

TABLE OF CONTENTS

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

Breadstick Garlic WhIG 6in (Garlic Whole Grain Breadstick) 3

Meatballs Porcupine w/Sauce (Porcupine Meatballs) 4

Orange Fresh Whole (Fresh Whole Orange) 6

Potato Mashed Garlic f/Fresh (Garlic Mashed Potatoes) 7

Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce) 9

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)

Breadstick Garlic WhIG 6in (Garlic Whole Grain Breadstick)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
4 Min	375.0 °F	Heat	1 each	ⓘ Contains: AllergenWheat; AllergenMilk; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	16 g	5 g	1.5 g	40 mg	140 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					Portion according to serving size.
4					Discard unused product.

Meatballs Porcupine w/Sauce (Porcupine Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	68 °C	Bake	3 each	ⓘ Contains: Tomato; Beef; Onion; Peppers Bell; AllergenEggs; Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	18 g	18 g	17 g	50 mg	590 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Rice, White Parboiled	3/4 Cup	2 Cup	1 Qt	2 Qt		Cook rice to slightly undercooked condition.
3	Tomato, Sauce Cnd	3 1/4 Cup	2 Qt	1 Gal	2 Gal	Place all ingredients in large mixing bowl. Blend on low speed until blended. Do not overmix.
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Egg, Liquid Non-Dairy	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		

Meatballs Porcupine w/Sauce (Porcupine Meatballs)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Peppers, Green Fresh	0.5 Oz	1.5 Oz	3 Oz	6.5 Oz	Minced	
	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	6.5 Oz	Minced	
4							Shape meat mixture into balls using #16 scoop. Place meatballs on lightly greased sheet pan. Bake 30 - 40 min until browned. Pour off grease. Place meatballs in steam table. Pour tomato sauce over meat. Bake at 350F/177C for 30 min.
5							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGIES
1 whole	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	75 mg	0 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.

Regular (RG7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Potato Mashed Garlic f/Fresh (Garlic Mashed Potatoes)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Boil	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	32 g	4 g	3.5 g	100 mg	130 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
2	1 Potato, Russet/Baking Fresh	3 lb 2 Oz	7 lb 12 Oz	15 lb 8 Oz	31 lb	Peeled & Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Place potatoes in large pot and cover with water. Cook until tender and drain.
	Water, Tap	3 Gal	7 Gal 8 Cup	15 Gal	30 Gal		
	Milk, 2% Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Hot	
	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Minced	
	Garlic, Whole Fresh	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp			
3							Heat milk with margarine, garlic & salt, and just until scalded.
4							Combine potatoes and milk mixture with a mixer on medium speed until fluffy. *Maintain >140F/60C.

Potato Mashed Garlic f/Fresh (Garlic Mashed Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							CCP -- Maintain >140F/60C; discard unused product.
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.

Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
5 Min	63 °C	Heat	1/2 Cup	ⓘ Contains: Broccoli; AllergenMilk; AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	11 g	11 g	12 g	300 mg	230 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	CHEESE SAUCE: Melt margarine. Add flour. Stir until smooth; cook 5 min. Add milk gradually, stirring constantly with whisk. Add shredded cheese and spices and continue to simmer until cheese is melted
	Flour, All Purpose	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
	Milk, 2% Bulk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	
	Cheese, Cheddar Shredded	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	
	Pepper, White	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
3	Broccoli, Florets Frz	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4						Steam or boil vegetables until just tender. Drain. Fold sauce into vegetables.

Broccoli Florets & Cheese Sauce f/Frz (Broccoli & Cheese Sauce)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
5					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.
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.