cup	Jelly	2 each	1% Milk	8 fl. oz	Fresh Whole Orange	1 whole	1% Milk	8 fl. oz
1% Milk	8 fl. oz	Banana	1 each			1% Milk	8 fl. oz		
		1% Milk	8 fl. oz						

RECIPES



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

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Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
Simmer	Simmer	4z Spoodle	1/2 Cup	ⓘ Contains: Onion, Garlic, Beef, Mushroom, AllergenWheat, AllergenSoy, AllergenMilk, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	8 g	22 g	4.5 g	20 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Over medium heat, brown beef tips and chopped onion until meat loses red color. Do not overcook.
2 Onion, Yellow	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Chopped	
Pan Coating, Spray	5 g	5 g	5 g	5 g		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine seasonings and flour. Add to meat and mix well, about 5 min.
3 Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Flour, All Purpose	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt		
Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Add broth (base and water) mixture to meat and stir until gravy thickens and comes to a boil. Add mushrooms.
4 Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Mushrooms Sauteed f/Fresh	3 Oz	8 Oz	1 lb	2 lb	Prepared	

Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							Cover and simmer until meat is tender.
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 >140F/60C; discard unused product.
8							CCP -- Cool: Product must reach 140F/60C 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.

Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	4 g	4 g	6 g	0 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Margarine, Solids	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Mushrooms, Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Diced	
2 Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		WASH ALL PRODUCE under cool, running water. Drain well. Heat Margarine, saute Mushrooms until tender 8-10 min. Cook to *internal temp of 145F/62C held for 15 sec.
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
3						Toss with Salt and Pepper.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Mashed caramelized onions (Onion Mashed Potato)

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

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.

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
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Saute Garlic, in Oil over medium heat. DO NOT brown.
	Garlic, Whole Fresh 1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Minced	
3	Spinach, Fresh 1 lb 10 Oz	4 lb	8 lb	16 lb	Chopped	Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
	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		
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

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

	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.

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.

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.

Applesauce Strawberry (Strawberry Applesauce)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	ⓘ Contains: Strawberry, 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	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Applesauce, Unswt	3 2/3 Cup	2 1/4 Qt	1 Gal 1 Cup	2 Gal 2 Cup	Blend applesauce with thawed strawberries until pureed smooth. Scoop 1/2 cup portions into serving dishes.
	Strawberries, Sliced Unsweetened Frz	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 7 Oz Thawed	
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.

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)

COOK METHOD	SERVING SIZE	ALLERGENS
Saute	1 Cup	ⓘ Contains: AllergenSoy, AllergenWheat, Corn, Onion, Peppers Bell, Pineapple, AllergenSulphites, Chicken, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	21 g	32 g	7 g	40 mg	580 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Sauce, Soy Bulk LS Chicken, Meat Pulled Ckd	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well. Pour soy sauce over meat and mix lightly. Let marinate refrigerated <40F/4C at least 1 hr.
	2 lb 6 Oz	6 lb	12 lb	24 lb		
2 Base, Chicken Paste LS G-F Water, Tap	0.5 Oz	0.5 Oz	1.5 Oz	2.5 Oz		Drain soy sauce. Brown meat and drain fat. Combine base with water and add to meat. Simmer until meat is tender and reaches internal temp of >165F/74C for 15 sec.
	1 1/8 Cup	2 2/3 Cup	1 1/4 Qt	2 3/4 Qt		
3 Sugar, Brown Light Cornstarch	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		Combine sugar and cornstarch.
	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
4 Juice Pineapple f/Frz Conc 6 flz Vinegar, White Sauce, Soy Bulk LS	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		Add pineapple Juice, vinegar and soy sauce to cornstarch mixture. Mix until smooth. Add to meat while stirring. Cook until thickened.
	1/3 Cup	1 Cup	2 Cup	1 Qt		
	2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup		

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Pepper, Green Fresh	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 5 Oz	Julienne	Approximately 15 min before serving, add peppers and onion; cook gently. Just before serving, add pineapple.
	Onion, Yellow	4.5 Oz	10.5 Oz	1 lb 5 Oz	2 lb 11 Oz	Sliced	
	Pineapple, Chunks JcPk	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup	Drained	
6							CCP -- Maintain >135F/57C for only 4 hrs.
7							CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp 165F held 15 sec within 1 hr - one time only.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Make	6 fl. oz	1 Contains: Pineapple

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

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

Rice Brown (Brown Rice)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	20 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed. CCP -- Cook to minimum internal temp 145F/63C held for 15 seconds. Fluff with fork.
Rice, Brown Raw	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal	
3					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Broccoli 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.

Potsticker Vegetable (Vegetable Potstickers)

COOK-END TEMP	SERVING SIZE	ALLERGENS
165 °F	1 each	ⓘ Contains: AllergenWheat, AllergenSoy, Cabbage, Carrots, Celery, Onion, Mushroom, Corn, Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	9 g	2 g	0.5 g	0 mg	115 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare according to package instructions. CCP - Cook to internal temperature of 165F/74C held for a minimum of 15 seconds.
3					Portion according to serving size.
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.

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.

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

Pork Chop w/Peach Chutney (Peach Chutney Pork Chop)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
60 Min	350.0 °F	Bake	3 Oz	ⓘ Contains: AllergenSulphites, Pork & Products, Peach, Onion, Peppers Bell, Citrus, Garlic, Apples, AllergenSoy, AllergenWheat, AllergenEggs, AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
500 kcal	63 g	25 g	17 g	125 mg	570 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Flour, All Purpose	1/3 Cup	1.0 Cup	2.0 Cup	4.0 Cup		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine Flour, Salt, and Lemon Pepper.
Salt, Iodized	1 1/8 tsp	3 tsp	1 Tbsp 3 tsp	3 Tbsp 3 tsp		
Seasoning, Pepper Lemon	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
2 Pork, Chop Bnls Raw	10 each	25 each	50 each	100 each		Dredge Chops in Seasoned Flour. *Maintain <40F until ready to use..
3 Milk, 2% Bulk	3/4 Cup	1 3/4 Cup	3 2/3 Cup	1 3/4 Qt		Combine Eggs and Milk and* maintain <40F. Dip Chops in Egg Mixture.
Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2.0 Cup		
4 Bread Crumbs, Plain	2 1/3 Cup	1 1/2 Qt	3.0 Qt	1 Gal 3 Cup		Roll in Crumbs. Place in single layer on greased pans. Bake at 400F until browned, about 10 min. Remove from oven and arrange in partially overlapping rows in pans.

Pork Chop w/Peach Chutney (Peach Chutney Pork Chop)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Margarine, Solids	1.5 Oz	4 Oz	8 Oz	15.5 Oz		Add Juice, and Margarine.
6							Bake at 350F to *internal temp >155F for 15 sec until tender, about 1 hr.
7	Vinegar, Cider Apple	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Make Chutney: combine the chopped peaches, onion, and bell pepper. Stir with a large spoon to mix them well. Add sugar and vinegar. Bring to a boil. Stir to coat all ingredients.
	Peppers & Onions f/Fresh	3 Cup	2.0 Qt	3 3/4 Qt	1 Gal 5 Cup	Chopped	
	Peaches Fresh	1 3/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	4 Gal 2 Cup	Chopped	
	Sugar, Granulated Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
8							Simmer, stirring occasionally until thickened to a syrup. Serve 2oz over 3oz pork chop.
9							CCP -- Maintain >140F for only 4 hrs.
10							CCP --Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
11							CCP -- Reheat: To internal temp of 165F held 15 sec for only 1 hr - one time only.

Peppers & Onions f/Fresh (Peppers & Onions)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	145 °F	Grill	1/2 Cup	⚠ Contains: Onion, Peppers Bell

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	1 lb 3 Oz	3 lb	6 lb	12 lb	Sliced	Cook onion and peppers with oil on grill until desired tenderness.
Pepper, Green Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Julienne	
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
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.

Peppers & Onions f/Fresh (Peppers & Onions)

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

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.

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.

Vegetable Mix Capri Blend (Capri Blend Vegetables)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	0.0 °F	145 °F	Steam	1/2 Cup	ⓘ Contains: Carrots, AllergenMilk, AllergenSoy

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Vegetable Mix, Capri Frz	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender. Add seasoning and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3					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.	

Choice of Fruit -Summer (Choice of Fruit)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Fruit Fresh Spring/Summer	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Wash all fresh fruit and prepare accordingly.
3					CCP -- Maintain <40F/4C
4					May use choice of canned or fresh fruit 1/2c serving.
5					Choice of Fruit may include any whole fruit, fresh fruit cup or canned fruit cup. Canned fruit should be in juice pack or light syrup when able.

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	
1						<p>WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.</p> <p>Fruit may vary from foods listed. Ask Manager which Fruit to use. These Fresh fruits include Bananas, Apple Slices, Oranges, Strawberries, & Grapes.</p>	
2	Apple Slices f/Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	<p>Wash & mix prepared fruit</p> <p>Place prepared Fruit in serving dish. Chill <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	
3						CCP -- Maintain <40F/4C	

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

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
						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	ⓘ 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.

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.

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.

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.

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

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bread White	6.5 Oz	1 lb	2 lb	4 lb	Soak bread in milk for 1 hr.	
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
3	Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.	
	Potato, Russet/Baking Fresh	3 Oz	8 Oz	1 lb	2 lb		Grated Fine
	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz		Chopped Fine
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4						Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.	

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

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.

Potato Mashed f/Pearls (Mashed Potatoes)

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

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

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

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Stir Fry	1/2 Cup	ⓘ Contains: AllergenWheat, Peppers Bell, Onion, Carrots, Corn, AllergenSoy, Celery, Mushroom, Broccoli, Garlic, Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	6 g	2 g	0 g	30 mg	120 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Stir Fry Frz	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	10 lb 15 Oz	Thawed	Frozen vegetables thaw and pat dry before frying.
3 Oil, Vegetable	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz		Combine oil and garlic in frying pan, or on grill. Heat to 350F and cook slightly.
Garlic, Whole Fresh	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Minced	
4 Water Chestnuts, Sliced Cnd	1.5 Oz	4 Oz	8 Oz	16 Oz	Drained	Add water chestnuts, ginger, & prepared vegetables to heated oil. Stir with long spatula in a folding motion. Cook until vegetables are tender-crisp.
Ginger, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1.0 tsp		
Cornstarch	3 tsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Vegetable Mix Stir Fry (Stir Fry Vegetable Blend)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Water, Tap	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		
5	Soup Broth Chicken f/Base	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Combine soy sauce and broth. Mix quickly into vegetables. Reduce heat. Mix cornstarch and water to make a paste. Pour cornstarch mixture over vegetables cook to internal temp. Cook and stir just until sauce thickens and vegetables are glazed.
	Sauce, Soy Bulk LS	1 Tbsp 1 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup		
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.

Soup Broth Chicken f/Base (Chicken Broth)

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

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.

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.

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.

Plums f/Fresh (Fresh Plums)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1/2 Cup	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2 Plums, Fresh	20 each	50 each	100 each	200 each	Bite Size	Wash plums. Dice into bite-sized pieces for serving.
3						CCP - Maintain <40F.

