

TABLE OF CONTENTS

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

Bread Wheat (Wheat Bread) 3

Margarine Spread Cup PC (Soft Margarine Cup) 4

Pork Chop Baked f/Bnls (Baked Pork Chop) 5

Peaches Sliced Chilled JcPk Cnd (Chilled Peaches) 7

Potato Bkd f/Fresh (Baked Potato) 8

Beets Harvard Sliced f/Cnd (Harvard Beets) 9

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)

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	SERVINGS	SERVINGS	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.

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	SERVINGS	SERVINGS	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.

Pork Chop Baked f/Bnls (Baked Pork Chop)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	350.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: Pork & Products; Garlic; Onion; Chicken; AllergenWheat; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	6 g	19 g	9 g	20 mg	55 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Flour, All Purpose	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Combine all spices and add to flour. Dredge meat in seasoned flour mixture.
	Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Pork, Chop Bnls Raw	10 each	25 each	50 each	100 each	Thawed	

Pork Chop Baked f/Bnls (Baked Pork Chop)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3	Water, Tap	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Brown meat on baking sheet at 400F/204C for 10 min. Drain fat. Transfer to baking pan. Combine base and water and heat. Pour hot broth over meat. Cover and bake at 350F/176C for approximately 40 min.
	Base, Chicken Paste LS G-F	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C 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.

Peaches Sliced Chilled JcPk Cnd (Chilled Peaches)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	14 g	1 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 Peaches, Sliced JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
75 Min	375.0 °F	63 °C	Bake	1 each	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	55 g	5 g	1.5 g	20 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
3 Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
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.

Beets Harvard Sliced f/Cnd (Harvard Beets)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Heat	1/2 Cup	ⓘ Contains: Corn; AllergenSulphites; Beets; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	17 g	0 g	3 g	10 mg	370 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beets, Sliced Cnd	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	Drain and reserve juice from beets. Combine beet juice & cloves. Heat to boiling.
	Cloves, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
3	Sugar, Granulated Bulk	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	Mix together sugar, salt and cornstarch. Add to beet juice; stir until thickened.
	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Cornstarch	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	
4	Margarine, Solids	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz	Add margarine & vinegar to juice mixture & mix well. Chill in refrigerator.
	Vinegar, White	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
5						Heat or steam beets. Pour sauce over beets.

Beets Harvard Sliced f/Cnd (Harvard Beets)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.