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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)

# Enchiladas Cheese Hmd (Cheese Enchiladas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	2 each	<b>ⓘ Contains: Corn; Tomato; AllergenMilk; AllergenWheat; Carrots; Garlic; Celery; Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
400 kcal	31 g	19 g	23 g	500 mg	550 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>	Tomato, Sauce Cnd	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt	Mix spices and tomato sauce. Sauté onion in pan release until golden brown. Combine shredded cheese, onion and 1/2 of tomato mixture and chill. Heat oil and add flour blend and simmer about 5 min to golden brown. Add tomato sauce mixture and continue to heat; stirring often.
	Chili Powder, Mild	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp	
	Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
	Cumin, Ground	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp	
	Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Onion, Yellow	3.5 Oz	9 Oz	1 lb 2 Oz	2 lb 3 Oz	Diced Small	

# Enchiladas Cheese Hmd (Cheese Enchiladas)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Cheese, Cheddar Shredded	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	11 lb		
Flour, All Purpose	0.5 Oz	1 Oz	2 Oz	4.5 Oz		
<b>3</b> Base, Vegetable Paste LS G-F	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Prepare broth from base and water. Place corn tortillas in broth momentarily to soften. Add remaining base to tomato mixture; continue to simmer sauce. Add flour and stir constantly until starting to thicken.
Water, Tap	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt		
<b>4</b> Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Fill tortilla with # 12 scoop of cheese mixture. Roll and place seam down in pan sprayed with pan coating. Refrigerate until ready to bake. Sprinkle enchiladas with remaining shredded cheese. Add tomato base to gravy.
Cheese, Cheddar Shredded	4.5 Oz	11 Oz	1 lb 6 Oz	2 lb 13 Oz		
<b>5</b>						Bake 20 min at 350F/177C.
<b>6</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>7</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.

# Enchiladas Cheese Hmd (Cheese Enchiladas)

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

# Fruit Fresh Winter Salad w/Fresh Orange (Winter Fresh Fruit Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Chill	1 Cup	<b>ⓘ Contains: Apples; Citrus; Allergen Sulphites; Bananas</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	33 g	2 g	0 g	30 mg	5 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> Orange Fresh Whole	4 each	10 each	20 each	40 each	Bite Size	Wash and cut fruit, except bananas and apples, into bite-size pieces. Chill until ready to use.
<b>2</b> Grapes, Green Seedless	1 lb	2 lb 8 Oz	5 lb	10 lb	Bite Size	
<b>3</b> Apple Red Delicious	6 each	15 each	30 each	60 each	Diced	About 30-60 min before service dice apples and slice bananas. Pour small amount of lemon or orange juice over bananas and apple pieces to keep from browning. Drain before using.
<b>3</b> Banana Whole Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Peeled & Sliced	
<b>4</b>						Combine fruit and chill.
<b>5</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)
<b>6</b>						Note: fruit may vary from foods listed.

# Beans Black f/Dry (Black Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	63 °C	Boil	1/2 Cup	<b>ⓘ Contains: Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 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> Beans, Black Dry	13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	
<b>3</b>					Place beans in a large pot or steam-jacketed kettle and cover with water.
<b>4</b>					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
<b>5</b> Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
<b>6</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Beans Black f/Dry (Black Beans)

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

# Pepper Medley f/Fresh (Pepper Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	63 °C	Grill	1/2 Cup	<b>ⓘ Contains: Peppers Bell</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2.5 g	10 mg	5 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>	Peppers, Green Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	Cook vegetables with oil on grill to desired tenderness.
	Peppers, Red Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<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.

# Pepper Medley f/Fresh (Pepper Medley)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	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.