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

Beef Taco Crispy (Crispy Beef Tacos)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: Corn, Tomato, Beef, Onion, AllergenWheat, AllergenMilk, AllergenSulphites, Garlic

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

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

Beef Taco Crispy (Crispy Beef Tacos)

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

Beans Refried f/Cnd (Refried Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	145 °F	Steam	1/2 Cup	ⓘ Contains: Onion, Beans/Legumes, Garlic, Allergen Sulphites

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Onion, Yellow 4 Oz	9.5 Oz	1 lb 3 Oz	2 lb 6 Oz	Chopped Fine	Sauté onions in oil until tender. Add onions and spices to beans and mix well.
	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Beans, Refried Cnd 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Beans Refried f/Cnd (Refried Beans)

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

Corn Southwest f/Frz (Southwest Corn)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Steam vegetables until tender. Add margarine and seasonings.
Peppers Red Roasted f/Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
Pepper, Green Fresh	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Minced	
2 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Chili Powder, Mild	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Cumin, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Corn Southwest f/Frz (Southwest Corn)

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

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

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

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

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

Fruit Salad w/Cherry Filling (Cherry Fruit Salad)

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

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

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

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

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

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

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

Chicken Creamed w/Veg f/Pulled (Creamed Chicken w/Veg)

COOK METHOD	SERVING SIZE	ALLERGENS
Cook	1 Cup	ⓘ Contains: AllergenWheat, Carrots, Onion, AllergenMilk, Garlic, Peas, Chicken, Celery, AllergenSoy, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	17 g	29 g	14 g	125 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1	Margarine, Solids	3 Oz	7.5 Oz	15 Oz	1 lb 14 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Saute Onion and Celery in Margarine until transparent.	
	Onion, Yellow	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		Diced
	Celery, Fresh	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Diced
2						Add Flour to pan. Blend well. Cook 5 min. Add Milk to Flour Mixture. Stir well to avoid clumping. Combine Base and Water to make Stock. Add Stock to Milk and Flour Mixture.	
3	Flour, All Purpose	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	Add Seasonings and cook for 15-20 min. Stirring occasionally.	
	Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/2 Cup		
	Water, Tap	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
	Milk, 2% Bulk	2 3/4 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 4 Cup		
4	Pepper, White	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	Add Meat and Vegetables to Sauce and continue to simmer to *internal temp 165F for 15 sec.	

Chicken Creamed w/Veg f/Pulled (Creamed Chicken w/Veg)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
5	Peas, Green Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		Serve over Biscuits, Toast Points, Noodles or Rice.
	Carrot, Diced Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		
	Chicken, Meat Pulled Ckd	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Diced	
6							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.

Noodles Parslied (Parslied Noodles)

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

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

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

Noodles Parslied (Parslied Noodles)

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

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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

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

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

Biscuit Whole Grain Medium RTB (Whole Grain Biscuit)

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

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 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 Watermelon, Seedless	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	Cubed	Remove rind from fruit. Cut in cubes, less than 1/2 inch.
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

Turkey Roast f/Bnls (Roast Turkey)

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

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.	

Gravy Poultry f/Mix (Poultry Gravy)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 2 2/3 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 4 Cup	Prepare product as per package instructions.
	Gravy Mix, Poultry Dry 2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	
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.

Dressing Stuffing Bread Sage (Sage Bread Dressing)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	20 g	4 g	9 g	75 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Celery, Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Diced	Saute onions & celery in margarine until light browned.
2 Onion, Yellow	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Diced	
Margarine, Solids	3 Oz	8 Oz	16 Oz	1 lb 16 Oz		
Water, Tap	3.0 Cup	2.0 Qt	3 3/4 Qt	1 Gal 5 Cup		Add water, base and seasonings to vegetables.
Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3 Seasoning, Poultry	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz		
Pepper, Black Ground	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
Sage, Rubbed	0.5 Oz	0.5 Oz	1 Oz	1.5 Oz		

Dressing Stuffing Bread Sage (Sage Bread Dressing)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Bread White	12.5 slice	31.25 slice	62.5 slice	125 slice	Cubed	Add bread gradually to base mixture, tossing until thoroughly mixed. Scale dressing into greased pan(s). Bake for approximately 1 hour.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Bread White (White Bread)

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

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

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

Potato Mashed f/Pearls (Mashed Potatoes)

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

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

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

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

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

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

Green Beans Herb Frz (Herbed Green Beans)

	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.

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.

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.

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.

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

Soup Beef Lentil Hmd (Beef Lentil Soup)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
240 Min	200.0 °F	Simmer	6 fl. oz	ⓘ Contains: Carrots, Onion, Beef, Celery, Beans/Legumes, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	9 g	8 g	1.5 g	30 mg	135 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Roast Raw Rnd-Top Inside	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Chopped	
2 Celery, Fresh	3 Oz	8 Oz	1 lb	2 lb	Chopped	Pre prep / Mise en place: Wash vegetables and fruit well under cold running water, trim and peel if needed, process meats and vegetables as instructed in recipe. Then gather remaining ingredients on cart with prepped items
3 Base, Beef Paste LS G-F	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Brown beef cubes in kettle. Drain off fat
3 Water, Tap	2 1/2 Qt	1 Gal 3 Cup	3 Gal	6 Gal		
4 Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Add celery and onions. Saute for 15 minutes or until tender.
						Add soup base to water and heat to make broth. Add remaining ingredients to soup. Bring to a boil. Lower heat and simmer for 1 hour, stirring occasionally. Taste for seasoning and add additional salt if needed

Soup Beef Lentil Hmd (Beef Lentil Soup)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Carrot, Fresh	3 Oz	8 Oz	1 lb	2 lb	Chopped	
	Beans, Lentil Dry	3 Oz	8 Oz	1 lb	2 lb		
5							To serve, ladle 6 oz. into soup bow.
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.

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

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

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
1						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	
2 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		

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	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.
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; discard unused product.

Ham Baked f/Pit (Baked Ham)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
150 Min	325.0 °F	145 °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. Bake.
	Water, Tap	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt	
3					Remove ham from oven about 30 min before it is done. Drain off drippings.	
4					Score ham 1/4 inch deep in diamond pattern. Return to oven and heat to internal temp	
5					For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.	
6					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
7					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	
8					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.	

Ham Baked f/Pit (Baked Ham)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP

Turkey Roast f/Bnls (Roast Turkey)

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

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.	

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.

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.

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.

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.

Cake Pound w/Strawberries (Pound Cake w/Strawberries)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
55 Min	350.0 °F	Bake	1 slice	ⓘ Contains: Citrus, Strawberry, AllergenEggs, AllergenWheat, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	28 g	2 g	6 g	75 mg	210 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Sour Cream, Real Bulk	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup	Preheat oven to 350F/177C. Grease and flour 8x4 loaf pans. Place sour cream, margarine, and eggs in a mixing bowl. Blend until smooth.
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup	
	Egg, Liquid	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
3	Cake Mix, Yellow	8.5 Oz	1 lb 5 Oz	2 lb 10 Oz	5 lb 3 Oz	Add cake mix, water, sugar, and extract. Mix at low speed until moistened (about 30 sec). Then mix 5 min at medium speed scraping bowl occasionally.
	Water, Tap	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup	
	Sugar, Granulated Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup	
	Extract, Lemon	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	

Cake Pound w/Strawberries (Pound Cake w/Strawberries)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
4	Strawberries, Sliced Unsweetened Frz	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Pour into loaf pans and bake at 350F/177C for 50-60 min in standard oven or at 375F/190C for 25-30 min in a convection oven. Cool. Slice each loaf pan in to 12 slices. Top each slice with 1/4 cup thawed, chilled strawberries.
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 -- 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;

Tangy Meatloaf (Tangy Meatloaf)

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

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

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

Tangy Meatloaf (Tangy Meatloaf)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Press mixture into loaf pans or form loaves on 18 x 26" baking sheet 22" long and 4" wide. Bake at 325F for 1 1/2 hrs ; For glaze; cook onions in oil until transparent. Add remaining ingredients, mix well and heat until 170F. Serve 2oz over cooked meatloaf.
4							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
5							Drain fat. Let stand minutes before slicing. Portion into 3 oz slices. Top with 2 oz tangy sauce.
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato Boiled (Boiled Potatoes)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Broil	4z Spoodle	1/2 Cup	ⓘ Contains: AllergenMilk, Garlic, AllergenSoy, Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	3 g	4 g	20 mg	85 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Baby Fresh Garlic, Clove Peeled	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	2.4 each	6 each	12 each	24 each	Chopped Fine	
2						Wash all produce. Put the potatoes, and garlic in a large saucepan, add cold water to cover by about an inch, and add salt. Bring to a boil, lower the heat, and simmer until potatoes are fork tender, about 5 to 8 minutes depending on their size.
3 Margarine, Solids Salt, Iodized Pepper, Black Ground	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Drain Potatoes. Halve the potatoes, if large, toss with the butter and season with salt, and pepper, to taste. Keep warm.
	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
5						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	145 °F	Steam	1/2 Cup	ⓘ Contains: Carrots, Peppers Bell, Cauliflower, AllergenMilk, Beans/Legumes, AllergenSoy, Garlic, Onion

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

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

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						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.

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.

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.

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

Tuna Melt Sandwich (Tuna Melt Sandwich)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Grill	1 each	ⓘ Contains: AllergenEggs, AllergenWheat, AllergenSoy, Celery, AllergenFish, AllergenMilk, Citrus, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	30 g	17 g	15 g	300 mg	810 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Tuna, Chunk Light WtrPk Bulk	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz	Preprep: Mince Celery. Combine all ingredients except Cheese. Mix well. Place in a shallow covered container in refrigerator *until thoroughly chilled <40F; about 2-3 hrs.	
	Celery, Fresh	1.5 Oz	3.5 Oz	7 Oz	14 Oz		Minced
	Juice, Lemon Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Mayonnaise, Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
Pickle Relish, Sweet	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup			
3	Bread Wheat	20 slice	50 slice	100 slice	200 slice	Sliced	Spread #12 scoop Tuna Salad on one slice of Bread. Top with Cheese slice and additional slice of Bread. Brush Sandwiches with melted Margarine. Grill Sandwiches on griddle set @ 325F until both sides are golden brown.

Tuna Melt Sandwich (Tuna Melt Sandwich)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Cheese, American Yellow Sliced	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz		
4							Batch cook Sandwiches as close to serving as possible.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
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.

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)

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

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

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		Mix vinegar, oil and spices until thoroughly blended.
Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
2 Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
Salt, Iodized	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		
Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
3 Tomato, Fresh	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	11 lb	Diced	Add seasoning mixture to vegetables and toss well.
Cucumber, Fresh	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Diced	
4						CCP -- Maintain <40F/4C.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

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.

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

Steak Burger f/Hmd Patty (Hamburger Steak)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Grill	3 Oz	ⓘ Contains: Onion, Beef, AllergenEggs, AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	5 g	15 g	16 g	30 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.
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Combine all ingredients and mix on low speed until blended. Do not over mix.
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Bread Crumbs, Plain	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
2						
Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	
Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		
3						Scale 4 oz meat. Form patty and bake, grill or pan fry @ 350F/177C for 35-40 min

Steak Burger f/Hmd Patty (Hamburger Steak)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

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.

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
20 Min	425.0 °F	145 °F	Bake	1/2 Cup	ⓘ Contains: Tomato, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	10 g	4 g	2.5 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.
Brussels Sprouts, Frz	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 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	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 2 Cup	Drained	
2 Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
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		
3						Bake 20 minutes or until brussels sprouts are tender and browned, stirring once halfway.

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)

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

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.

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.

Pineapple f/Fresh (Fresh Pineapple)

SERVING SIZE	ALLERGENS
3/4 Cup	Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	17 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, Fresh	2 lb 13 Oz	7 lb	14 lb	28 lb	Trimmed	Cut pineapple vertically into eights, then cut hard center core from each spear. To make pin
3						CCP -- Maintain <40F/4C; discard unused product.
4						NOTES: 5 lb yields 1 1/3 lb edible portion.

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

Chicken Moutarde (Chicken a la Moutarde)

SERVING SIZE	ALLERGENS
3 Oz	ⓘ Contains: Onion, Mustard, AllergenMilk, Chicken, AllergenSulphites

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

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

Chicken Moutarde (Chicken a la Moutarde)

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

Onion Fresh Sliced (Sliced Onion)

SERVING SIZE	ALLERGENS
1 slice	⚠ Contains: Onion

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

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

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

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

Rice Brown Pilaf (Brown Rice Pilaf)

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

Carrot Savory f/Frz (Savory Carrots)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	145 °F	Cook	1 Cup	ⓘ Contains: Carrots, Celery, AllergenSoy, Tomato, Garlic, AllergenMilk, Citrus, Onion, Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	15 g	2 g	5 g	75 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Base, Vegetable Paste LS G-F	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Boil carrots with base 6-8 min.
Carrot, Sliced Frz	4 lb	10 lb	20 lb	40 lb		
Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Melted	Season with melted margarine, pepper and lemon juice.
3 Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
Juice, Lemon Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4 Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Sprinkle with parsley.
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Carrot Savory f/Frz (Savory Carrots)

	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.
							.

