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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)

Tortilla Whole Wheat 10 in (Whole Wheat Tortilla)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	27 g	6 g	6 g	150 mg	350 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. Use as desired.

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.

Sauce Salsa f/RTS (Salsa)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**2 Tbsp**	**Contains: Tomato; Onion; AllergenSulphites; Garlic**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	2 g	0 g	0 g	10 mg	220 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Sauce, Salsa Mild	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Portion 2 Tbsp (#30 scoop) per serving.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beef Carne Guisada f/Cubes (Carne Guisada)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	400.0 °F	63 °C	Simmer	3/4 Cup

ALLERGIES
Contains: Tomato; Onion; Beef; AllergenWheat; Celery; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	9 g	18 g	6 g	75 mg	330 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	Bite Size	Brown meat in oil with onions and celery.
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Onion, Yellow	10 Oz	1 lb 10 Oz	3 lb 3 Oz	6 lb 6 Oz	Diced	
	Celery, Fresh	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Diced	
3	Flour, All Purpose	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Mix flour and water together until smooth. Add to meat and cook until gravy is thickened, stirring frequently. Add seasonings, base, peppers and tomatoes to meat mixture. Stir to distribute. Simmer on low heat.
	Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Beef Carne Guisada f/Cubes (Carne Guisada)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Tomato, Diced Cnd	0.2 no. 10 can	0.5 no. 10 can	1 no. 10 can	2 no. 10 can		
	Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Peppers, Chile Green Cnd	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Paprika	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Cumin, Ground	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
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 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

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

COOK TEMP	COOK METHOD	SERVING SIZE
0.0 °F	Chill	1 Cup

ALLERGIES
Contains: Apples; Citrus; AllergenSulphites; Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	33 g	2 g	0 g	30 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	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.
	Grapes, Green Seedless	1 lb	2 lb 8 Oz	5 lb	10 lb	Bite Size	
3	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.
	Banana Whole Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Peeled & Sliced	
4							Combine fruit and chill.
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)
6							Note: fruit may vary from foods listed.

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

COOK TIME	COOK METHOD	SERVING SIZE
10 Min	Mix & Chill	1/2 Cup

ALLERGIES
Contains: Beans/Legumes; Tomato; Corn; Garlic; AllergenSulphites; Citrus; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	22 g	5 g	3 g	40 mg	135 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	Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Combine lime juice, vinegar, oil, sugar and seasoning for the dressing; whisk to mix thoroughly.
	Vinegar, White	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Oil, Vegetable	1 Tbsp 3 tsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	Juice, Lime Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Corn, Whole Kernel Frz	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Thawed	In a separate bowl, combine remaining ingredients. Pour dressing over vegetable mixture and stir or toss to coat the corn mixture evenly with the dressing. Cover and refrigerate for at least 1 hour.
	Beans Black f/Dry	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 5 Cup	Prepared	
	Tomato, Fresh	6 Oz	14.5 Oz	1 lb 13 Oz	3 lb 10 Oz	Diced	
	Onion, Red/Burmuda	7 Oz	1 lb 2 Oz	2 lb 3 Oz	4 lb 6 Oz	Chopped Fine	
	Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	
	Cilantro, Raw	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
5							Stir salad before serving.
6							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beans Black f/Dry (Black Beans)

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

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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	
3						Place beans in a large pot or steam-jacketed kettle and cover with water.
4						Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5	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.
6						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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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.