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# 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)

# 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				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.

# Peaches & Cream Sliced JcPk Cnd (Peaches & Cream)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Mix & Chill	4z Spoodle	1/2 Cup	<b>ⓘ Contains: AllergenMilk; Peach</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	2 g	2.5 g	30 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.
Sugar, Granulated Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Combine sugar and half & half. Gently fold peaches into cream mixture.
<b>2</b> Cream, Half & Half	3/4 Cup	2 Cup	1 Qt	2 Qt		
Peaches, Sliced JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Cheese & Rice Casserole (Cheesy Rice Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
45 Min	375.0 °F	74 °C	Bake	8z Spoodle	1 Cup	<b>ⓘ Contains: Rice; AllergenMilk; Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
370 kcal	30 g	13 g	23 g	350 mg	530 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>	Water, Tap	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Bring water to a boil, add rice. Stir. Cover pot, reduce heat, and simmer 20 minutes. Remove from heat, fluff with fork, and set aside.	
	Rice, White Parboiled	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		
<b>3</b>	Oil, Vegetable	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Grease pan(s). Saute onions in oil until golden brown. Remove from heat. Add salt and pepper. Toss lightly to mix well. Mix onions with rice.	
	Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb		Minced
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

# Cheese & Rice Casserole (Cheesy Rice Casserole)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Cottage Cheese, 2% Fat	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Mix cottage cheese and sour cream. Dice canned peppers.
	Sour Cream, Real Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
	Peppers, Chile Green Cnd	15 Oz	2 lb 5 Oz	4 lb 11 Oz	9 lb 5 Oz	Drained	
5	Cheese, Cheddar Shredded	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		Layer in the following order: 1. Rice and Onions 2. Cottage Cheese and Sour Cream 3. Peppers 4. Cheddar Cheese Repeat until 2" pan(s) is full. Bake uncovered until bubbling hot in temp of 350F/177C for approximately 25min.
6	Parsley, Fresh	1 1/3 Cup	3 1/3 Cup	1 3/4 Qt	3 1/4 Qt	Minced	Sprinkle with parsley.
7							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
8							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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Cheese & Rice Casserole (Cheesy Rice Casserole)

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

# Chicken Baked Thighs Bnls (Baked Chicken Thigh)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	325.0 °F	74 °C	Bake	3 Oz	<b>ⓘ Contains: Chicken</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	0 g	14 g	7 g	10 mg	210 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> Chicken, Thigh Bnls Sknls	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb	Thawed	Spray baking pan with non-stick spray. Place a single layer of chicken loosely on baking sheet, skin side up.
<b>3</b> Salt, Iodized	1/2 tsp	1 1/2 tsp	2 3/4 tsp	1 Tbsp 3 tsp		Combine all seasonings. Sprinkle chicken lightly with seasoning mixture.
Pepper, Black Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
Paprika	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
<b>4</b>						Bake at 325F/162C for for 30-45 min uncovered.
<b>5</b>						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

# Chicken Baked Thighs Bnls (Baked Chicken Thigh)

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

# Cabbage w/Tomato & Cucumber Salad (Spring Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	<b>ⓘ Contains: Tomato; Cucumber; Onion; Cabbage; Allergen Sulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	10 g	2 g	2 g	20 mg	10 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>	Oil, Vegetable	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/3 Cup	3/4 Cup	Combine vinegar, water, sugar and oil. Mix until well blended.
	Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
	Water, Tap	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup	
	Vinegar, White	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup	
<b>3</b>	Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz	Add vegetables to vinegar mixture and mix well.
	Cabbage, Green Fresh	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	

## Cabbage w/Tomato & Cucumber Salad (Spring Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Cucumber, Fresh	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Diced Small	
Tomato, Fresh	2 lb	5 lb	10 lb	20 lb	Diced Small	
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# 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	<b>ⓘ Contains: Carrots; AllergenMilk; AllergenSoy</b>

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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Carrot, Sliced Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender.
<b>3</b> 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	
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>5</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.

## 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.