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.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 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 Watermelon, Seedless	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	Cubed	Remove rind from fruit. Cut in cubes, less than 1/2 inch.
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

Sausage Polish & Sauerkraut (Kielbasa & Sauerkraut)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
35 Min	0.0 °F	165 °F	Cook	1 Cup	ⓘ Contains: Pork & Products, Onion, Cabbage, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
560 kcal	20 g	23 g	43 g	75 mg	1720 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2 Bacon, Pork 18-26 ct	0.8 slice	2 slice	4 slice	8 slice		Fry bacon. Remove from pan and reserve drippings.	
3	Caraway Seed	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Stir water, sugar, onions, and seasonings (caraway seeds optional) into drippings. Add cabbage and stir gently. Cover and cook for 10-15 min.	
	Salt, Seasoning	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Pepper, Red Flakes	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Garlic, Whole Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		Minced
	Sugar, Granulated Bulk	1/2 Cup	1 1/8 Cup	2 1/8 Cup	1 1/8 Qt		
Water, Tap	3/4 Cup	2 1/8 Cup	1 1/8 Qt	2 1/8 Qt			

Sausage Polish & Sauerkraut (Kielbasa & Sauerkraut)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	13 Oz	2 lb	4 lb	8 lb	Chopped	
	Cabbage, Green Fresh	1 lb 5 Oz	3 lb 5 Oz	6 lb 11 Oz	13 lb 5 Oz	Chopped	
4	Sausage, Polish/Kielbasa Pork	3 lb 4 Oz	8 lb 3 Oz	16 lb 5 Oz	32 lb 11 Oz	Chopped	Add sausage to pan. Cook, covered, for an additional 10-15 min. Crumble cooked bacon over top.
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.

Potato O'Brien f/Fresh (O'Brien Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
45 Min	400.0 °F	Bake	1/2 Cup	⚠ Contains: Potatoes, AllergenMilk, Peppers Bell, Onion, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	2 g	2.5 g	10 mg	25 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Potato, Russet/Baking Fresh Pepper, Green Fresh Pimento, Pieces Cnd Onion, Yellow	2 lb	5 lb	10 lb	20 lb	Peeled & Cubed	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Preprep: Peel Potatoes and cube. Mince Green Pepper, Onion and Pimentos. Steam or boil until tender. (Approximately 15-20minutes)
	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	Diced	
	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		
	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	Diced	
2 Pepper, Black Ground Margarine, Solids	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		Pan Fry Potatoes and Vegetables in Margarine. Add Seasoning and cook to light brown; 30-40 min. Serve immediately.
	1 Oz	2.5 Oz	5 Oz	10 Oz		
3						CCP -- Hold at 140F for only 4 hrs.

Corn Creamstyle f/Cnd (Cream Style Corn)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	23 g	3 g	2.5 g	0 mg	340 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Corn, Cream Style Cnd 1 1/4 Qt	3 1/8 Qt	1 Gal 3 Cup	3 Gal 1 Cup	Combine corn and seasonings. Steam corn.
	Margarine, Solids 1 Tbsp 2 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup	
	Pepper, Black Ground 1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
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 Creamstyle f/Cnd (Cream Style Corn)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP

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.

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.

Mustard PC (Mustard Pack)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Mustard

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

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

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

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

Beef Roast & Gravy f/Top Round (Roast Beef & Gravy)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
325.0 °F	Bake	3 Oz	ⓘ Contains: Beef, AllergenMilk, AllergenWheat, AllergenSoy, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	4 g	23 g	7 g	40 mg	460 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Beef, Roast Raw Rnd-Top Inside Salt, Iodized Pepper, Black Ground Garlic, Powder	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Rub Roast with Seasonings. Place Meat thermometer into center of Meat. Place in roasting pan and brown at 450F for 30 min. When Meat is browned, reduce heat to 300F. Cook Roast until *internal temp >160F held 15 sec is reached. Let stand 30 min before slicing. Slice Roast in 1 oz portions and arrange in 2" steam pan. Save drippings to make Au Jus Gravy as desired. CCP -- Maintain at >140F for 4 hrs only.
	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
2 Gravy Mix, Brown Dry Water, Tap	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Follow directions on Gravy Mix to prepare Gravy. *Maintain >140F for only 4 hrs.
	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
3					Portion 3 oz Sliced Beef with 2 fl oz of Gravy ladled over it per serving.
4					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
5					Cook Time: 3-4 Hr

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	23 g	3 g	1 g	10 mg	130 mg

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

Potato Mashed Garlic f/Pearls (Garlic Mashed Potatoes)

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

Peas Green Dilled f/Frz (Peas with Fresh Dill)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	5 g	4 g	30 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peas, Green Frz	2 lb	5 lb	10 lb	20 lb		Place shallow layer peas in 2 inch perforated pans. Steam for 10 minutes.
Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Chopped	In a sauté pan, cook garlic and herbs in oil and margarine; do not burn.
Parsley, Fresh	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Chopped	
3 Dill, Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Oil, Vegetable	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Margarine, Solids	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		
4 Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		Pour garlic and herb mixture over peas and season with salt and pepper.

Peas Green Dilled f/Frz (Peas with Fresh Dill)

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

Bread 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.

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.

Peaches Sliced Chilled JcPk Cnd (Chilled Peaches)

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

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

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

Fish Tilapia Lemon (Baked Lemon Tilapia)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Saute	3 Oz	ⓘ Contains: AllergenMilk, AllergenFish, Citrus, AllergenSulphites, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	2 g	24 g	6 g	20 mg	140 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Parsley, Fresh Pepper, Black Ground Fish, Tilapia 4z Margarine, Solids	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt	Chopped Fine	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	10 each	25 each	50 each	100 each		
	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
2 Wine, Chardonnay Juice, Lemon Bulk Capers	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Season Fish with Seasonings. Melt 1/3 of Butter. Add Fish to pan; cook 1 1/2 min on each side until *internal temp >145F/63C held for 15 sec.
	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		
	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Drained	

Fish Tilapia Lemon (Baked Lemon Tilapia)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Remove Fish from pan and keep >135F. Add Wine, Lemon Juice, and Capers to pan. Cook for 30 sec. Remove from heat and add remaining Butter; stir until Butter melts. Serve Fish with Sauce.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Potato 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
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3 Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	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		
4 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.

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	1/2 Cup	ⓘ Contains: AllergenSoy, Broccoli, AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 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	Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 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	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3						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.

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.

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.

Gelatin Pear & Marshmallows In Red (Fruited Mallow Gelatin)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	2 g	0 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	Gelatin, Strawberry Dry	4.5 Oz	11.5 Oz	1 lb 7 Oz	2 lb 13 Oz	Mix gelatin according to package directions. Cool to thick liquid.	
	Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 3 Cup		
3	Pears, Diced JcPk	14.5 Oz	2 lb 5 Oz	4 lb 10 Oz	9 lb 3 Oz	Drained	Place pears in counter pans. Pour cooled gelatin over pears.
4	Marshmallows, Mini	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		Drop marshmallows on top of liquid gelatin. Allow to set.
5							Cut into 2x3" portions.
6							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;

Chicken Drumsticks Baked (Chicken Drumsticks)

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

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

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

Gravy Poultry f/Mix (Poultry Gravy)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 2 2/3 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 4 Cup	Prepare product as per package instructions.
	Gravy Mix, Poultry Dry 2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	
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.

Potato Mashed f/Pearls (Mashed Potatoes)

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

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
350.0 °F	Bake	1/2 Cup	ⓘ Contains: Onion, AllergenEggs, AllergenMilk, AllergenWheat, Garlic, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	19 g	5 g	8 g	30 mg	250 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Diced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Margarine, Solids	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Squash, Yellow Fresh	2 lb	5 lb	10 lb	20 lb		
3 Crackers, Saltine Bulk	7 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 4 Oz	Crushed	Add Onions, Cracker Crumbs, and Seasonings to Squash that has already been cooked to tender crisp.
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

Squash Yellow Casserole f/Fresh (Squash Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Egg, Liquid	2.93 fl. oz	7.33 fl. oz	14.67 fl. oz	29.33 fl. oz		Add Eggs; add to Squash, mix well.
5							Pour into greased pan, cover and bake **minimum internal temp >155F/68C for 15 sec. Serving 1/2C.
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.

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.

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 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)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGENS
20 Min	350.0 °F	155 °F	Bake	#16 scoop	1 #16 sc.	ⓘ Contains: AllergenEggs, AllergenMilk, AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g		8 g	7 g	50 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	Egg, Liquid 2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	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 1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Margarine, Solids 2 tsp	2 Tbsp	1/4 Cup	1/2 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. Or
4						Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook. Or
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.

Steak Seasoned Cubes (Seasoned Steak)

COOK METHOD	SERVING SIZE	ALLERGENS
Simmer	2 Oz	ⓘ Contains: Onion, Beef, AllergenSoy, AllergenMilk, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	1 g	9 g	2 g	10 mg	25 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1 Beef, Steak Cube Raw Garlic, Powder Onion, Yellow Margarine, Solids	1 lb 1 Oz	2 lb 11 Oz	5 lb 5 Oz	10 lb 11 Oz		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Over medium heat, brown Meat with Seasonings and Onions in Margarine until Meat loses red color. Do not overcook.
	1/4 tsp	3/4 tsp	1 1/4 tsp	2 3/4 tsp		
	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped	
	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
2						Cover and simmer until Meat is tender and reaches *internal temp of >145F/63C held for 15 sec.
3						CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

Potato Hashbrown f/Dehydrated (Hash Browns)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup	Boiled	Add potatoes to water. Hydrate according to package directions under refrigeration.
	Potato, Hash Brown Dry	6.5 Oz	1 lb	2 lb	4 lb		
3	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Season with salt and pepper.
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Pan Coating, Spray	5 g	5 g	5 g	5 g		Grill Method: Place half of margarine on griddle of 375F/190C and top with a thin layer of potatoes.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt		

Potato Hashbrown f/Dehydrated (Hash Browns)

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

Orange Vinaigrette Roasted Veg (Orange Vinaigrette Roasted Veg)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
450.0 °F	Roast	1/2 Cup	ⓘ Contains: Broccoli, Allergen Sulphites, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	11 g	4 g	4 g	75 mg	200 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Broccoli, Florets Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Preprep: Scrub Vegetables well and dry. Place in clean tub.
3 Orange Vinaigrette Dressing *	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Combine Orange vinaigrette dressing and mix well.
4					Toss Vegetables to evenly coat.
5					Spread Vegetables on baking sheet. Roast until tender at 450F/232C tossing Vegetables when about half way done.
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.

Orange Vinaigrette Dressing (Orange Vinaigrette Dressing)

SERVING SIZE	ALLERGENS
1 Oz	ⓘ Contains: Allergen Sulphites, Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	3 g	0 g	7 g	0 mg	310 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	Juice, Orange Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Vinegar, Cider Apple	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Syrup Pancake & Waffle LoCal f/Bulk	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	
	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	
2					Combine all ingredients and mix until well combined.

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

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

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

Toast Rye Seedless Dry (Dry Rye Toast)

COOK METHOD	SERVING SIZE	ALLERGENS
Heat	2 slice	ⓘ Contains: AllergenSoy, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	31 g	6 g	2 g	50 mg	390 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bread Rye Seedless	20 slice	50 slice	100 slice	200 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
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.	

Bread Rye Seedless (Rye Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	3 g	1 g	30 mg	170 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.

Jelly Assorted PC (Jelly)

SERVING SIZE	ALLERGENS
2 each	None

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

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.

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.

