TABLE OF CONTENTS

Milk 1% PC (1% Milk) 2

Hushpuppies f/RTB (Hushpuppies) 3

Margarine Spread Cup PC (Soft Margarine Cup) 4

Catfish Baked Cornflake f/Fillet (Cornflake Catfish) 5

Corn Calico f/Frz (Calico Corn) 7

Peppers Red Roasted f/Fresh (Roasted Red Peppers) 9

Coleslaw (Coleslaw) 11

Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C.
4						Discard unused product.

Hushpuppies f/RTB (Hushpuppies)

7 RG7

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Heat	2 each	Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	14 g	3 g	4.5 g	40 mg	280 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Hushpuppies RTB	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Prepare product as per package instructions.
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.

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.

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

Catfish Baked Cornflake f/Fillet (Cornflake Catfish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
15 Min	350.0 °F	63 °C	Bake	3 Oz

ALLERGIES
Contains: AllergenFish; Corn; AllergenEggs; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	6 g	13 g	6 g	10 mg	140 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Fish, Catfish	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb		Rinse fish and dry well. Lightly coat fillets with mayonnaise.
	Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Cereal, Corn Flakes Bulk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 3 Cup	Crumbled	Place cornflakes in a large bowl. Add fillets one at a time to coat sides with cornflakes. Place fillets on baking sheet.
4							Bake at 350F/177C for 15 minutes or until cooked through.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.
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.

NORTH Dakota Be Legendary. | Health & Human Services
dietary solutions

Catfish Baked Cornflake f/Fillet (Cornflake Catfish)

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

Corn Calico f/Frz (Calico Corn)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
8 Min	63 °C	Steam	#8 scoop	1/2 Cup

ALLERGIES
Contains: Corn; Peppers Bell; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	18 g	3 g	2.5 g	0 mg	20 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam corn until tender.
3	Peppers, Green Fresh	1.5 Oz	4 Oz	8 Oz	15.5 Oz	Chopped Fine	Add chopped vegetables and cook until tender. Add black pepper and margarine.
	Peppers Red Roasted f/Fresh	1 Oz	2.5 Oz	5 Oz	10.5 Oz	Chopped Fine	
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

NORTH Dakota Be Legendary. | Health & Human Services dietary solutions

Corn Calico f/Frz (Calico Corn)

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

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	500.0 °F	57 °C	Roast	1/2 Cup	Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	20 mg	105 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peppers, Red Fresh	10 each	25 each	50 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3	Oil, Olive	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Pour the oil and salt over the sliced peppers. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
	Salt, Iodized	1/2 tsp	1 tsp	2 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.

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Discard unused product.

Coleslaw (Coleslaw)

SERVING SIZE	ALLERGIES
1/2 Cup	Contains: Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	10 g	1 g	7 g	20 mg	135 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Serve 1/2 cup serving. CCP - Maintain <40F/4C; discard unused product.