

TABLE OF CONTENTS

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

Margarine Spread Cup PC (Soft Margarine Cup) 3

Plums Chilled Jcpk Cnd (Chilled Plums) 4

Lettuce Caesar w/LoCal Dressing (Caesar Salad w/LoCal Dressing) 5

Vegetable Mix Creamed f/Frz (Creamed Vegetables) 6

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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
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)

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

Plums Chilled JcPk Cnd (Chilled Plums)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	None

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Plums, JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	Portion using 1/2 Cup solid spoodle or #10 scoop.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Lettuce Caesar w/LoCal Dressing (Caesar Salad w/LoCal Dressing)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	ⓘ Contains: AllergenMilk; AllergenFish; AllergenWheat; AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	7 g	5 g	5 g	125 mg	410 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2						WASH ALL PRODUCE under cool, running water. Drain well.	
3	Lettuce, Romaine Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Chopped	Combine Lettuce and Cheese.
	Cheese, Parmesan Grated	5 Oz	12 Oz	1 lb 8 Oz	3 lb		
4	Dressing, Caesar LoCal Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		Before service, toss Lettuce mixture with Dressing and Croutons. Portion into serving dishes. Best results when products are combined in small batches, as close as possible to service.
	Croutons, Seasoned	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Vegetable Mix Creamed f/Frz (Creamed Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Simmer	1/2 Cup	ⓘ Contains: AllergenSoy; AllergenMilk; Broccoli; Cauliflower; AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	10 g	4 g	3.5 g	75 mg	135 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	To make sauce: Melt margarine. Add flour and stir until smooth. Add milk and salt to flour mixture gradually; stir constantly until smooth and thick.
	Flour, All Purpose	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Milk, 2% Bulk	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
3	Vegetable Mix, Winter	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender; prepare according to package instructions. Fold vegetables into sauce.
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Vegetable Mix Creamed f/Frz (Creamed Vegetables)

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