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# Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					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
25 kcal	0 g	0 g	3 g	0 mg	35 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.

# Garnish Lettuce Shredded (Shredded Lettuce Garnish)

7  
RG7

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/4 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 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 Lettuce, Iceberg	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Shredded	Shred lettuce.
3						Portion according to serving size.
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

**Regular (RG7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Pico de Gallo f/Fresh (Pico de Gallo)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	#12 scoop	1 #12 sc.	<b>ⓘ Contains: Onion; Garlic; Tomato</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	10 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Tomato, Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Diced	WASH ALL PRODUCE under cool, running water. Drain well.
Onion, Red/Burmuda	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine	
Cilantro, Raw	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
<b>2</b> Peppers, Jalapeno Cnd	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Minced	
Garlic, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

# Pico de Gallo f/Fresh (Pico de Gallo)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3							Combine all Ingredients.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Fish Pollock Tacos (Fish Tacos)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
6 Min	63 °C	Cook	2 each	<b>ⓘ Contains: Corn; Onion; AllergenFish; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	31 g	21 g	9 g	250 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Red/Burmuda	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Sliced	Place red onion in bowl and cover with red wine vinegar. Set aside and let sit 30 minutes to quick pickle. In a separate bowl, combine olive oil, spices and cilantro to make a marinade. Mix well.
Vinegar, Wine Red	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Oil, Olive	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
<b>2</b> Chili Powder, Mild	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Oregano, Dry	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Cilantro, Raw	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Chopped	

# Fish Pollock Tacos (Fish Tacos)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3	Fish, Pollock 2-4z	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Place fish on a dish and pour the marinade over, coating the fish well on both sides. Set aside for 20 minutes, chill. Remove the fish from the marinade. Discard marinade. Place the fish in hot pan. Cook fish undisturbed for 4 minutes, then turn and cook for 2 more minutes. Remove pan from heat and flake the fish making sure to mix in all the marinade that has stuck to the bottom of the pan.
4	Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Heat the tortilla by placing 4 each between damp paper towels. Microwave on high for 45 seconds. Repeat for remaining tortillas.
5							Assemble the tacos by placing 2 oz fish onto the center of 1 tortilla. Top with 1/2 oz onion.
6							Fish: Cook to internal temp of 145F/63C 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.

# Rice Spanish w/Veg Base (Spanish Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
33 Min	0.0 °F	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Tomato; Peppers Bell; Onion; Garlic; Corn; Rice; Celery; Carrots</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2 g	40 mg	95 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	Saute onion, celery, and bell pepper in oil.
Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
<b>2</b> Peppers, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
<b>3</b> Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
<b>4</b> Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

# Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
5	Tomato, Diced Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		Combine tomatoes, base, and water; mix well.
	Base, Vegetable Paste LS G-F	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup		
6							Pour Tomato Mixture over Rice.
7							Steam or bake 25-30 min. Stir before serving.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9							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.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
12							Discard unused product.

# Corn Cobbette Frz (Corn Cobbette)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Steam	1 each	<b>ⓘ Contains: Corn</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	18 g	3 g	0.5 g	0 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Corn, Cobbette Frz	1 lb 12 Oz	4 lb 5 Oz	8 lb 10 Oz	17 lb 3 Oz	Steam or boil vegetables according to package instructions.
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

