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

| COOK METHOD | SERVING SIZE | ALLERGIES |
|---|---|---|
| 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 9 Cup | 3 Gal 2 Cup | 6 Gal 4 Cup | Pour milk cups. |
| 3 | | | | | | CCP -- Maintain <40F/4C; discard unused product. (FDA) |

# Bread Wheat (Wheat Bread)

| SERVING SIZE | ALLERGIES |
|---|---|
| **1 slice** | **Contains: AllergenWheat** |

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

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

# Margarine Spread Cup PC (Soft Margarine Cup)

| SERVING SIZE | ALLERGIES |
|---|---|
| **1 each** | **Contains: AllergenMilk** |

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

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

# Blueberries f/Fresh (Fresh Blueberries)

| SERVING SIZE | ALLERGIES |
|---|---|
| **1/2 Cup** | **Contains: Blueberry** |

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

| | INGREDIENTS | SERVINGS 10 | SERVINGS 25 | SERVINGS 50 | SERVINGS 100 | PREPARATION STEP |
|---|---|---|---|---|---|---|
| 1 | | | | | | WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. |
| 2 | Blueberries, Fresh | 1 1/4 Qt | 3 Qt | 1 Gal 8 Cup | 3 Gal | Wash berries under cool, running water. Drain well. |
| 3 | | | | | | CCP - Maintain <40F/4C. |

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

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING UTENSIL | SERVING SIZE |
|---|---|---|---|---|---|
| 60 Min | 300.0 °F | 63 °C | Bake | Tongs | 3 Oz |

| ALLERGIES |
|---|
| **Contains: Pork & Products; Chicken; Onion; Corn; AllergenWheat; Garlic** |

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

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



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

| | INGREDIENTS | SERVINGS 10 | SERVINGS 25 | SERVINGS 50 | SERVINGS 100 | PREPARATION STEP |
|---|---|---|---|---|---|---|
| 5 | | | | | | For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec. |
| 6 | | | | | | CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality. |
| 7 | | | | | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 8 | | | | | | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |
| 9 | | | | | | Discard unused product. |

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

| COOK TIME | COOK TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|---|---|---|---|---|
| **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. |

# Vegetable Mix Capri Blend (Capri Blend Vegetables)

| COOK TIME | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|---|---|---|---|---|
| 10 Min | 63 °C | 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 | 70 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 | 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. |

# Vegetable Mix Capri Blend (Capri Blend Vegetables)

| | INGREDIENTS | SERVINGS 10 | SERVINGS 25 | SERVINGS 50 | SERVINGS 100 | PREPARATION STEP |
|---|---|---|---|---|---|---|
| 6 | | | | | | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |
| 7 | | | | | | Discard unused product. |