

# TABLE OF CONTENTS

---

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

Breadstick Garlic WhIG 6in (Garlic Whole Grain Breadstick) ..... 3

Sauce Tomato (Tomato Sauce) ..... 4

Pear Halves Vanilla Sauce f/Cnd (Pears with Vanilla Sauce) ..... 6

Meatballs Italian Hmd (Italian Meatballs) ..... 8

Pasta Penne Herb (Herbed Penne Pasta) ..... 11

Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley) ..... 13

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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Breadstick Garlic WhIG 6in (Garlic Whole Grain Breadstick)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
4 Min	375.0 °F	Heat	1 each	<b>ⓘ Contains: AllergenWheat; AllergenMilk; Garlic; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	16 g	5 g	1.5 g	40 mg	140 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					Discard unused product.

# Sauce Tomato (Tomato Sauce)

COOK METHOD	SERVING SIZE	ALLERGIES
Simmer	2 fl. oz	<b>ⓘ Contains: Onion; Garlic; Tomato</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	270 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.
<b>2</b>	Tomato, Sauce Cnd	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		Combine all ingredients and heat.
	Onion, Yellow	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
	Garlic, Powder	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Basil, Dried Leaves	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
	Oregano, Dry	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
<b>3</b>							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.

## Sauce Tomato (Tomato Sauce)

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

# Pear Halves Vanilla Sauce f/Cnd (Pears with Vanilla Sauce)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
5 Min	400.0 °F	63 °C	Boil	1/2 Cup

ALLERGIES
<b>ⓘ Contains: Corn; AllergenSoy; AllergenMilk; Pear</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	30 g	0 g	1 g	20 mg	20 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.
<b>2</b>	Sugar, Granulated Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Vanilla Sauce: In a saucepan, mix sugar and cornstarch.
	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
<b>3</b>	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Boil water. Add boiling water to sugar mixture and cook until clear on low to medium heat.
<b>4</b>	Extract, Vanilla	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Add margarine and vanilla. Blend well into sauce.
	Margarine, Solids	0.5 Oz	1 Oz	2 Oz	4 Oz	

# Pear Halves Vanilla Sauce f/Cnd (Pears with Vanilla Sauce)



EC7



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Pears, Halves JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 1 Cup	Drained	Portion 2 pear halves per serving bowl and top with 2 Tbsp vanilla sauce.
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Maintain <40F/4C; discard unused product. (FDA)

**Regular Easy to Chew (EC7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. 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.

**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.

# Meatballs Italian Hmd (Italian Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	400.0 °F	71 °C	Bake	3 each	<b>ⓘ Contains: Onion; Beef; AllergenEggs; AllergenMilk; Corn; AllergenSoy; AllergenWheat; Garlic; AllergenSesame</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	8 g	14 g	16 g	50 mg	140 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	6 Oz	15 Oz	1 lb 14 Oz	3 lb 12 Oz	Diced	Lightly sauté garlic, basil, oregano and onion in oil.
Oil, Olive	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>2</b> Garlic, Whole Fresh	3/4 tsp	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	Minced	
Basil, Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Oregano, Dry	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/8 tsp		
<b>3</b> Base, Beef Paste LS G-F	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		Stir in beef base.
<b>4</b> Bread Crumbs, Plain	2.5 Oz	7 Oz	13.5 Oz	1 lb 11 Oz		Combine vegetable mixture, parmesan cheese, ground beef, eggs and bread crumbs. Mix well. Do not overmix.

# Meatballs Italian Hmd (Italian Meatballs)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Beef, Ground 80-85/20-15 Raw	2 lb 1 Oz	5 lb 3 Oz	10 lb 7 Oz	20 lb 13 Oz		
Egg, Liquid Non-Dairy	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		
Cheese, Parmesan Grated	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
<b>5</b>						Using a #24 scoop, shape into 1 1/2 oz meatballs. Place on greased (not listed) sheet pans.
<b>6</b>						Bake at 400F/204C for 20-25 minutes or until internal temperature reaches 160F/71C held for 3 minutes. Serve with sauce.
<b>7</b>						For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>8</b>						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.
<b>9</b>						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Meatballs Italian Hmd (Italian Meatballs)

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

# Pasta Penne Herb (Herbed Penne Pasta)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	300.0 °F	74 °C	Boil	1/2 Cup	<b>ⓘ Contains: AllergenEggs; AllergenWheat; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	26 g	5 g	4.5 g	20 mg	170 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.
Pasta, Penne	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		Bring water to boil and add oil. Add pasta and stir continuously until pasta is tender to the bite. Do not over cook. Drain and plunge in ice water. Drain again.
Water, Tap	2 3/4 Qt	1 Gal 12 Cup	3 Gal 8 Cup	7 Gal		
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		To serve steam for 3 min in perforated 2" pan. Season with seasoning and stir in margarine
<b>3</b> Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

## Pasta Penne Herb (Herbed Penne Pasta)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Basil, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	
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 140F/60C 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.

# Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	57 °C	Saute	1/2 Cup	<b>ⓘ Contains: Onion; Garlic; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2 g	30 mg	25 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.
<b>2</b>	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melt margarine; sauté onion in margarine until tender.
	Onion, Yellow	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	
<b>3</b>	Zucchini, Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Add zucchini and squash and sauté until tender and *internal temp >145F/63C has been reached; about 10-15 min
	Squash, Yellow Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	
<b>4</b>	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Add seasonings and fold carefully to mix well.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	

# Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
5						Portion 1/2 cup per serving.
6						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.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9						Discard unused product.