TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Roll Wheat (Wheat Roll) 3

Margarine Spread Cup PC (Soft Margarine Cup) 4

Pork Roast Seasoned RTC (Seasoned Pork Roast) 5

Fruit Tropical f/Cnd (Chilled Tropical Fruit) 7

Tomato Stewed f/Cnd (Stewed Tomatoes) 8

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)

Roll Wheat (Wheat Roll)

SERVING UTENSIL	SERVING SIZE
Tongs	1 each

ALLERGIES
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.
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.

Pork Roast Seasoned RTC (Seasoned Pork Roast)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	74 °C	Heat	3 Oz	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	0 g	23 g	9 g	20 mg	60 mg

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

Pork Roast Seasoned RTC (Seasoned Pork Roast)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
8						Discard unused product.

NORTH Dakota Be Legendary. | Health & Human Services

dietary solutions

Fruit Tropical f/Cnd (Chilled Tropical Fruit)

COOK TEMP	SERVING SIZE	ALLERGIES
0.0 °F	1/2 Cup	Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 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	Fruit Salad, Tropical JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Portion using 1/2 Cup solid spoodle or #10 scoop.
3							Refrigerate at <40F until service.

Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	63 °C	Saute	1/2 Cup

ALLERGIES
Contains: Tomato; Peppers Bell; Onion; Celery; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	2 g	0 g	50 mg	280 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	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	Saute vegetables until tender.
	Celery, Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
	Peppers, Green Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
3	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		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.
	Tomato, Diced Cnd	0.4 no. 10 can	1 no. 10 can	2 no. 10 can	4 no. 10 can		
	Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		

Tomato Stewed f/Cnd (Stewed Tomatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
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.
8							Discard unused product.