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

Knoephla Soup (Knoephla Soup)

SERVING SIZE	ALLERGENS
1 Cup	ⓘ Contains: Potatoes, Onion, AllergenEggs, AllergenMilk, Carrots, AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
380 kcal	59 g	11 g	11 g	125 mg	150 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Carrot, Shredded Fresh	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		In a large skillet, melt butter; cook potatoes and onion for 20-25 minutes or until tender. Add milk; heat through but do not boil. Set aside. In a Dutch oven, bring water and bouillon to a boil.
Potato, Russet/Baking Fresh	3 each	7.5 each	15 each	30 each	Diced Small	
Onion, White	1 each	2.5 each	5 each	10 each	Grated	
2 Milk, 1% Bulk	3 Cup	2.0 Qt	3 3/4 Qt	1 Gal 5 Cup		
Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 5 Cup	3 Gal 5 Cup		
Base, Chicken-like Bouillon G-F LS Vegan	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		

Knoephla Soup (Knoephla Soup)

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

Knoephla (Knoephla)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	48 g	9 g	2 g	20 mg	20 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					. Whisk eggs add to flour; stir in warm water until a stiff dough is formed.
Egg, Shell Large	2.5 each	6.25 each	12.5 each	25 each	
Water, Tap	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	
Flour, All Purpose	1 1/4 Qt	3 1/8 Qt	1 Gal 4 Cup	3 Gal 1 Cup	
3					Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, cut the dough into bite sized pieces with scissors into the boiling water. Boil for 20 minutes; drain well.
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.

Asian Shrimp Salad (Asian Shrimp Salad)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 1/2 Cup	ⓘ Contains: AllergenFish, Spinach, AllergenSoy, AllergenSulphites, AllergenCrustacean, AllergenShellfish, AllergenMilk, Onion, Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	24 g	12 g	8 g	100 mg	550 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Shrimp Blackened	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Spinach, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
2	Lettuce, Iceberg	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Tear lettuce and spinach. Thinly slice 1st onion in rings.
	Onion, Red/Burmuda	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz	
	Orange, Mandarin JcPk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
3	Sugar, Granulated Bulk	6.5 Oz	1 lb 1 Oz	2 lb 1 Oz	4 lb 3 Oz	Combine lettuce, spinach, sliced onion and orange slices. Toss salad well to mix greens. Serve 1.5 cup salad topped with 4oz Shrimp and with 1/4 cup dressing.
	Paprika	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
	Onion, Yellow	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	

Asian Shrimp Salad (Asian Shrimp Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
4	Oil, Vegetable	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		Dressing: Combine sugar, paprika, minced onion and worcestershire.
	Vinegar, White	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
5							Using a whip, add vinegar and oil in slow stream. Whip at least 2 min to dissolve sugar.
6							CCP -- Maintain <40F/4C

Shrimp Blackened (Blackened Shrimp)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
10 Min	450.0 °F	145 °F	Pan Broil	4 Oz	ⓘ Contains: AllergenShellfish, AllergenMilk, AllergenCrustacean, AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	3 g	12 g	4.5 g	75 mg	540 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Shrimp, P&D Tail Off 31-40 ct	2 lb 4 Oz	5 lb 9 Oz	11 lb 2 Oz	22 lb 4 Oz	Defrost Shrimp under refrigeration. Cook in a well-ventilated area as this method of food preparation produces a lot of smoke. Blackened Seafood is best prepared in a cast-iron skillet. A griddle may be substituted for cooking larger quantities. Heat griddle until surface is extremely hot.
3 Paprika	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Combine Spices to make a Blackening Spice Mix. (Using coarsely ground Salt & Black Pepper works best). Melt Margarine and dip each side of the Shrimp in Margarine, then in Seasoning.
Thyme, Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
Oregano, Dry	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
Pepper, Cayenne	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
Pepper, Black Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	

Shrimp Blackened (Blackened Shrimp)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
4						Immediately lay the Shrimp on the griddle. A little Margarine may be drizzled on as needed. Be careful when adding Margarine, as there could be a flareup. When a crust has formed on the bottom, in about 2 to 3 minutes, turn the Shrimp & moisten again with Margarine. Blacken until done.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

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.

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.

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.

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.	

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;

BBQ Pork Ribs (BBQ Pork Ribs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
120 Min	325.0 °F	145 °F	Bake	3 Oz	ⓘ Contains: Tomato, Pork & Products, AllergenWheat, AllergenSulphites, Mustard, Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	9 g	20 g	16 g	40 mg	300 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pork, Ribs Raw	2 lb 14 Oz	7 lb 3 Oz	14 lb 6 Oz	28 lb 12 Oz	Trimmed	Separate ribs into serving size pieces, refrigerate.
3	Sauce, BBQ	3/4 Cup	2 Cup	1 Qt	2 Qt		Place in roasting pan and brown uncovered in oven at 325F/ 162C until browned lightly, about 30 min. Pour off fat. Pour sauce over ribs.
4							Cover with foil and bake at 325F/162C until meat is tender, about 1 1/2 hrs.
5							Uncover and bake an additional 20-30 min.
6							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

BBQ Pork Ribs (BBQ Pork Ribs)

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

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

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

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

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

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Parsley, Fresh	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
6							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
7							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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.	
					.	

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

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

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

Spinach w/Garlic Butter (Spinach with Garlic Butter)

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

Spread Garlic Butter (Garlic Butter Spread)

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

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

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

Cornbread f/Mix (Cornbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
18 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.
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 -- Maintain <40F/4C

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.

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.

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

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

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGENS
0.0 °F	Mix & Chill	1/2 Cup	ⓘ Contains: Peppers Bell, AllergenEggs, AllergenMilk, Garlic, Onion, Cucumber, AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	5 g	2 g	9 g	30 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						WASH ALL PRODUCE under cool, running water. Drain well.
3	Cucumber, Fresh 1 lb	2 lb 8 Oz	5 lb	10 lb	Peeled & Cubed	Combine the three vegetables.
	Zucchini, Fresh 1 lb	2 lb 8 Oz	5 lb	10 lb		
	Pepper, Green Fresh 0.8 each	2 each	4 each	8 each	Diced	
4	Dill, Weed Dried 1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Mix together the dressing, parsley & dill weed.
	Parsley, Dried 3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Dressing, Ranch Bulk 3/4 Cup	2 Cup	1 Qt	2 Qt		
5						Pour dressing over vegetables & gently mix. Refrigerate for at least 2 hrs before service.
6						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: AllergenSulphites, AllergenWheat, Tomato, Onion, Beef, Garlic, Apples

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Onion, Yellow	3/4 Cup	2 Cup	1 Qt	2 Qt	Diced	Brown meat and onions and drain.
Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb		
3 Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Mix garlic powder, vinegar, ketchup, & tomato juice together - heat to a light boil
Juice, Tomato LS Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Vinegar, Cider Apple	1 1/2 tsp	3 tsp	2 Tbsp	1/4 Cup		
Ketchup, Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
4 Pasta, 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 LS Cnd	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.

Green Beans Italian Cut f/Frz (Italian Green Beans)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Green Beans, Italian Cut Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam green beans until tender and *internal temp of 145F/62C held for 15 sec.
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Add margarine and oregano and mix well.
	Oregano, Dry	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
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.

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.

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 13 Oz	37 lb 10 Oz	Cubed	Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
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



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

4-week Cycle Menu Lunch

Spring-Summer 2024

	Goal is 1/3 of DRI	
Macronutrients	Minimum Requirements	Menu Provides
Calories (kcal)	660 kcal	810 kcal
Protein (g)	30g	43g
Carbohydrate	Not Applicable	103g
Fat	30-35% of calories, less is acceptable	32% of calories
Fiber (g)	9g	10g
Vitamins and Minerals	Minimum Requirements	Menu Provides
Vitamin A	300 mcg	617.27 mcg
Vitamin B-6	.6 mg	1.27 mg
Vitamin B12	.8 mcg	3.17 mcg
Vitamin C	30 mcg	74.78 mg
Vitamin D	3 mcg	5 mcg
Calcium	330 mg	600 mg
Potassium	1567 mg	1759 mg
Sodium	<1100mg avg over one month	1110mg

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: Monday, Week 1, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)	
DAILY TOTAL	730	98	9	0	0	32	0	45	23	645	8	2100	975	670	668	67	4	526	245	85	1	6	
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	
1/2cup 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 Beef Tips & Mushrooms in Gravy f/Cubes	160	8	0	0	0	1	0	22	4.5	20	2.25	400	250	212.96	6.35	0.89	0.2	1.94	8.2	60	0.24	2	
1/2cup Potato Mashed caramelized onions *	190	34	2	0	0	4	0	4	5	50	0.75	650	95	102.97	43.77	18.36	0.8	7.22	14.49	5	0.22	1	
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0	
1/2cup Applesauce Strawberry	50	14	2	0	0	10	0	0	0	0	0.4	75	5	4.39	0.88	20.64	0	0.44	2.64	0	0	0	
Lunch TOTAL	730	98	9	0	0	32	0	45	22.5	645	8.0	2100	975	669.55	667.8	66.93	4.0	525.53	244.53	85	0.85	5.5	

Daily Nutrient Analysis: Tuesday, Week 1, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
DAILY TOTAL	680	91	11	0	0	45	0	54	17	585	4	1525	995	622	327	173	4	172	135	110	0	4	
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	
1cup Chicken Sweet & Sour f/Pulled	280	21	1	0	0	16	0	32	7	40	2	400	580	198.17	21.79	26.05	0.2	4.63	20.29	95	0	2	
1 Each Potsticker Vegetable	40	9	1	0	0	0	0	2	0.5	0	0	0	115	0	0	0	0	0	0	0	0	0	
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	
1/2cup Rice Brown	110	21	1	0	0	0	0	3	2.5	20	0.5	75	115	71.96	18.44	0	0.4	2.07	5.47	0	0.13	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	
Lunch TOTAL	680	91	11	0	0	45	0	54	16.5	585	4.05	1525	995	621.83	326.63	173.37	4.2	171.78	134.56	110	0.39	4.0	

Daily Nutrient Analysis: Wednesday, Week 1, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)	
DAILY TOTAL	1005	140	9	0	0	78	0	43	34	620	6	1785	1135	659	1034	94	6	40	136	100	1	8	
Lunch																							
1/2cup Vegetable Mix Capri Blend	35	4	0	0	0	3	0	1	2	20	0.3	200	65	17.49	50.23	49.3	0.4	8.03	19.13	0	0.13	0	
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0	
8fl. oz Milk 1% 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 Choice of Fruit -Summer *	0	0	0	0	0	0	0	0	0	0	0	10	0	0.6	0.11	0.84	0	0.17	0.43	0	0	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	
3oz Pork Chop w/Peach Chutney *	500	63	4	0	0	38	0	25	17	125	3	750	570	297.84	79.57	35.91	1.5	12.96	48.54	80	0.34	4.5	
Lunch TOTAL	1005	140	9	0	0	78	0	43	33.5	620	6.15	1785	1135	659.2	1034.39	93.55	5.5	39.75	135.93	100	1.12	7.5	

Daily Nutrient Analysis: Thursday, Week 1, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	770	96	9	0	0	33	0	39	30	600	5	1600	1015	599	328	67	4	96	159	80	1	10
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
3 Each Meatballs Swedish w/Sauce	290	17	1	0	0	4	0	18	17	125	2.25	400	350	201.64	35.28	1.4	0.8	1.71	30.56	60	0.95	7
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 f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.53	11.88	22.05	0.2	3.67	12.53	0	0.08	0
1/2cup Plums f/Fresh	50	13	2	0	0	11	0	1	0	10	0.2	200	0	18.14	19.28	10.77	0	7.26	5.67	0	0	0
1/2cup Vegetable Mix Stir Fry	30	6	2	0	0	1	0	2	0	30	0.5	175	120	38.6	38.28	32.39	0	70.3	55.03	0	0	0
Lunch TOTAL	770	96	9	0	0	33	0	39	29.5	600	5.45	1600	1015	598.81	328.14	66.72	4.0	95.73	158.59	80	1.42	9.5

