

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Bread Wheat (Wheat Bread)	3
Margarine Spread Cup PC (Soft Margarine Cup)	4
Beef Kabobs Marinated (Marinated Beef Kabob)	5
Marinade Beef (Beef Marinade)	7
Tangerine Whole Fresh (Fresh Whole Tangerine)	9
Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)	10
Corn Cobbette Frz (Corn Cobbette)	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)

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				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.

Beef Kabobs Marinated (Marinated Beef Kabob)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	ⓘ Contains: Beef; AllergenWheat; AllergenSoy; Tomato; Peppers Bell; Onion; Citrus; Mushroom; AllergenFish; AllergenSulphites; Mustard; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	7 g	21 g	16 g	40 mg	470 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Marinade Beef	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Prepared	Prepare meat marinade per separate recipe. Pour 3/4 of the marinade over beef cubes. Refrigerate overnight. Soak skewers in water overnight if wooden skewers are used.
Beef, Steak Sirloin 6z	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	Cubed	
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)
4 Peppers, Green Fresh	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Cut 3/4" Pieces	Drain beef cubes. Place ingredients on each skewer in the following order: green pepper, beef cube, onion wedge, green pepper, beef cube, onion wedge, mushroom, beef cube, and end with a cherry tomato.
Onion, Yellow	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Cut into Wedges	

Beef Kabobs Marinated (Marinated Beef Kabob)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Mushrooms, Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Sliced	
Tomato, Cherry Fresh	6.5 Oz	1 lb	2 lb	4 lb		
5						Brush kabobs with reserved marinade. Bake to internal temperature.
6						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): 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.

Marinade Beef (Beef Marinade)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 fl. oz	ⓘ Contains: AllergenSoy; AllergenWheat; AllergenSulphites; Citrus; AllergenFish; Garlic; Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	2 g	1 g	9 g	10 mg	330 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Juice, Lemon Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Combine all ingredients until well blended. Refrigerate, use within 3 days.
	Garlic, Powder	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
	Water, Tap	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Vinegar, Wine White	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp	
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 2 tsp		

Marinade Beef (Beef Marinade)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
Mustard, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
Sauce, Worcestershire	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	
Wine, Burgundy	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	
Oil, Vegetable	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt	
Sauce, Soy Bulk LS	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
3					CCP -- Maintain <40F/4C; discard unused product. (FDA)

Tangerine Whole Fresh (Fresh Whole Tangerine)

COOK TEMP	SERVING SIZE	ALLERGIES
0.0 °F	1 each	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	19 g	2 g	0 g	75 mg	5 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.

Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
35 Min	Simmer	1/2 Cup	ⓘ Contains: Onion; Peppers Bell; Carrots; AllergenMilk; Rice; Celery; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	4 g	2 g	40 mg	30 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
2						
Rice, Wild & Long Grain Blend	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz		
3						Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
Onion, Yellow	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
Celery, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
Carrot, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
4						Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.
Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 6 Cup		

Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Peppers, Red Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Stir in peppers and parsley.
	Parsley, Fresh	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
6							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
7							CCP -- Cool: Product must reach 140F/60C 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 Cobbette Frz (Corn Cobbette)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1 each	ⓘ Contains: Corn

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.

Corn Cobbette Frz (Corn Cobbette)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						Discard unused product.