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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)

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	**Contains: AllergenWheat**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 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.

Dressing Italian LoCal PC (Choice of Dressing)

SERVING SIZE	ALLERGIES
1 each	**None**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	1 g	0 mg	135 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.

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.

Seafood Fettucini Alfredo f/Mix (Seafood Fettucini Alfredo)

COOK METHOD	SERVING SIZE	ALLERGIES
Bake	1 Cup	**Contains:** AllergenShellfish; AllergenCrustacean; AllergenWheat; AllergenFish; AllergenSoy; AllergenEggs; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	55 g	15 g	7 g	125 mg	710 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Crab, Imitation	1 lb 5 Oz	3 lb 4 Oz	6 lb 8 Oz	13 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pasta, Fettuccini Dry	1 lb 3 Oz	3 lb	6 lb	12 lb		Preprep: Defrost Imitation Crab under refrigeration. *Maintain <40F.
3	Sauce Mix, Alfredo	5 Oz	12 Oz	1 lb 8 Oz	3 lb		Cook Pasta in Water according to package directions to tender but firm to the bite. Drain. Maintain >140F until needed.
	Water, Tap	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Boiled	
4	Cheese, Parmesan Grated	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Prepare Alfredo Sauce as per package instructions. If instructions are absent, add Mix to boiling Water gradually while stirring briskly with a wire whip until smooth. Reduce heat; cover, until thickened, stirring frequently.
5							Combine Pasta, Sauce and Imitation Crab. Place mixture in 2" counter pans. Sprinkle with Parmesan Cheese. Bake until top in slightly golden and internal temp of 155F held 15 secs.

Seafood Fettucini Alfredo f/Mix (Seafood Fettucini Alfredo)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	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.

Salad Garden (Garden Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	**4 Oz**	**Contains: Tomato; Cucumber**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	20 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	Lettuce, Iceberg	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Diced	Place lettuce in serving bowl or plate. Top with tomatoes and cucumbers.
	Lettuce, Romaine Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Diced	
	Tomato, Grape Fresh	8.5 Oz	1 lb 5 Oz	2 lb 11 Oz	5 lb 5 Oz		
	Cucumber, Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Peeled & Sliced	
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
10 Min	63 °C	Steam	4z Spoodle	1/2 Cup

ALLERGIES
Contains: Broccoli; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	3 g	2 g	50 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	Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
3							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4							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.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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