Daily Nutrient Analysis: Friday, Week 1, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	760	92	11	0	0	23	0	37	33	610	6	1825	1085	708	335	48	4	24	117	80	1	13
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 Corn Southwest f/Frz	90	19	3	0	0	3	0	3	2.5	0	0.75	250	25	76.36	46.93	23.17	0.4	3.51	37.6	0	0.13	0
1/2cup Fruit Salad w/Cherry Filling	80	20	1	0	0	0	0	1	0	20	0.4	175	10	19.14	38.51	4.52	0	0	4.19	0	0	0
1/2cup Beans Refried f/Cnd	120	17	4	0	0	1	0	6	3.5	40	1.75	400	430	108.66	0.05	7.67	0	3.22	14.64	0	0.02	1
2 Each Beef Taco Crispy	370	23	3	0	0	6	0	18	24	200	2.5	600	510	272	107.98	12.21	0.2	16.56	48.78	65	0.95	10
Lunch TOTAL	760	92	11	0	0	23	0	37	32.5	610	5.5	1825	1085	707.96	334.99	47.57	3.6	23.53	117.41	80	1.1	12.5

Daily Nutrient Analysis: Monday, Week 2, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	960	107	13	0	0	40	0	52	39	715	7	1725	1065	730	1060	42	6	77	191	130	1	9
Lunch																						
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
1 Each Biscuit Whole Grain Medium RTB	200	25	1	0	0	1	0	4	9	150	1.75	75	330	91.84	0	0.11	0	0	34.16	5	0	2.5
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.32	12.24	0	0.15	4.53	0	0	0
1cup Chicken Creamed w/Veg f/Pulled	310	17	4	0	0	8	0	29	14	125	2	450	300	243.96	549.18	9.65	2	29.56	39.76	80	0.55	3.5
1/2cup Noodles Parslied	120	20	1	0	0	1	0	4	3	20	1.25	100	125	66.82	23.32	0.32	0.4	5.68	63.08	25	0.15	0.5
1/2cup Vegetable Mix 4 Way Blend	80	12	4	0	0	3	0	3	2	30	0.75	175	50	46.38	212.58	2.91	0.4	23.38	17.26	0	0.13	0
1/2cup Tomato Onion Salad f/Fresh	80	8	2	0	0	5	0	2	5	20	0.4	350	110	32.15	49.81	17.02	0	12.89	19.77	0	0.02	0
Lunch TOTAL	960	107	13	0	0	40	0	52	38.5	715	6.65	1725	1065	730.38	1059.68	42.26	5.8	76.95	190.81	130	1.03	8.5

Daily Nutrient Analysis: Tuesday, Week 2, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	750	104	10	0	0	33	0	43	23	555	5	1695	1095	566	321	36	5	67	144	90	1	5
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
3oz Turkey Roast f/Bnls	120	0	0	0	0	0	0	19	4.5	10	0.75	200	110	153.23	14.23	0	0.4	0	5.86	65	0.05	1
1 Slice Bread Wheat	70	12	1	0	0	1	0	3	1	40	1	40	120	32.25	0	0.05	0	1.22	21.25	0	0.01	0
1/2cup Dressing Stuffing Bread Sage	170	20	1	0	0	2	0	4	9	75	1.75	75	300	38.51	76.4	0.51	1	19.19	43.53	0	0.54	1.5
1/2cup Potato Mashed f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.53	11.88	22.05	0.2	3.67	12.53	0	0.08	0
2fl. oz Gravy Poultry f/Mix	20	4	0	0	0	0	0	1	0	20	0.2	30	270	15.48	0.49	0.01	0	0	5	5	0	0
1/2cup Green Beans Herb Frz *	35	6	3	0	0	2	0	2	1.5	40	0.75	150	15	26.74	32.55	3.74	0.2	36.82	21.15	0	0.09	0
1 Each 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
Lunch TOTAL	750	104	10	0	0	33	0	43	23.0	555	5.25	1695	1095	566.2	321.41	36.2	4.8	66.75	144.17	90	0.95	4.5

Daily Nutrient Analysis: Wednesday, Week 2, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	715	82	9	0	0	38	0	45	26	670	5	1325	1265	807	553	54	4	53	178	195	1	9
Lunch																						
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
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
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 Slice Cake Pound w/Strawberries	170	28	1	0	0	15	0	2	6	75	1	30	210	84.46	50.88	33.25	0.6	5.07	19.71	20	0.37	1.5
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5
6fl. oz Soup Beef Lentil Hmd	80	9	2	0	0	2	0	8	1.5	30	1.25	225	135	78.88	77.94	1.9	0	4.69	52.72	15	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
Lunch TOTAL	715	82	9	0	0	38	0	45	25.5	670	5.05	1325	1265	807.35	553.31	54.29	4.4	52.57	178.37	195	0.72	8.5

Daily Nutrient Analysis: Thursday, Week 2, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	900	107	12	0	0	35	0	42	38	570	7	1875	1025	634	507	46	5	38	143	125	2	11
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
3oz Tangy Meatloaf *	320	12	1	0	0	2	0	21	21	75	3	400	480	209.46	29.88	1.31	0.6	8.8	33.48	105	1.14	8
1/2cup Potato Boiled *	140	25	2	0	0	2	0	3	4	20	0.75	650	85	86.44	38.03	14.52	0.6	7.27	43.17	0	0.26	0.5
1/2cup Vegetable Mix Sicilian Blend	60	9	2	0	0	0	0	2	2	30	1	150	40	21.65	214.43	23.63	0.4	2.5	0.14	0	0.13	0
1 Each Pear Whole Fresh	90	24	5	0	0	15	0	1	0	20	0.3	200	5	18.71	1.56	6.7	0	6.86	10.92	0	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
Lunch TOTAL	900	107	12	0	0	35	0	42	38.0	570	7.15	1875	1025	634.16	507.32	46.27	4.6	38.22	142.51	125	1.92	11.0

Daily Nutrient Analysis: Friday, Week 2, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	725	97	8	0	0	40	0	33	27	720	4	1800	1170	606	316	42	5	50	108	60	1	8
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 Cucumber & Tomato Salad f/Fresh	60	5	1	0	0	3	0	1	5	20	0.3	175	90	19.63	22.54	7.67	0	12.21	9.52	0	0.02	0
1 Each Peaches Fresh	60	15	2	0	0	13	0	2	0	10	0.4	300	0	30	24	9.9	0	3.9	6	0	0	0
1 Each Garnish Lettuce Tomato Onion *	15	4	1	0	0	2	0	1	0	20	0.3	150	10	19.28	22.29	5.85	0	13.05	19.65	0	0	0
1/2cup Potato Wedges Rosemary f/Fresh	170	30	2	0	0	2	0	3	4.5	20	0.75	550	150	68.43	0.45	17.58	0	3.73	13.08	0	0.02	0
1 Each Tuna Melt Sandwich	320	30	2	0	0	7	0	17	15	300	2.5	225	810	236.67	105.03	0.76	2	16.62	47.52	45	0.55	6
Lunch TOTAL	725	97	8	0	0	40	0	33	27.0	720	4.35	1800	1170	605.81	315.83	41.76	5	49.75	107.97	60	0.59	7.5

Daily Nutrient Analysis: Monday, Week 3, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	760	100	13	0	0	38	0	38	30	565	7	1775	925	572	1350	103	3	168	189	95	1	9
Lunch																						
1 Whole Potato Sweet Bkd f/Fresh	130	31	5	0	0	6	0	3	0	50	1	550	85	71.06	1071.95	3.63	0	2.72	16.63	0	0	0
1/2cup Brussels Sprouts & Tomatoes Roasted	60	10	4	0	0	3	0	4	2.5	40	1.25	350	180	53.09	39.47	38.66	0	149.48	78.97	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
2 Each Margarine Spread Cup PC	50	0	0	0	0	0	0	0	6	0	0	0	65	1.6	81.9	0.01	0	10.1	0.1	5	0.37	1
3oz Steak Burger f/Hmd Patty	220	5	0	0	0	0	0	15	16	30	2	250	240	139.78	11.41	0.24	0.2	1.9	15.97	75	0.9	6
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
3/4cup Pineapple f/Fresh	60	17	2	0	0	13	0	1	0	20	0.4	150	5	10.16	3.81	60.71	0	0.89	22.86	0	0	0
Lunch TOTAL	760	100	13	0	0	38	0	38	29.5	565	6.75	1775	925	571.99	1350.06	103.35	3.2	167.78	189.23	95	1.3	8.5

Daily Nutrient Analysis: Tuesday, Week 3, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
DAILY TOTAL	770	90	12	0	0	36	0	37	31	595	6	1575	1080	661	1907	23	4	63	71	130	1	11	
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	
1cup Melon Watermelon Cubes f/Fresh	45	12	1	0	0	9	0	1	0	20	0.4	175	5	16.63	42.32	12.24	0	0.15	4.53	0	0	0	
1 Each Margarine Spread Cup PC	25	0	0	0	0	0	0	0	3	0	0	0	35	0.8	40.95	0.01	0	5.05	0.05	5	0.18	0.5	
3oz Chicken Moutarde	310	10	2	0	0	4	0	19	18	100	3	400	590	214.39	109.75	5.06	0.4	24.41	18.88	105	0.38	8	
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 Carrot Savory f/Frz	100	15	6	0	0	8	0	2	5	75	1.25	400	150	58.62	1572.22	5.46	0.6	32.66	21.06	5	0.26	1	
1 #8 sc. Rice Brown Pilaf	120	25	1	0	0	0	0	3	0.5	20	0.5	100	40	76.24	0	0.08	0	0.03	5.72	0	0	0	
Lunch TOTAL	770	90	12	0	0	36	0	37	30.5	595	6.0	1575	1080	661.2	1906.76	22.85	4.0	63.1	70.84	130	0.82	11.0	

Daily Nutrient Analysis: Wednesday, Week 3, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	1140	122	9	0	0	52	0	44	59	530	7	1885	2570	683	290	58	4	82	160	125	1	18
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
1cup Sausage Polish & Sauerkraut	560	20	3	0	0	12	0	23	43	75	3	600	1720	244.51	9.65	27.73	0	46.39	36.47	105	0	15
1/2cup Potato O'Brien f/Fresh *	110	21	2	0	0	2	0	2	2.5	10	0.5	400	25	48.92	30.93	20.43	0.4	3.75	9.98	0	0.17	0
1/2cup Corn Creamstyle f/Cnd	100	23	1	0	0	4	0	3	2.5	0	0.5	175	340	63.2	22.66	5.69	0.4	2.05	55.64	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 Grapes Fresh	80	21	1	0	0	18	0	1	0	20	0.5	225	5	22.68	3.4	3.63	0	16.56	2.27	0	0	0
1 Each Mustard PC	0	0	0	0	0	0	0	0	0	0	0.1	10	65	5.94	0.28	0.02	0	0.08	0.38	0	0	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
Lunch TOTAL	1140	122	9	0	0	52	0	44	59.0	530	6.7	1885	2570	683.15	290.34	57.61	3.8	81.62	159.54	125	0.69	17.5

Daily Nutrient Analysis: Thursday, Week 3, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	720	91	10	0	0	34	0	47	23	515	6	1550	1160	654	364	44	3	55	133	85	1	6
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
1/2cup Peas Green Dilled f/Frz	100	13	4	0	0	5	0	5	4	30	1.5	150	150	75.52	106.31	17.02	0.2	35.13	48.77	0	0.09	0
3oz Beef Roast & Gravy f/Top Round	170	4	0	0	0	0	0	23	7	40	2	400	460	217.08	0.51	0.02	0	1.39	13.42	65	0	3
1/2cup Potato Mashed Garlic f/Pearls	110	23	2	0	0	1	0	3	1	10	0.4	350	130	42.72	11.34	22.05	0.2	3.61	12.56	0	0.08	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
1/2cup Peaches Sliced Chilled JcPk Cnd	50	14	2	0	0	12	0	1	0	10	0.4	175	5	20.4	22.8	4.32	0	2.04	3.6	0	0	0
Lunch TOTAL	720	91	10	0	0	34	0	47	23.0	515	6.4	1550	1160	653.62	364.38	43.52	3.4	54.96	133.15	85	0.56	5.5

