TABLE OF CONTENTS

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

Waffle Blueberry (Waffle Blueberry) 3

Egg Scrambled f/Frz Lunch/Dinner (Scrambled Egg) 4

Margarine Spread Cup PC (Soft Margarine Cup) 6

Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup) 7

Potato Sweet Hash Bacon Apple Brussels (Harvest Hash) 8

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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)

Waffle Blueberry (Waffle Blueberry)

COOK-END TEMP	COOK METHOD	SERVING SIZE
63 °C	Bake	1 each

ALLERGIES
Contains: AllergenWheat; AllergenMilk; Blueberry; AllergenSoy; AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	3 g	2.5 g	20 mg	170 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Toast and serve.

NORTH Dakota Be Legendary. | Health & Human Services

dietary solutions

Egg Scrambled f/Frz Lunch/Dinner (Scrambled Egg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	350.0 °F	68 °C	Cook	1/2 Cup

ALLERGIES
Contains: AllergenEggs; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	2 g	15 g	14 g	100 mg	180 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Combine eggs & milk, beat until blended. Add margarine during cooking process. Stir to distribute.
	Milk, 2% Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Egg, Liquid Non-Dairy	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Thawed	
3							Refrigerate egg mixture until ready to cook.
4							Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook. Or
5							Oven: Pour egg mixture into each pan. Bake in preheated 350F/177C conventional (325F/163C convection) oven for 20 min, stirring once during baking process. Or

Egg Scrambled f/Frz Lunch/Dinner (Scrambled Egg)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							Grill: Spray grill with non-stick vegetable spray. Preheat to 350F/177C. Pour egg mixture onto grill in batches, cook, turning spatula, for 3-5 min.
7							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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							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 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.

Syrup Pancake & Waffle LoCal f/Bulk (LoCal Syrup)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**1 fl. oz**	**None**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	13 g	0 g	0 g	0 mg	55 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Syrup, LoCal Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3.0 Qt	Portion 1.5 Fl oz in soufflé cup and serve.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

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

ALLERGIES

Contains: Onion; Chicken; Apples; Corn; Potatoes, Sweet; AllergenSulphites; Pork & Products; Garlic

NUTRIENTS PER SERVING

CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	18 g	3 g	4 g	40 mg	130 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Sweet Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Cubed	In a large bowl combine vegetables, apples, oil, and seasonings. Toss to coat fruits & vegetables with the mixture. Pour into a large roasting pan.
	Brussels Sprouts, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	Halved	
	Onion, Yellow	1 Oz	2 Oz	4 Oz	8 Oz	Sliced	
	Apple Red Delicious	2 each	5 each	10 each	20 each	Sliced	
	Oil, Olive	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
	Dill, Weed Dried	1.0 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
3	Water, Tap	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		Combine base with water to make a broth, and pour broth in to pan. Sprinkle chopped bacon evenly over vegetable apple mixture. Roast until vegetables are tender and browned slightly, stirring mixture halfway through cooking to distribute broth.
	Base, Chicken Paste LS G-F	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Bacon, Pork 18-26 ct	4 slice	10 slice	20 slice	40 slice	Chopped	
4	Parsley, Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Chopped	Remove pan from oven, sprinkle fresh parsley over pan and stir to combine. Serve immediately.
5							For Fresh Pork and Ham Cuts: 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.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Potato Sweet Hash Bacon Apple Brussels (Harvest Hash)

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