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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)

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.

Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
60 Min	325.0 °F	68 °C	Bake	3 each

ALLERGIES
Contains: Potatoes; AllergenWheat; Beef; Onion; AllergenMilk; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g	18 g	17 g	125 mg	350 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bread White	6.5 Oz	1 lb	2 lb	4 lb		Soak bread in milk for 1 hr.
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
3	Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.
	Potato, Russet/Baking Fresh	3 Oz	8 Oz	1 lb	2 lb	Grated Fine	
	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz	Chopped Fine	
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.
5	Salt, Iodized	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Gravy: Whisk flour into meat drippings and blend. Add salt and pepper. Add milk gradually, stirring constantly. Cook until smooth and thickened.
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
8							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.

Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
11							Discard unused product.

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Fruit Tropical f/Cnd (Chilled Tropical Fruit)

COOK TEMP	SERVING SIZE	ALLERGIES
0.0 °F	**1/2 Cup**	**Contains: Pineapple**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 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	Fruit Salad, Tropical JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Portion using 1/2 Cup solid spoodle or #10 scoop.
3							Refrigerate at <40F until service.

Beets & Onion Salad (Beet & Onion Salad)

COOK TIME	COOK METHOD	SERVING SIZE
30 Min	Chill	1/2 Cup

ALLERGIES
❗ Contains: Onion; Beets; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	1 g	1 g	30 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	Beets, Sliced Cnd	3 1/4 Cup	2.0 Qt	1 Gal	2 Gal 1 Cup	Drained	Mix vinegar, sugar, oil, onions and beets together lightly; let stand 30 min in refrigerator.
	Onion, Red/Burmuda	1 Oz	2 Oz	4 Oz	7.5 Oz	Sliced Thin	
	Vinegar, White	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		
	Sugar, Granulated Bulk	3 tsp	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup		
	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
3	Lettuce, Green Leaf	10 leaf	25 leaf	50 leaf	100 leaf	Rinsed/Drained	To serve: Place 1/2 cup of beet mixture onto leaf lettuce.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Noodles Parslied (Parslied Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
15 Min	300.0 °F	63 °C	Boil	1/2 Cup

ALLERGIES
Contains: AllergenWheat; AllergenEggs; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	4 g	3 g	20 mg	125 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	2 1/2 Qt	1 Gal 8 Cup	3 Gal	6 Gal		Bring water and salt to a boil.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3	Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Stir in margarine and parsley.
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Noodles Parslied (Parslied Noodles)

	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.
9							Discard unused product.

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.