Daily Nutrient Analysis: Friday, Week 3, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	710	94	8	0	0	36	0	47	20	535	5	1550	730	629	340	56	7	153	130	85	1	4
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
1/2cup Broccoli Florets f/Frz	40	5	3	0	0	1	0	3	2	50	0.75	175	40	50.15	64.74	36.42	0.4	82.42	27.3	0	0.13	0
3oz Fish Tilapia Lemon	160	2	0	0	0	0	0	24	6	20	1	400	140	196.19	48.89	8.26	4	52.59	34.34	60	0.26	1.5
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
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 2x3 Gelatin Pear & Marshmallows In Red	90	22	1	0	0	18	0	2	0	10	0.2	50	70	23.49	0	0.67	0	0.13	0.85	0	0	0
Lunch TOTAL	710	94	8	0	0	36	0	47	20.0	535	4.55	1550	730	628.59	339.92	55.6	7.4	152.83	129.78	85	0.79	4.0

Daily Nutrient Analysis: Monday, Week 4, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	770	96	7	0	0	32	0	50	25	525	6	1905	1230	662	597	96	4	40	167	170	1	5
Lunch																						
2 Each Chicken Drumsticks Baked	140	0	0	0	0	0	0	24	4.5	20	1	300	140	207.46	15.15	0	0	4.08	4.92	110	0.02	1
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 Potato Mashed f/Pearls	110	23	2	0	0	1	0	3	1.5	10	0.4	350	130	42.53	11.88	22.05	0.2	3.67	12.53	0	0.08	0
2fl. oz Gravy Poultry f/Mix	20	4	0	0	0	0	0	1	0	20	0.2	30	270	15.48	0.49	0.01	0	0	5	5	0	0
2 Slice Bread Wheat	140	24	2	0	0	3	0	6	2.5	75	2	75	240	64.5	0	0.1	0	2.45	42.5	0	0.02	0
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
1/2cup Squash Yellow Casserole f/Fresh	160	19	2	0	0	3	0	5	8	30	1.75	300	250	74.81	82.17	16.76	1	15.56	56.86	35	0.43	1.5
Lunch TOTAL	770	96	7	0	0	32	0	50	25.0	525	5.85	1905	1230	661.59	596.81	96.2	4.2	40.0	166.88	170	0.92	5.0

Daily Nutrient Analysis: Tuesday, Week 4, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	860	119	12	0	0	48	0	40	31	565	6	1830	1020	678	464	144	6	166	256	265	1	7
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 #16 sc. Egg Scrambled f/Frz	100	1	0	0	0	1	0	8	7	50	1.25	100	90	119.67	113.26	0.02	2	1.22	51.26	220	0.1	2
2oz Steak Seasoned Cubes	50	1	0	0	0	0	0	9	2	10	1	125	25	78.54	7.19	0.47	0	1.24	2.66	25	0.1	0.5
1/2cup Potato Hashbrown f/Dehydrated	130	16	1	0	0	1	0	2	7	10	0.2	150	125	45	73.98	6.72	1	10	7.36	0	0.53	1.5
2 Slice Toast Rye Seedless Dry	170	31	4	0	0	2	0	6	2	50	2	125	390	80	0	0.26	0	0.76	70.4	0	0	0
1/2cup Orange Vinaigrette Roasted Veg *	80	11	4	0	0	3	0	4	4	75	1.25	450	200	91.4	43	123.72	0	141.44	86.53	0	0.02	0
2 Each Jelly Assorted PC	80	20	0	0	0	14	0	0	0	10	0.2	30	10	5.39	0	2.5	0	0	3.12	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
Lunch TOTAL	860	119	12	0	0	48	0	40	30.5	565	6.3	1830	1020	678.26	464.24	143.53	6	165.56	256.23	265	1.12	6.5

Daily Nutrient Analysis: Wednesday, Week 4, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR N (G)	SAT FAT (G)
DAILY TOTAL	870	125	10	0	0	48	0	38	26	645	5	1450	1020	745	576	80	5	86	135	195	1	10
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 1/2cup Asian Shrimp Salad *	210	24	2	0	0	20	0	12	8	100	1.75	250	550	214.74	163.47	6.3	0.6	57.61	37.7	105	0.29	1
1 Each Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1cup Knoephla Soup *	380	59	3	0	0	7	0	11	11	125	1.25	500	150	188.45	227.95	10.51	1.5	2.78	33.85	70	0.37	7
1/2cup 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
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
Lunch TOTAL	870	125	10	0	0	48	0	38	26.0	645	4.6	1450	1020	745.11	576.07	80.27	5.1	85.63	135.01	195	0.85	10.0

Daily Nutrient Analysis: Thursday, Week 4, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)	
DAILY TOTAL	895	114	10	0	0	40	0	44	35	625	7	1865	850	722	739	110	5	446	375	120	1	12	
Lunch																							
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	
1/2cup Spinach w/Garlic Butter	45	4	2	0	0	0	0	3	3.5	100	2.25	500	105	41.13	407.85	23.01	0	395.22	158.57	10	0	2	
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	
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	
3oz BBQ Pork Ribs	260	9	0	0	0	7	0	20	16	40	1	300	300	156.69	9.15	0.12	1.5	0.36	0.4	70	0.14	6	
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	
1 2x3 Cornbread f/Mix	130	20	2	0	0	6	0	3	4	20	1	40	240	147.45	13.2	0.03	0.2	1.43	30.34	20	0	1	
Lunch TOTAL	895	114	10	0	0	40	0	44	35.0	625	6.55	1865	850	721.95	739.42	110.33	5.1	445.93	375.2	120	0.64	11.5	

Daily Nutrient Analysis: Friday, Week 4, Cycle Menu S/S Lunch 5day 2024

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

	CAL (KCAL)	CHO (G)	FIBER (G)	SOL FIBR (G)	INSOL FIBR (G)	SUGAR (G)	ADDED SUGAR (G)	PRO (G)	FAT (G)	Ca (MG)	Fe (MG)	K (MG)	Na (MG)	P (MG)	VIT A (RE)	VIT C (MG)	VIT D (MCG)	VIT K (MCG)	FOL (MCG)	CHOL (MG)	FATR (G)	SAT FAT (G)
DAILY TOTAL	745	89	10	0	0	41	0	36	32	530	6	1825	710	615	268	114	3	89	210	75	1	9
Lunch																						
8fl. oz Milk 1% Bulk 8 flz	100	13	0	0	0	13	0	9	2.5	350	0.1	400	110	231.8	141.52	0	3	0.24	12.2	15	0	1.5
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 Breadstick Garlic Whole Grain 6in	100	16	3	0	0	2	0	5	1.5	40	1	100	140	82.08	0	0.04	0	0.5	27	0	0	0
1cup Grandmas Hot Dish	320	33	2	0	0	7	0	17	14	50	3	550	190	188.17	30.65	59.76	0	4.3	101.4	50	0.75	5
1/2cup Green Beans Italian Cut f/Frz	40	6	3	0	0	2	0	2	2	40	0.75	150	20	26.51	37.55	3.72	0.4	37	21.03	0	0.13	0
1/2cup Cucumber & Zucchini Salad f/Fresh	100	5	1	0	0	3	0	2	9	30	0.5	225	180	66.77	12.1	19.27	0	36.55	16.12	5	0.03	1.5
1cup Melon Honeydew Cubes f/Fresh	60	16	1	0	0	14	0	1	0	20	0.3	400	35	18.76	5.12	30.7	0	4.95	32.4	0	0	0
Lunch TOTAL	745	89	10	0	0	41	0	36	32.0	530	5.65	1825	710	614.89	267.89	113.5	3.4	88.59	210.2	75	1.09	8.5



ALTERNATE MEALS

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PROVIDER CHOICE				LUNCH					
Broccoli Salad	1/2 Cup	Confetti Coleslaw	1/2 Cup	Grandma's Hot Dish	1 Cup	Chicken & Wild Rice Casserole	1 Cup	Taco Casserole	6 Oz
Macaroni & Cheese	1 Cup	Italian Submarine Sandwich	1 each	Seasoned Broccoli Florets	1 Cup	Brussels Sprouts & Tomatoes	1 Cup	Spanish Rice	1/2 Cup
Stewed Tomatoes	1/2 Cup	Cucumber Slices	1/2 Cup	Garlic Whole Grain Breadstick	1 each	Wheat Roll	1 each	Refried Beans	1/2 Cup
Chilled Mandarin Oranges	1/2 Cup	Lettuce Tomato Onion	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each	Whole Kernel Corn	1/2 Cup
1% Milk	8 fl. oz	Mayonnaise	1 each	Fresh Watermelon & Cantaloupe Cubes	1 Cup	Fresh Whole Pear	1 each	Soft Margarine Cup	1 each
		Banana	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	Peaches	1 each
		1% Milk	8 fl. oz					1% Milk	8 fl. oz

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH									
Egg & Sausage Bake	1 Cup	House Salad	1 Cup	Relish Plate w/Dip	1 each	Peach French Toast Bake	1/2 Cup	Corn Chowder	6 fl. oz
Hash Browns	1/2 Cup	Chicken Parmesan	3 Oz	Pizza Casserole	1 Cup	Scrambled Egg	2 #16 sc.	Taco Stuffed Potato	1 each
Asparagus Almondine	1/2 Cup	Angel Hair Pasta	1/2 Cup	Squash Medley	1/2 Cup	Glazed Sweet Potatoes	1/2 Cup	Cornbread	1 (2x3)
Dry Wheat Toast	1 slice	Sicilian Blend Vegetables	1/2 Cup	Wheat Roll	1 each	Soft Margarine Cup	1 each	Soft Margarine Cup	1 each
Soft Margarine Cup	1 each	Whole Grain Breadstick	1 each	Soft Margarine Cup	1 each	LoCal Syrup	1 fl. oz	Saltine Crackers	1 each
Jelly	1 each	Soft Margarine Cup	1 each	Chilled Applesauce	1/2 Cup	Banana	1 each	Fresh Whole Orange	1 whole
Banana	1 each	Choice of Dressing	1 each	1% Milk	8 fl. oz	1% Milk	8 fl. oz	1% Milk	8 fl. oz
1% Milk	8 fl. oz	Fresh Berries w/Whip Topping	1 Cup						
		1% Milk	8 fl. oz						

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Corn Whole Kernel f/Frz (Whole Kernel Corn)	25
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Toast French Bake Peach (Peach French Toast Bake)	78
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Applesauce JcPk Cnd (Chilled Applesauce)

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

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

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

Asparagus Almondine f/Frz (Asparagus Almondine)



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

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

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

Asparagus Almondine f/Frz (Asparagus Almondine)



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

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

Beans Refried f/Cnd (Refried Beans)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Onion, Yellow 1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	Sauté onions in oil until tender. Add onions and spices to beans and mix well.
	Oil, Vegetable 2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Beans, Refried Cnd 1 1/4 Qt	3 Qt	1 Gal 3 Cup	3 Gal		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Beans Refried f/Cnd (Refried Beans)



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

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

SERVING SIZE	ALLERGENS
1 Cup	Contains: Strawberry, Blueberry, Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	2 g	3.5 g	20 mg	10 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1 Blueberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Strawberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH ALL PRODUCE under cool, running water. Drain well. Wash blueberries the day of service. Do not prep in advance.
3 Raspberries, Red Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Topping, Whip Non-Dairy Bag Frz	4.5 Oz	12 Oz	1 lb 8 Oz	2 lb 15 Oz	
4					Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
5					CCP -- Maintain <40F/4C

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

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

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

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

Broccoli f/Fresh Salad (Broccoli Salad)



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

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

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

Broccoli f/Fresh Salad (Broccoli Salad)

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

Broccoli Florets f/Frz (Seasoned Broccoli Florets)



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

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

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

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomato)



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

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

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

Brussels Sprouts & Tomatoes Roasted (Brussels Sprouts & Tomatoes)



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

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



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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	ⓘ Contains: Citrus

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

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

Corn Whole Kernel f/Frz (Whole Kernel Corn)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap 3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Place Corn in cooking pan. Add Water. Steam for 4-6 min or until tender.
	Corn, Whole Kernel Frz 1 lb 13 Oz	4 lb 9 Oz	9 lb 2 Oz	18 lb 4 Oz	
3	Pepper, White 1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp	Sprinkle with Pepper.
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Corn Whole Kernel f/Frz (Whole Kernel Corn)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Place Corn in cooking pan. Add Water. Steam for 4-6 min or until tender.
	Corn, Whole Kernel Frz	1 lb 13 Oz	4 lb 9 Oz	9 lb 2 Oz	18 lb 4 Oz	
3	Pepper, White	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp	Sprinkle with Pepper.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Cornbread f/Mix (Cornbread)

