

## TABLE OF CONTENTS

---

|   |    |
|---|----|
| Milk 1% Bulk 8 flz (1% Milk)                    | 2  |
| Bread Wheat (Wheat Bread)                       | 3  |
| Margarine Spread Cup PC (Soft Margarine Cup)    | 4  |
| Gelatin Raspberry f/Fresh (Raspberry Gelatin)   | 5  |
| Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll) | 7  |
| Potato Mashed f/Fresh (Mashed Potatoes)         | 10 |
| Zucchini Seasoned f/Frz (Seasoned Zucchini)     | 12 |

# 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      |  |
| 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.  |

# Gelatin Raspberry f/Fresh (Raspberry Gelatin)

| COOK METHOD | SERVING SIZE | ALLERGIES  |
|-------------|--------------|--|
| Mix & Chill | 1 (2x3)      | <b>ⓘ Contains: Pork &amp; Products; Strawberry; AllergenSoy; Raspberry; Corn</b> |

| NUTRIENTS PER SERVING |               |         |           |         |        |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES              | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 90 kcal               | 19 g          | 2 g     | 1.5 g     | 10 mg   | 90 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>                    |           |            |            |             | Prepare whipped topping according to manufacturer's instructions. Heat 1st water to boiling; add gelatin mixture. Add 2nd water (cold) and stir well.   |
| Gelatin, Strawberry Dry     | 6 Oz      | 0 lb 15 Oz | 1 lb 14 Oz | 3 lb 12 Oz  |   |
| Water, Tap                  | 1 2/3 Cup | 1.0 Qt     | 2 1/8 Qt   | 1 Gal 1 Cup |   |
|                             |           |            |            |             |   |
| Water, Tap                  | 1 2/3 Cup | 1.0 Qt     | 2 1/8 Qt   | 1 Gal 1 Cup |   |
| Topping, Whip Non-Dairy Bag | 3/4 Cup   | 2 1/8 Cup  | 1.0 Qt     | 2 1/8 Qt    |   |
| <b>3</b>                    |           |            |            |             | Thaw fruit. Combine fruit with gelatin mixture. Cover when chilling to avoid forming film on top. Chill. Use Ice for half of cold water for faster congealing. Use drained fruit juice for 1/2 cold water for increased flavor and nutrition. |
| Raspberries, Red Fresh      | 6.5 Oz    | 1 lb 1 Oz  | 2 lb 1 Oz  | 4 lb 3 Oz   |   |
| <b>4</b>                    |           |            |            |             | Add whipped topping to raspberry to gelatin mixture. Pour into molds or 12x20x2" pan(s); chill until firm.  |
| <b>5</b>                    |           |            |            |             | Portion: Serve 2x3" square.   |

# Gelatin Raspberry f/Fresh (Raspberry Gelatin)

|   | INGREDIENTS | SERVINGS<br>10 | SERVINGS<br>25 | SERVINGS<br>50 | SERVINGS<br>100 | PREPARATION STEP                                       |
|---|-------------|----------------|----------------|----------------|-----------------|--|
| 6 |             |                |                |                |                 | CCP -- Maintain <40F/4C; discard unused product. (FDA) |

# Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES  |
|-----------|-----------|---------------|-------------|--------------|--|
| 120 Min   | 325.0 °F  | 74 °C         | Bake        | 1 each       | <b>ⓘ Contains: AllergenMilk; Onion; Rice; Cabbage; AllergenSoy; Tomato; Beef</b> |

| NUTRIENTS PER SERVING |               |         |           |         |        |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES              | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 280 kcal              | 28 g          | 13 g    | 14 g      | 100 mg  | 200 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> Cabbage, Green Fresh | 2 lb 8 Oz    | 6 lb 3 Oz | 12 lb 5 Oz | 24 lb 11 Oz |                 | Steam whole heads of cabbage until al dente.   |
| <b>3</b> Water, Tap           | 3 Tbsp 1 tsp | 1/2 Cup   | 1 Cup      | 2 Cup       |                 | Bring water to boil. Add rice and stir. Reduce heat, cover and simmer.   |
| Rice, White Parboiled         | 1 1/4 Cup    | 3 Cup     | 1 1/2 Qt   | 3 Qt        |                 |  |
| <b>4</b> Margarine, Solids    | 2 Tbsp 1 tsp | 1/3 Cup   | 3/4 Cup    | 1 1/2 Cup   |                 | Melt butter and cook ground beef until brown. Add onions and cook until translucent. Stir into cooked rice. Season with salt and pepper. |
| Beef, Ground 80-85/20-15 Raw  | 1 lb 11 Oz   | 4 lb 3 Oz | 8 lb 5 Oz  | 16 lb 11 Oz |                 |  |
| Onion, Yellow                 | 4 Oz         | 9.5 Oz    | 1 lb 3 Oz  | 2 lb 6 Oz   | Chopped         |  |

# Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll)

| INGREDIENTS   | SERVINGS | SERVINGS | SERVINGS | SERVINGS     | INGREDIENT PREP | PREPARATION STEP |
|---------------|----------|----------|----------|--------------|-----------------|------------------|
|               | 10       | 25       | 50       | 100          |                 |                  |
| Salt, Iodized | 1/2 tsp  | 1 tsp    | 2 tsp    | 1 Tbsp 1 tsp |                 |                  |

## Cabbage Roll Stuffed Hmd (Stuffed Cabbage Roll)

| INGREDIENTS             | SERVINGS | SERVINGS   | SERVINGS  | SERVINGS  | INGREDIENT PREP | PREPARATION STEP   |
|-------------------------|----------|------------|-----------|-----------|-----------------|--|
|                         | 10       | 25         | 50        | 100       |                 |  |
| Pepper, Black Ground    | 1/4 tsp  | 1/2 tsp    | 1 tsp     | 2 tsp     |                 |  |
| 5 Juice, Vegetable Bulk | 3 fl. oz | 7.5 fl. oz | 15 fl. oz | 30 fl. oz |                 | Cut leaves off of cabbage and cut larger leaves in half. Spoon 1 Tbsp of rice and beef mixture into a leaf and roll tightly. Place rolls in pan and cover with juice. Bake at 325F/162C for 2 hrs.                             |
| 6                       |          |            |           |           |                 | Casseroles & Precooked Foods: Cook to internal temp of 165F/74C 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.   |

# Potato Mashed f/Fresh (Mashed Potatoes)

| COOK TIME | COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES  |
|-----------|-------------|-----------------|--------------|--|
| 20 Min    | Simmer      | #8 scoop        | 1/2 Cup      | <b>ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy</b> |

| NUTRIENTS PER SERVING |               |         |           |         |        |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES              | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 190 kcal              | 26 g          | 4 g     | 8 g       | 75 mg   | 170 mg |

|   | INGREDIENTS                   | SERVINGS    | SERVINGS  | SERVINGS   | SERVINGS | INGREDIENT PREP | PREPARATION STEP   |
|---|-------------------------------|-------------|-----------|------------|----------|-----------------|--|
|   |                               | 10          | 25        | 50         | 100      |                 |  |
| 2 | 1 Potato, Russet/Baking Fresh | 2 lb 8 Oz   | 6 lb 4 Oz | 12 lb 8 Oz | 25 lb    | Peeled & Cubed  | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.<br><br>Place potatoes in large pot and cover with water. Bring to a boil, then reduce heat and simmer until tender and drain. |
|   | Water, Tap                    | 2 Gal 6 Cup | 6 Gal     | 12 Gal     | 24 Gal   |                 |  |
|   | Milk, 2% Bulk                 | 1 1/4 Cup   | 3 Cup     | 1 1/2 Qt   | 3 Qt     | Hot             |  |
|   | Margarine, Solids             | 3 Oz        | 8 Oz      | 1 lb       | 2 lb     |                 |  |
|   | Salt, Iodized                 | 1/4 tsp     | 1/2 tsp   | 1 tsp      | 2 tsp    |                 |  |
|   | Pepper, Black Ground          | 1/4 tsp     | 1/2 tsp   | 1 tsp      | 2 tsp    |                 |  |
| 3 |                               |             |           |            |          |                 | Heat milk with margarine, salt, and pepper; heat just until scalded.   |
| 4 |                               |             |           |            |          |                 | Combine potatoes and milk mixture with a mixer on medium speed until fluffy. Serve 1/2 c. potatoes with 2 Fl Oz Gravy.   |

# Potato Mashed f/Fresh (Mashed Potatoes)

|   | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP   |
|---|-------------|----------|----------|----------|----------|-----------------|--|
|   |             | 10       | 25       | 50       | 100      |                 |  |
| 5 |             |          |          |          |          |                 | *CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.                       |
| 6 |             |          |          |          |          |                 | CCP -- Cool: Product must reach 140F/60C 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.                     |

# Zucchini Seasoned f/Frz (Seasoned Zucchini)

| COOK TIME | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES                                    |
|-----------|---------------|-------------|--------------|--|
| 8 Min     | 63 °C         | Steam       | 1/2 Cup      | <b>ⓘ Contains: AllergenMilk; AllergenSoy</b> |

| NUTRIENTS PER SERVING |               |         |           |         |        |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES              | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 30 kcal               | 4 g           | 2 g     | 2 g       | 20 mg   | 20 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><br>Zucchini, Frz<br>Margarine, Solids | 2 lb<br>1 Tbsp 2 tsp | 5 lb<br>1/4 Cup | 10 lb<br>1/2 Cup | 20 lb<br>1 Cup | Steam vegetables until tender, approximately 6-8 min; or cook according to package instructions. Gently stir in margarine.   |
| <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. |
| <b>5</b>                                       |                      |                 |                  |                | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.   |

# Zucchini Seasoned f/Frz (Seasoned Zucchini)

|   | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP   |
|---|-------------|----------|----------|----------|----------|--|
|   |             | 10       | 25       | 50       | 100      |  |
| 6 |             |          |          |          |          | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |
| 7 |             |          |          |          |          | Discard unused product.  |