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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.

Fish Cod Crusted Potato Chive RTC (Potato Chive Crusted Cod)

COOK TEMP	COOK METHOD	SERVING SIZE
375.0 °F	Bake	1 each

ALLERGIES
Contains: AllergenWheat; AllergenMilk; AllergenFish; AllergenSoy; AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	14 g	22 g	7 g	40 mg	390 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Cook from Frozen state. Convection/conventional Oven: Place frozen fillets on a lightly greased baking sheet. Bake uncovered for 17-21 minutes for convection oven. Bake uncovered for 22-26 minutes for conventional oven Let stand for 2-3 minutes before serving. Cooking times and temperatures may vary substantially
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.
4						Cook Time: 17-21/22-26 min

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
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 9 Cup	3 Gal 2 Cup	Drained	Serve according to portion size.
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Couscous Salad Tomato Basil (Tomato Basil Couscous Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Simmer	1/2 Cup	**Contains:** AllergenSulphites; Tomato; Onion; AllergenWheat; Corn; Garlic; Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	24 g	5 g	9 g	30 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	Soup Broth Chicken f/Base	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		Bring chicken stock to a boil. Add couscous and simmer the chicken stock is absorbed, stirring occasionally. Transfer to a large bowl. Chill in refrigerator.
	Couscous, Tri-Color Dry	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 13 Oz		
3	Onion, Green/Spring/Scallions	4.5 Oz	11 Oz	1 lb 6 Oz	2 lb 13 Oz	Chopped	Combine remaining ingredients with couscous.
	Tomato, Fresh	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Diced	
	Basil, Fresh	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt	Sliced Thin	
	Oil, Olive	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		
	Vinegar, Balsamic	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		

Couscous Salad Tomato Basil (Tomato Basil Couscous Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Red Flakes	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
	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		
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.
7							Discard unused product.

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Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
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 2 Cup	2 Gal 4 Cup	4 Gal 8 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.

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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	**63 °C**	**Saute**	**1/2 Cup**	**Contains: Spinach; Garlic**

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		

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

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