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

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

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

Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Creamy Chicken Parm (Chicken Parmesan)



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

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

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

Creamy Chicken Parm (Chicken Parmesan)



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

Cucumber Slices Plain (Cucumber Slices)

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

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

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

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Egg and Sausage Bake (Egg & Sausage Bake)



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

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

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

Egg and Sausage Bake (Egg & Sausage Bake)



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

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

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

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

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

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

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

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

Egg Scrambled f/Frz (Scrambled Egg)



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

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

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

Egg Scrambled f/Frz (Scrambled Egg)



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

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)

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

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

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

Grandmas Hot Dish (Grandma's Hot Dish)



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

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

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

Grandmas Hot Dish (Grandma's Hot Dish)



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

House Salad (House Salad)

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

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

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

Italiane Sub Sndw (Italian Submarine Sandwich)

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

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

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

Jelly Assorted 0.5z PC (Jelly)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Macaroni & Cheese Entree (Macaroni & Cheese)



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

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

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

Macaroni & Cheese Entree (Macaroni & Cheese)

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

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Mix & Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	Contains: Citrus

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

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

Pasta Angel Hair Buttered (Angel Hair Pasta)



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

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

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

Pasta Angel Hair Buttered (Angel Hair Pasta)



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

Peaches Fresh (Peaches)

SERVING SIZE	ALLERGENS
1 each	Contains: Peach

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

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

Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Pear

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

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

Pizza Casserole (Pizza Casserole)



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

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

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

Pizza Casserole (Pizza Casserole)

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

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)



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

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

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

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)

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

Potato Hashbrown f/Dehydrated (Hash Browns)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP	
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 2 Cup	Boiled	Add potatoes to water. Hydrate according to package directions under refrigeration.
	Potato, Hash Brown Dry	6.5 Oz	1 lb	2 lb	4 lb		
3	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Season with salt and pepper.
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Pan Coating, Spray	5 g	5 g	5 g	5 g		Grill Method: Place half of margarine on griddle of 375F/190C and top with a thin layer of potatoes.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt		

Potato Hashbrown f/Dehydrated (Hash Browns)



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

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



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

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

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

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



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

Juice Orange f/BIB 6 flz (Orange Juice)

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

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

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

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGENS
1 whole	Contains: Citrus

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

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

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

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

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

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

Rice Spanish w/Veg Base (Spanish Rice)



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

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

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

Rice Spanish w/Veg Base (Spanish Rice)



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

Roll Wheat RTS (Wheat Roll)

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

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

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

Soup Chowder Corn Vegetarian Hmd (Corn Chowder)



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

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

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

Soup Chowder Corn Vegetarian Hmd (Corn Chowder)

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

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

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 fl. oz	None

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

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

Taco Casserole (Taco Casserole)



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

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

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

Taco Casserole (Taco Casserole)

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

Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Corn

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

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

Milk 1% Bulk 8 flz (1% Milk)

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

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

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

Toast French Bake Peach (Peach French Toast Bake)



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

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

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

Toast French Bake Peach (Peach French Toast Bake)



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

Bread White (White Bread)

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

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

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

Toast Wheat Dry (Dry Wheat Toast)

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

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

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

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
1 slice	ⓘ Contains: AllergenWheat

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

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

Tomato Stewed f/Cnd (Stewed Tomatoes)

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

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

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

Tomato Stewed f/Cnd (Stewed Tomatoes)



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

Vegetable Mix Sicilian Blend (Sicilian Blend Vegetables)

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

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

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

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



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

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

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

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



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

Lunch Alternate Meals F/W 2024 - Week 1

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

Lunch Alternate Meals F/W 2024 - Week 2

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

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Apricots f/JcPk (Chilled Apricots)

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

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

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

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

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



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

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

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

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



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

Beets Pickle Cnd (Pickled Beets)

SERVING SIZE	ALLERGENS
1/2 Cup	ⓘ Contains: Beets

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

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

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGENS
2 slice	ⓘ Contains: AllergenWheat

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

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

Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



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

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

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

Broccoli & Noodles Parmesan (Broccoli & Noodles Parmesan)



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

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

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

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

Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



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

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

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

Carrot Glazed Baby f/Fresh (Glazed Baby Carrots)



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

Cauliflower Parsley f/Frz (Parsley Cauliflower)

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

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

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

Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



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

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

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

Chicken Cacciatore Thighs Bnls (Chicken Cacciatore)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	0.31 no. 10 can	0.78 no. 10 can	1.56 no. 10 can	3.12 no. 10 can		
	Onion, Yellow	6.5 Oz	1 lb 0 Oz	2 lb 0 Oz	4 lb 1 Oz	Diced	
4							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Soup Broth Chicken f/Base (Chicken Broth)

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

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

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

Chicken Florentine (Chicken Florentine)



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

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

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

Chicken Florentine (Chicken Florentine)



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

Chicken Baked Breast Bnls Sknls (Baked Chicken Breast)

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

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

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

Coleslaw f/Shredded Mix (Coleslaw)

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

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

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

Corn Southwest f/Frz (Southwest Corn)



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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Steam or boil vegetables until tender. Add margarine and seasonings. *Maintain >135F/57C.
Peppers Red Roasted f/Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
Pepper, Green Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Minced	
2 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Chili Powder, Mild	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Cumin, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Corn Southwest f/Frz (Southwest Corn)



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

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

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

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

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

Crackers Saltine 2-ct Pkg (Saltine Crackers)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Crisp Cherry f/Frz (Cherry Crisp)



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

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

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

Crisp Cherry f/Frz (Cherry Crisp)

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

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

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

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

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

Dressing Italian LoCal PC (LoCal Italian Dressing)

SERVING SIZE	ALLERGENS
1 each	None

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

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

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

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

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

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

Egg Salad Soft Hmd (Egg Salad)

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

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

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

Egg Boiled Hard Whole RTS (Hard Boiled Egg)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenEggs

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

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

Enchiladas Beef Hmd (Beef Enchiladas)



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

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

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

Enchiladas Beef Hmd (Beef Enchiladas)



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

Tortilla Corn 6 in (Corn Tortilla)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Corn

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

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

Gelatin Strawberry Delight w/Crust (Strawberry Delight)



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

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

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

Gelatin Strawberry Delight w/Crust (Strawberry Delight)



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

Grapes Fresh (Fresh Grapes)

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

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

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

Green Beans Herb f/Frz (Herbed Green Beans)



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

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

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

Green Beans Herb f/Frz (Herbed Green Beans)



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

House Salad (House Salad)

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

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

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

Ketchup PC (Ketchup Packet)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Tomato

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

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

Lasagna Cheese Rollup Frz (Cheese Lasagna Rollup)

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

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

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

Mango Diced PC (Diced Mangos)

SERVING SIZE	ALLERGENS
1 each	None

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

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

Margarine Cup (Margarine Cup)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenMilk

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

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

Margarine Cup (Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGENS
2 each	ⓘ Contains: AllergenMilk

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

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

Meatball Italian Sub Sandwich (Meatball Sub Sandwich)

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

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

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

Meatballs Italian No Sauce (Italian Meatballs)



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

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

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

Meatballs Italian No Sauce (Italian Meatballs)



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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGENS
Chill	1 Cup	None

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

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

Milk 1% 8 flz PC (1% Milk)

SERVING SIZE	ALLERGENS
8 fl. oz	ⓘ Contains: AllergenMilk

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

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

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

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

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

Banana Whole Fresh (Banana)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: Bananas

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

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

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

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

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

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

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

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

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

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

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

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

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

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

Pico de Gallo f/Fresh (Pico de Gallo)

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

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

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

Pork Pulled on WG Bun (Pulled Pork on Bun)

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

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

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

Bun Hamburger Whole Wheat (WW Hamburger Bun)

SERVING SIZE	ALLERGENS
1 each	ⓘ Contains: AllergenWheat

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

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

Potato Dutchess f/Pearls (Dutchess Potatoes)



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

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

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

Potato Dutchess f/Pearls (Dutchess Potatoes)



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

Potato Fries Waffle Bkd (Waffle Fries)

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

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

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

Potato Mashed f/Inst Granules (Mashed Potatoes)

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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

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

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

Potato Wedges Rosemary f/Fresh (Rosemary Potatoes)



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

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

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

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

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

Sauce Cilantro Cream (Cilantro Cream Sauce)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	2 g	0 g	4.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine all ingredients. Cover and refrigerate at least 15 minutes before service.
Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
Cilantro, Raw Bunch	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	
Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Lime, Zest	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Juice, Lime RTS	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3						CCP -- Maintain <40F/4C.

Sauce Marinara (Marinara Sauce)



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

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

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

Sauce Marinara (Marinara Sauce)

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

Soup Potato Bacon Hmd (Potato Bacon Soup)



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

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

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

Soup Potato Bacon Hmd (Potato Bacon Soup)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Milk, 2% Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
5	Celery, Fresh	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Minced	Add base, water, and milk, stirring constantly. Simmer for 10 min.
	Onion, Yellow	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
6							Add potatoes, bacon, onion, and celery. Heat to *internal temp >145F/63C for 15 sec.
7							Cook Time: 1 1/2 hr
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)



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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	29 g	18 g	16 g	75 mg	380 mg

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		Brown meat. Pour off fat. CCP -- Maintain <40F/4C until ready to use.
3 Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine	In a saucepan, combine beef, onions, tomatoes, sauce, water, sugar, and spices. Simmer, stirring frequently, until thickened, about 1 hr. CCP -- Cook to internal temp of 160F/71C held for 3 minutes.
Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
Tomato Sauce, Cnd	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		
Sauce, Worcestershire	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		

Spaghetti & Meat Sauce Hmd (Spaghetti & Meat Sauce)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Basil, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
4	Pasta, Spaghetti Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Heat to boiling enough water for amount of pasta to be prepared. Cook spaghetti according to package directions. Rinse and drain.
5							Serve 1/2 cup pasta with 1/2 cup sauce.
6							Maintain >135F/57CF for only 4 hrs.
7							CCP -- Cool: Product must reach <135F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Spinach Seasoned f/Frz (Seasoned Spinach)

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

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

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Spinach, Chopped Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil spinach 8-10 minutes or until tender and heated through; or prepare according to package instructions.
3 Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Season with salt & pepper.
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
4					CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Turkey Creamed f/Pulled (Creamed Turkey)



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

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

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

Turkey Creamed f/Pulled (Creamed Turkey)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
2	Dough, Pastry Sheet 10x15	0.83 each	2.08 each	4.17 each	8.33 each		Top with sheets of Pastry Dough. Combine Egg and Water to make Egg Wash. Brush Egg Wash over Pastry Dough. Bake immediately until *internal temp of 165F/74C held for 15 sec.
	Egg, Liquid	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Water, Tap	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
3							CCP -- Maintain >140F/60C. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. Refer to local or regional public health regulations for specific times. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 2 hrs - one time only.



MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	1 oz	1 serving
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
Fruit (Fresh or packed in juice)	½ c or 1 small piece	1 serving
Grains	1 oz	2 servings
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022

Standard Lunch and Supper Meal Pattern

Food Components	Serving Size	Minimum servings per meal
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	1 serving
Meat/meat alternates Lean meat, poultry, or fish	3 oz	1 serving
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	¾ cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
Vegetables	½ cup	2 servings
Fruits	½ cup or 1 small piece	1 serving
Grains	1 oz	2 servings
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	½ cup pasta ½ cup rice	



CARBOHYDRATE CONTENT

An outline of the typical carbohydrate content of meals has been provided as a resource to answer potential participant questions related to the amount of carbohydrate in the meals served. The amount of carbohydrates per serving is based on the typical meal patterns used for menu planning. Participants who are diabetic may ask for this information. The charts provided include food components, serving sizes, and grams of carbohydrate per serving.

