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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)

Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
70 Min	350.0 °F	63 °C	Bake	1 (2x3)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	21 g	3 g	8 g	30 mg	250 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Baking Mix, Corn Muffin	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Stir all ingredients together.
	Sugar, Granulated Bulk	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/2 Cup	
	Corn, Whole Kernel Frz	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	
	Corn, Cream Style Cnd	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	
	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Sour Cream, Real Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Egg, Liquid Non-Dairy	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 2/3 Cup	

Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
3						Bake, uncovered at 350F/177C until inserting knife in center and it comes out clean.
4						Portion to serve 2"x3" square.
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6						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.

Beef Goulash Hungarian (Beef Goulash Hungarian)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
150 Min	325.0 °F	63 °C	Simmer	Solid Spoon	3/4 Cup

ALLERGIES
Contains: AllergenMilk; Tomato; Onion; Beef; AllergenSulphites; Garlic; AllergenFish; AllergenWheat; AllergenSoy; Mustard

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	17 g	4.5 g	30 mg	400 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Cubes Raw	2 lb	5 lb	10 lb	20 lb		Dice meat to desired size. Brown meat and onions in margarine.
	Onion, Yellow	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Diced	
	Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3	Mustard, Ground	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		Combine sugar, seasonings, first portion of water, and other liquid ingredients. Add to meat. Cover and simmer 2 1/2 to 3 hours until meat is tender and reaches internal temp.
	Paprika	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Pepper, Cayenne	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp		

Beef Goulash Hungarian (Beef Goulash Hungarian)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Water, Tap	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
	Sauce, Worcestershire	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Vinegar, White	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Ketchup, Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
	Sugar, Brown Light	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
4	Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		Mix flour and second portion of water until smooth. Slowly stir into meat mixture and cook until thickened.
	Water, Tap	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
5							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): 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.

Beef Goulash Hungarian (Beef Goulash Hungarian)

	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.

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Salad Trinity Tossed (Tossed Salad Trinity)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	**Tongs**	**1 Cup**	**Contains: Cucumber; Mushroom; Tomato**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	10 mg	5 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2							WASH ALL PRODUCE under cool, running water. Drain well.
3	Lettuce, Romaine Fresh	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb		Combine all ingredients and toss. Portion into individual salad bowls.
	Tomato, Fresh	6.5 Oz	1 lb	2 lb	4 lb	Diced	
	Cucumber, Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Peeled & Sliced	
	Mushrooms, Fresh	4.5 Oz	11 Oz	1 lb 6 Oz	2 lb 12 Oz	Sliced	
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Rice Brown Pilaf (Brown Rice Pilaf)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
40 Min	63 °C	Steam	#8 scoop	1 #8 sc.

ALLERGIES
Contains: Rice; Onion; Garlic; Corn; Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	25 g	3 g	0.5 g	20 mg	40 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, Brown Dry	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt		Place rice in steamtable pans.
	Rice, White Parboiled	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
3	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		Bring chicken base, water, pepper and onions to a boil.
	Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
	Pepper, Black Ground	1/8 tsp	1/8 tsp	1/4 tsp	1/2 tsp		
	Onion, Yellow	0.5 Oz	1 Oz	2 Oz	4 Oz	Chopped	

Rice Brown Pilaf (Brown Rice Pilaf)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Add 2.25qt. of hot stock mixture to each pan. Cover with foil or metal lid and bake at 350F/176C for 40 minutes.
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							Discard unused product.

Green Beans Almondine f/Frz (Green Beans Almondine)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
10 Min	63 °C	Cook	1/2 Cup

ALLERGIES
Contains: AllergenTreeNuts; AllergenMilk; AllergenPeanut; Beans/Legumes; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	9 g	5 g	12 g	75 mg	150 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	Partially drain vegetable. Steam or boil vegetable until tender.
3	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Add salt and margarine.
	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
4	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Lightly brown almonds in margarine, then add beans. Fold gently. Serve 1/2 C.
	Nuts, Almonds Sliced	5 Oz	12 Oz	1 lb 8 Oz	3 lb	
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Green Beans Almondine f/Frz (Green Beans Almondine)

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