TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Roll Wheat (Wheat Roll) 3

Margarine Spread Cup PC (Soft Margarine Cup) 4

Beef Stuffed Pepper f/RTB Frz (Stuffed Bell Pepper) 5

Orange Fresh Whole (Fresh Whole Orange) 6

Potato Mashed f/Inst Granules (Mashed Potatoes) 7

Green Beans Cut f/Frz (Seasoned Green Beans) 8

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)

Roll Wheat (Wheat Roll)

SERVING UTENSIL	SERVING SIZE
Tongs	1 each

ALLERGIES
Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 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 Stuffed Pepper f/RTB Frz (Stuffed Bell Pepper)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Make	1 each	Contains: Beef; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	15 g	8 g	6 g	50 mg	770 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Stuffed Pepper 4z	4 lb 3 Oz	10 lb 7 Oz	20 lb 14 Oz	41 lb 12 Oz	Bake peppers per package directions. Heat Sauce and top Peppers.
	Tomato, Sauce Cnd	1 2/3 Cup	1 Qt	2 Qt	1 Gal	
3						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.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
6						Discard unused product.

Orange Fresh Whole (Fresh Whole Orange)

7 RG7

SERVING SIZE	ALLERGIES
1 whole	Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	75 mg	0 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.

Regular (RG7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Potato Mashed f/Inst Granules (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	**1/2 Cup**	**Contains: Potatoes; AllergenMilk; AllergenSoy**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
2	Potato, Mashed Granules Non-Dairy	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add Potato Flakes. Stir constantly using wire whip.
3	Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add Seasonings.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4							CCP -- Maintain >140F for only 4 hrs.
5							.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
6							CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Green Beans Cut f/Frz (Seasoned Green Beans)

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

ALLERGIES
Contains: AllergenSoy; Beans/Legumes; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	6 g	2 g	2 g	40 mg	20 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender, approximately 8-10 minutes.
3	Basil, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Add seasonings and margarine. Mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.

Green Beans Cut f/Frz (Seasoned Green Beans)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						Discard unused product.

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