TABLE OF CONTENTS

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

Mayonnaise PC (Mayonnaise) 3

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple) 4

Sandwich Chicken (Chicken Sandwich) 5

Soup Beef Barley Hmd f/Roast (Beef Barley Soup) 6

Beef Roast f/Top Round (Roast Beef) 8

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad) 10

Beans Black f/Dry (Black Beans) 12

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)

Mayonnaise PC (Mayonnaise)

SERVING SIZE	ALLERGIES
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.
3						Discard unused product.

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

COOK TEMP	COOK METHOD	SERVING SIZE
0.0 °F	Mix & Chill	1/2 Cup

ALLERGIES
Contains: Strawberry; Pork & Products; Pineapple

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

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

Sandwich Chicken (Chicken Sandwich)

COOK TEMP	COOK METHOD	SERVING SIZE
325.0 °F	Bake	1 each

ALLERGIES
Contains: AllergenMilk; Chicken; Tomato; Onion; AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	29 g	25 g	11 g	100 mg	360 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Mark Chicken on grill. Arrange on sheet pans in single layer. Bake at 325F until *internal temp of 165F/74C held for 15 sec.
2	Bun Hamburger White	10 each	25 each	50 each	100 each		Brush Buns with Butter. Place on flattop and brown lightly.
	Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	Melted	
3	Onion, Red/Burmuda	7 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 4 Oz	Sliced	ASSEMLE: Place Chicken on Bottom Bun. Top with 2 slices Onion, 1 slice Tomato, Lettuce, and Top Bun.
	Tomato, Fresh	13 Oz	2 lb	4 lb	8 lb	Sliced	
	Lettuce, Iceberg	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	Shredded	
4							CCP - Maintain <40F/4C. Discard unused product.

Soup Beef Barley Hmd f/Roast (Beef Barley Soup)

COOK TIME	COOK METHOD	SERVING SIZE
75 Min	Simmer	6 fl. oz

ALLERGIES
Contains: Tomato; Onion; AllergenMilk; AllergenSoy; Beef; Celery; AllergenWheat; Corn; Garlic; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	11 g	7 g	3 g	30 mg	350 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Beef Roast f/Top Round	6 Oz	14.5 Oz	1 lb 13 Oz	3 lb 10 Oz	Prepared	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Barley, Pearl	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 1 Oz		Prepare Beef Roast according to recipe. Cook to *internal temp of 160F held for 15 sec. Cool and dice to 1/4 in pieces.
	Water, Tap	2.0 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 3 Cup		
3	Margarine, Solids	0.5 Oz	1 Oz	2.5 Oz	4.5 Oz		Simmer Barley in Water for 45-50 minutes or until Tender. Rinse under cold water and drain.
	Celery, Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Chopped	
	Onion, Yellow	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Chopped	
	Carrot, Fresh	4 Oz	10.5 Oz	1 lb 5 Oz	2 lb 10 Oz	Chopped	
4	Water, Tap	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup		In a soup kettle, saute Celery, Onion, Carrots in Margarine over medium heat for about 5 minutes.

Soup Beef Barley Hmd f/Roast (Beef Barley Soup)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	4 Oz	10.5 Oz	1 lb 5 Oz	2 lb 10 Oz		
	Base, Beef Paste LS G-F	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Salt, Iodized	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, White	1/8 tsp	1/4 tsp	1/2 tsp	1 1/8 tsp		
	Garlic, Whole Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
5							Add Beef, Barley, Tomatoes, Beef Base, Salt, Pepper, Garlic and Water. Mix well, and simmer for 20 minutes.
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.

Beef Roast f/Top Round (Roast Beef)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
240 Min	**450.0 °F**	**63 °C**	**Roast**	**3 Oz**	**Contains: Beef; Garlic**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	21 g	6 g	30 mg	200 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Round Top Inside Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Rub roast with seasonings. Place meat thermometer into center of meat. Place in roasting pan and brown in oven for 10 min per side. When meat is browned, reduce heat to 300F/149C.
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
3						Cook roast until cooked through, approx. 3-4 hours.
4						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
5						Let stand 30 min before slicing. Slice roast in 1 oz portions and arrange in steam pan(s). Save drippings to make au jus gravy as desired.

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Beef Roast f/Top Round (Roast Beef)

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

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

COOK TIME	COOK METHOD	SERVING SIZE
10 Min	Mix & Chill	1/2 Cup

ALLERGIES
Contains: Beans/Legumes; Tomato; Corn; Garlic; AllergenSulphites; Citrus; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	22 g	5 g	3 g	40 mg	135 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	Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Combine lime juice, vinegar, oil, sugar and seasoning for the dressing; whisk to mix thoroughly.
	Vinegar, White	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Oil, Vegetable	1 Tbsp 3 tsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	Juice, Lime Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Corn, Whole Kernel Frz	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Thawed	In a separate bowl, combine remaining ingredients. Pour dressing over vegetable mixture and stir or toss to coat the corn mixture evenly with the dressing. Cover and refrigerate for at least 1 hour.
	Beans Black f/Dry	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 5 Cup	Prepared	
	Tomato, Fresh	6 Oz	14.5 Oz	1 lb 13 Oz	3 lb 10 Oz	Diced	
	Onion, Red/Burmuda	7 Oz	1 lb 2 Oz	2 lb 3 Oz	4 lb 6 Oz	Chopped Fine	
	Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	
	Cilantro, Raw	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
5							Stir salad before serving.
6							CCP -- Maintain <40F/4C; discard unused product. (FDA)

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Beans Black f/Dry (Black Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	63 °C	Boil	1/2 Cup	Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Black Dry	13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	
3						Place beans in a large pot or steam-jacketed kettle and cover with water.
4						Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Beans Black f/Dry (Black Beans)

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