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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	ⓘ <b>Contains: AllergenWheat</b>

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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Fish Pollock A L'Orange Bkd (Fish A L'Orange)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	63 °C	Bake	3 Oz	<b>ⓘ Contains: AllergenFish; AllergenMilk; Citrus; AllergenSoy; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	16 g	7 g	75 mg	135 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> Fish, Pollock 2-4z	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	thawed	Place fish in greased baking pan.
<b>3</b> Juice Orange f/BIB 6 flz	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	Prepared	Combine orange juice, orange zest, margarine, lemon juice, pepper & nutmeg. Pour over fillets.
Orange, Zest	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Margarine, Solids	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Melted	
Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

# Fish Pollock A L'Orange Bkd (Fish A L'Orange)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Nutmeg, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
4							Bake at 350F/177C until fish flakes easily with a fork and reaches necessary internal temperature.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.
6							To serve, pour about 2 Tbsp sauce over fish.
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.

# Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	6 fl. oz	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 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>	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 14 Cup	3 Gal 12 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
<b>3</b>						+CCP - Serve Chilled <40F/4C.

# Coleslaw Pineapple (Hawaiian Coleslaw)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	<b>ⓘ Contains: AllergenEggs; Pineapple; AllergenMilk; Cabbage; Citrus; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	2 g	5 g	50 mg	55 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>	Mayonnaise, Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	Combine mayo, sour cream, vinegar and sugar.
	Sour Cream, Real Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
	Vinegar, White	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
	Sugar, Granulated Bulk	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
<b>3</b>	Cabbage, Green Fresh	1 lb 11 Oz	4 lb 2 Oz	8 lb 5 Oz	16 lb 10 Oz	Shredded  Drained  Combine cabbage and pineapple. Pour dressing over cabbage. Mix and chill.
	Pineapple, Crushed JcPk	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 Oz	

# Coleslaw Pineapple (Hawaiian Coleslaw)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Brussels Sprouts f/Frz (Brussels Sprouts)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: AllergenSoy; AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	2 g	30 mg	35 mg

INGREDIENTS	SERVINGS				PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Brussels Sprouts, Frz	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender, approximately 8-10 minutes. Add seasoning and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<b>3</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
<b>4</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.	

# Brussels Sprouts f/Frz (Brussels Sprouts)

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