Carbohydrate Content Breakfast

15g= 1 Carbohydrate Exchange

Food components	Serving Size	Carbohydrates per serving
Milk: Low-fat (1%) or fat-free milk, unflavored or flavor	8 fl oz	15 g
Meat/meat alternates Lean meat, poultry, or fish	1 oz	None
Cheese	1 oz	
Cottage cheese	1 oz	
Egg, large	1 each	
Cooked dry beans or peas	N/A	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
Fruit (Fresh or juice packed)	½ c or 1 small piece	15 g
Grains	2 oz served each meal	30 g
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	1/2c cooked cereal = 1oz	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 c= 1 oz	
Total Per Meal (average)		60 g= 4 Exchanges

Carbohydrate Content Lunch and Dinner

15g= 1 Carbohydrate Exchange

Food Components	Serving Size	Carbohydrate s per serving
Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored	8 fl oz	15g
Meat/meat alternates Lean meat, poultry, or fish	3 oz	None
Cheese	3 oz	
Cottage cheese	$\frac{3}{4}$ c	
Egg, large	2 each	
Cooked dry beans or peas	$\frac{1}{2}$ c	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	1 c	
Vegetables	$\frac{1}{2}$ c	5g
Fruits (Fresh or juice packed)	$\frac{1}{2}$ c or 1 small piece	15g
Grains	2 oz served each meal	30g
WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1 oz 1 small roll= 1 oz	
WGR, pasta or rice	$\frac{1}{2}$ c pasta= 1 oz $\frac{1}{2}$ c rice= 1 oz	
Total Per Meal (average)		65g= 4 Exchanges



MILK ALTERNATIVES

Milk or milk alternatives are required to meet nutritional needs of older adults as outlined in the Dietary Guidelines for Americans 2020-2025 and to meet Dietary Reference Intakes (DRIs). This reference is provided to clarify food items and serving sizes that meet the dairy requirement.

MILK ALTERNATIVES

The daily dairy recommendation for Older Americans is 3 cups of Dairy (or equivalent). Below is a list of 1 cup dairy equivalents. Reduced fat or low-fat choices are recommended.

Fortified soy milk and yogurt with added calcium, vitamin A, and vitamin D are a part of the Dairy Group. This is because their nutritional content is like dairy milk and yogurt.

Other products sold as “milks” but made from plants like almond, rice, coconut, oat, and hemp “milks” may have calcium. But they are not a part of the Dairy Group because their nutrition content is not like dairy milk and fortified soy milk

Amount that Counts as 1 Serving in the Dairy Group		
MILK	Milk, (1%-2%), white and flavored	8oz
	Milk, (skim), white and flavored	8oz
	Milk, (whole), white and flavored	8oz
	Buttermilk, low-fat	8oz
	Evaporated Milk	4oz
	Soy Milk, Calcium Fortified	8oz
	Dry Milk, Reconstituted	8oz
	Lactose Free Milk	8oz
YOGURT	Yogurt, plain, nonfat	8oz
	Yogurt, plain, low-fat	8oz
	Yogurt, soy, plain	8oz
	Yogurt, Greek, plain, low-fat	8oz
	Yogurt, Greek, plain, nonfat	8oz
CHEESE	Hard cheese (cheddar, mozzarella, swiss, parmesan)	1 ½ oz
	Shredded Cheese	1/3 cup
	Processed Cheese (American)	1 oz
	Ricotta Cheese	½ cup
	Cottage Cheese	2 cups
OTHER	Kefir, plain, low-fat	1 cup



SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

SUBSTITUTION LISTS

Substitution lists are intended to be used in the case where menu adjustments are needed for specific items based on short term product outages or production changes.

To ensure substitutions are appropriate and meet the nutritional needs of participants served please follow these general guidelines:

- Milk should be low-fat (1%) or fat-free, unflavored is recommended.
- Vegetable servings include fresh, frozen, canned, rehydrated, or pasteurized 100 percent full-strength vegetable juice.
- The sodium content of vegetables can be reduced by serving fresh, frozen or no added salt products.
- A serving of cooked vegetables must be drained.
- Serving a variety of colors of vegetables throughout the week increases the nutritional value of meals served.
- Fruit Juice must be 100% juice to count as a fruit serving.
- Canned fruit is recommended purchased in extra light syrup. Light syrup, water or juice are also acceptable.
- The choice of fruit served should be adjusted based on service delivery style. For home delivered meals whole fruits may be preferred over fruits such as apple slices.
- Grain substitutions should be Whole Grain Rich products (whole grains, enriched grains, bran, and germ).
- Low sugar cereals should be used.
- Low sodium, low fat meat choices are recommended.
- Salads should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix.
- Salad dressing should be reduced calorie.
- Substitutions should be similar cooking methods. For example, substituting chicken for beef in a BBQ recipe is an acceptable substitution. Substituting scalloped potatoes for rosemary potatoes is not an acceptable substitution because the scalloped potatoes are much higher in fat, calories, and sodium.

SUBSTITUTION LISTS

BREADS AND STARCHES:

1oz serving.

Please note meal pattern requires 2oz per meal to meet requirements.

WG= Whole Grain Rich

Food Item	1oz Serving
Whole Wheat Bread	1 slice
Rye Bread	1 slice
Oatmeal Bread	1 slice
Raisin Bread	1 slice
Pumpernickel Bread	1 slice
WG Bagel	½ each
WG English Muffin	½ each
WG Hot Dog Bun	½ each
WG Hamburger Bun	½ each
WG Pita 6 inch	1 each
WG Tortilla 6 inch	1 each
WG Roll, small	1 each
WG Breadsticks	1 each
Graham Crackers 2-1/2" square	3 each
Animal Crackers	8 each
WG soda crackers	6 each
WG cooked cereal	½ cup
WG cold cereal	1 cup
WG granola	¼ cup
WG Biscuit 2 ½ inch	1 each
WG Muffin, small 1oz	1 each
WG Pancake 4 inch	2 each
WG Waffle, 4 ½ inch	1 each
Cornbread 2 inch	1 each
Granola Bar	1 each
WG Cooked Pasta	½ cup
WG Cooked Rice	½ cup

SUBSTITUTION LISTS

MEAT AND MEAT ALTERNATES:

Please note lunch meal pattern requires 3oz per meal.

Breakfast pattern requires 1oz per meal to meet requirements.

Food Item	Serving Size
Round Steak	3oz
Sirloin	3oz
Flank Steak	3oz
Beef Tenderloin	3oz
Ground Beef (90 to 95% recommended)	3oz
Chipped Beef	3oz
Pork (tenderloin, roast, chops, cutlets)	3oz
Ground Turkey	3oz
Ground Chicken	3oz
Fresh or Frozen Fish	3oz
Tuna or Salmon (canned in water)	3oz
Crab, Lobster, Scallops, Shrimp, Clams	3oz
Cottage Cheese (reduced sodium recommended)	½ cup
Reduced sodium turkey or chicken sausage	3oz
Reduced sodium bacon or turkey bacon	3oz
Chicken (baked, broiled, roasted without skin)	3oz
Turkey (baked, broiled, roasted without skin)	3oz
Reduced sodium lunchmeat	3oz
Egg substitute	3oz
Egg	3 each
Mozzarella Cheese	3oz
Liver (serve rarely due to high cholesterol item)	3oz
Tofu	4oz
Peanut Butter	4 TBSP

SUBSTITUTION LISTS

VEGETABLES

Standard Serving Size:

½ cup cooked

½ cup juice

1 cup raw

Food Item	Good Source Vitamin A	Good Source Vitamin C
Asparagus		
Beans (green, wax, Italian)		
Beets		
Broccoli	X	X
Brussels Sprouts		X
Cooked Cabbage		
Carrots	X	
Cauliflower		X
Egg Plant		
Potatoes		
Yams/Sweet Potatoes	X	
Pumpkin	X	X
Red Peppers	X	X
Collard Greens	X	
Mustard Greens	X	
Turnip Greens	X	X
Cooked Mushrooms		
Okra		
Onions		
Pea Pods		
Green Peppers		X
Rutabaga		
Spinach (1/2c cooked, 1c raw)	X	X
Summer Squash	X	X
Tomato (One Large)		X
Reduced Sodium Tomato Juice		X
Turnip		
Water Chestnuts		
Zucchini (1/2c cooked, 1c raw)		
Raw Cabbage		X
Celery		
Cucumber		
Dark Green Lettuce (Romaine, field greens)	X	X

SUBSTITUTION LISTS

FRUITS

Canned fruit is recommended to be purchased in juice, or extra light syrup.

Light syrup and water are also acceptable.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple, Raw, 2-inch diameter	1 each		
Applesauce	½ cup		
Apricots, Raw, Medium	4 each	X	
Apricots, Canned	½ cup or 4 halves	X	
Banana, 9 inches long	½ each		
Blackberries, Raw	¾ cup		X
Blueberries, Raw	¾ cup		
Cantaloupe, Cubes	1 cup	X	X
Cherries, Large Raw	12 each		
Cherries, Canned	½ cup		
Fruit Cocktail, Canned	½ cup		
Grapefruit, Medium	½ each		X
Grapefruit, Canned	¾ cup		X
Grapes, Small	15 each		
Honeydew Melon, Cubes	1 cup		X
Kiwi, Large	1 each		
Mandarin Oranges	½ cup		
Mango, Small	½ each	X	
Nectarine, 1 ½ inch	1 each		X
Orange, 2 ½ inch	1 each		X
Papaya	1 cup		X
Peaches, Raw	1 each or ¾ cup	X	
Peaches, Canned	½ cup or 2 halves	X	
Pear, Raw, small	1 each		
Pear, Canned	½ cup or 2 halves		
Pineapple, Raw	¾ cup		X
Pineapple, Canned	½ cup		X
Plum, Raw 2 inch	2 each		

SUBSTITUTION LISTS

FRUITS

Fruit juice must be 100% juice to meet requirements.

Food Item- Fresh, Frozen or Canned	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Raspberries, Raw	1 cup		X
Strawberries, Raw Whole	1 cup		X
Tangerine, 2 ½ in	2 each		X
Watermelon Cubes	1 cup		
Food Item- Juice	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Juice	½ cup		
Apple Cider	½ cup		
Cranberry Juice Cocktail	1/3 cup		
Grapefruit Juice	½ cup		X
Grape Juice	1/3 cup		
Orange Juice	½ cup		X
Pineapple Juice	½ cup		X
Prune Juice	1/3 cup		
Food Item- Dried Fruit	Serving Size	Good Source Vitamin A	Good Source Vitamin C
Apple Rings	4 each		
Apricot, Halves	7 each		
Dates, Medium	10 each		
Figs	10 each		
Prunes, Medium	3 each		
Raisins	2 TBSP		



PRODUCTION GUIDES

Production guides are intended as a resource to help staff cooking and serving to produce and serve foods in portion sizes to meet the menu requirements.

Production Guides

GUIDE TO BAKING PAN YIELDS

PAN	SIZE	YIELD	CUT	USED FOR
Full Sheet or Cake Pan	18 x 26 x 1 18 x 26 x 2	80 - 2 x 2-1/2" pieces (5lb. cake mix)	8 x 10	Cakes, bar cookies, oven baking
Half Sheet	18 x 13 x 1	40 - 2 x 2-1/2" pieces	8 x 5	Cakes, bar cookies, oven baking
Baking Pan	13-1/2 x 23 x 2	50 - 2 x 2-1/2" pieces	10 x 5	Cakes, gelatin
Baking Pan	11 x 16 x 2	32 - 2 x 2-1/2" pieces	4 x 8	Cakes, gelatin
Loaf Pan	4 x 5 x 2-1/2	10 - 1/2-inch pieces	10	Baked pureed items, quick breads
Loaf Pan	16 x 5 x 4	10 - 1/2-inch pieces	16	Angel food cake, meatloaf, quick breads
Prepared Entrées	96 oz	16 - 6 oz portions	4 x 4	Prepared entrée items

Production Guides

GUIDE TO PORTION CONTROL EQUIPMENT

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

Production Guides

GUIDE TO CAN SIZES

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



NOTES

