TABLE OF CONTENTS

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.

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 Steak Swiss f/Cubed (Swiss Steak)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
90 Min	350.0 °F	68 °C	Bake	3 Oz

ALLERGIES
Contains: Tomato; Beef; AllergenFish; AllergenWheat; AllergenMilk; AllergenSoy; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	15 g	21 g	6 g	50 mg	450 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Flour, All Purpose	3/4 Cup	2 Cup	1 Qt	2 Qt		Mix together flour and seasonings. Pound into meat.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Beef, Steak Cube Raw	10 each	25 each	50 each	100 each		
3	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Brown meat in margarine. Place slightly overlapping in pans.
4	Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz	Minced	Add tomatoes, onions, and worcestershire to meat. Cover tightly with foil and bake immediately.

Beef Steak Swiss f/Cubed (Swiss Steak)

INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		

Beef Steak Swiss f/Cubed (Swiss Steak)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sauce, Worcestershire	1/3 Cup	1 Cup	2 Cup	1 Qt		
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 >140F/60C; discard unused product.
7							CCP -- Cool: Product must reach 140F/60C 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.

Kiwi f/Fresh (Fresh Sliced Kiwi)

SERVING SIZE	ALLERGIES
1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	14 g	2 g	0 g	40 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	Kiwi, Fresh	12.5 each	31.25 each	62.5 each	125 each	Peeled & Sliced	Peel and slice fruit in serving dishes
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Lettuce Romaine & Red Onion Salad w/Drsg (Romaine & Onion Salad w/Dressing)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	**Contains: Onion; Garlic; Peppers Bell; AllergenSulphites**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	4 g	0 g	3 g	10 mg	150 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, Romaine Fresh	2 lb	5 lb	10 lb	20 lb	Bite Size	Toss lettuce with onion. Chill until ready to use.
	Onion, Red/Burmuda	8 Oz	1 lb 4 Oz	2 lb 7 Oz	4 lb 14 Oz	Sliced Thin	
3	Dressing, Italian Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Just before serving, toss lightly with dressing.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Potato Sweet Cinnamon f/Cnd (Cinnamon Sweet Potato)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
400.0 °F	Bake	4z Spoodle	1/2 Cup

ALLERGIES
Contains: Cinnamon; Potatoes, Sweet; Potatoes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	30 g	2 g	3 g	30 mg	70 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	Potato, Sweet Syrup Cnd	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Pour off 1/4th of sweet syrup juice from potatoes for sauce. Arrange potatoes in shallow pan(s).
3	Cinnamon, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Mix reserved potato juice, margarine and cinnamon and heat to boiling point. *
	Margarine, Solids	1 Oz	3 Oz	6 Oz	12 Oz	
4						Pour over potatoes. Bake immediately.
5						Bake at 400F for 20-30 min.
6						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
7						CCP -- Cool: Product must reach 140F/60C 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						Cook Time: 20-30 min