

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Margarine Spread Cup PC (Soft Margarine Cup)	3
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	4
Cucumber & Zucchini Salad f/Fresh (Zucchini & Cucumber Salad)	5
Pasta Angel Hair in Marinara Sc (Angel Pasta/Marinara)	7
Sauce Marinara (Marinara Sauce)	8
Pasta Angel Hair Buttered (Angel Hair Pasta)	10
Cauliflower Bake (Cauliflower Bake)	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	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	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.

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Cucumber & Zucchini Salad f/Fresh (Zucchini & Cucumber Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	ⓘ Contains: Cucumber; Peppers Bell; Garlic; AllergenEggs; AllergenMilk; Onion; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	5 g	2 g	9 g	30 mg	180 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	Cucumber, Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Peeled & Cubed	Combine the three vegetables.
	Zucchini, Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb		
	Peppers, Green Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb		
4	Dill, Weed Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Mix together the dressing, parsley & dill weed.
	Parsley, Dried	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		

Cucumber & Zucchini Salad f/Fresh (Zucchini & Cucumber Salad)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Dressing, Ranch Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
5							Pour dressing over vegetables & gently mix. Refrigerate for at least 2 hrs before service.
6							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Pasta Angel Hair in Marinara Sc (Angel Pasta/Marinara)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	ⓘ Contains: Tomato; Onion; Celery; Peppers Bell; AllergenFish; AllergenWheat; AllergenMilk; AllergenSoy; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	28 g	5 g	3 g	40 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pasta Angel Hair Buttered	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Prepared	Prepare pasta & sauce as per separate recipe. Stir sauce into pasta to ensure complete coverage.
Sauce Marinara	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	
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						Discard unused product.

Sauce Marinara (Marinara Sauce)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	Simmer	2 fl. oz	ⓘ Contains: Tomato; Peppers Bell; Onion; Garlic; Celery; AllergenFish; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	8 g	2 g	0.5 g	50 mg	210 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Onion, Yellow	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Minced	Saute onions, pepper, and celery in oil until tender.
	Peppers, Green Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz		
	Celery, Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz		
	Oil, Vegetable	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp		
3	Sugar, Granulated Bulk	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		Add remaining ingredients. Bring to boil. Simmer for 30 min. Remove bay leaf.
	Tomato, Diced Cnd	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
	Tomato, Paste Cnd	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		

Sauce Marinara (Marinara Sauce)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Water, Tap	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup		
Oregano, Dry	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp		
Basil, Dried Leaves	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
Bay Leaf, Whole	0.4 each	1 each	2 each	4 each		
Parsley, Dried	1.0 tsp	2 1/4 tsp	1 Tbsp 2 tsp	3 Tbsp		
Sauce, Worcestershire	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 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.

Pasta Angel Hair Buttered (Angel Hair Pasta)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
8 Min	Boil	1/2 Cup	ⓘ Contains: AllergenSoy; AllergenWheat; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	24 g	5 g	2.5 g	20 mg	40 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 1/4 Qt	3 1/4 Qt	1 Gal 11 Cup	3 Gal 5 Cup	Bring water to a boil. Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, approximately 8-10 min. Test for doneness. Pasta should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
	Pasta, Angel Hair Dry	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	
3	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Melted Mix in melted margarine until well blended. Stir in salt.
	Salt, Iodized	1/8 tsp	1/8 tsp	1/4 tsp	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.

Pasta Angel Hair Buttered (Angel Hair Pasta)

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

Cauliflower Bake (Cauliflower Bake)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: Cauliflower; Tomato; Celery; AllergenMilk; Garlic; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	7 g	3 g	1 g	50 mg	230 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cauliflower, Frz	1 lb 10 Oz	4 lb	8 lb	16 lb		Break Cauliflower into small florets.
3	Cheese, Parmesan Grated	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Combine all Ingredients in a casserole dish. Cover and bake 30-40 min until internal temp is reached and cauliflower is tender.
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Tomato, Diced Cnd	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
	Garlic, Whole Fresh	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	

Cauliflower Bake (Cauliflower Bake)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Parsley, Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped	
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Diced	
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.