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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.

Fish Pollock Cheese Herb Baked (Herbed Fish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
25 Min	350.0 °F	63 °C	Bake	Spatula	3 Oz	ⓘ Contains: Tomato; Onion; AllergenFish; AllergenMilk; Citrus; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	4 g	17 g	2 g	125 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish, Pollock 2-4z	2 lb 1 Oz	5 lb 2 Oz	10 lb 4 Oz	20 lb 8 Oz		Portion fish in 3 oz pieces. Place fish in greased baking pan(s). Top each fish with 3-4 onion rings.
Onion, Red/Burmuda	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Sliced	
3 Juice, Lemon Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Pour lemon juice over fish. Sprinkle tomatoes over fish portions.
Tomato, Fresh	7 Oz	1 lb 2 Oz	2 lb 4 Oz	4 lb 8 Oz	Chopped	
4 Dill, Weed Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Mix herbs and pepper together and sprinkle over fish portions.
Parsley, Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Fish Pollock Cheese Herb Baked (Herbed Fish)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
5	Cheese, Mozzarella Shredded	3/4 Cup	2 Cup	1 Qt	2 Qt	Shredded	Bake for 20 min; sprinkle cheese over fish, and place back in oven to bake until fish is flakey, 5-7 min.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							Discard unused product.

Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	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.

Potato Wedges Paprika f/Fresh (Paprika Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	400.0 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	3.5 g	10 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 Potato, Russet/Baking Fresh	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb	Cut into Wedges	Place potatoes in a greased baking pan.
3 Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Drizzle oil over potatoes. Turn to coat well.
4 Paprika	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Sprinkle salt & pepper over potatoes. Bake at 400F/204C for 30 min, stirring occasionally.
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
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.

Potato Wedges Paprika f/Fresh (Paprika Potatoes)

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

Carrot Parsley f/Frz (Parslied Carrots)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	4z Spoodle	1/2 Cup	Contains: Carrots; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	1 g	2.5 g	40 mg	75 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Carrot, Sliced Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender.
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add seasonings & margarine. Mix well.
	Parsley, Dried	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
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.	

Carrot Parsley f/Frz (Parslied Carrots)

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