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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 | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP |
|------------------------|----------|-------------|-------------|-------------|--|
| | 10 | 25 | 50 | 100 | |
| 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) |

Breadstick Garlic WhIG 6in (Garlic Whole Grain Breadstick)

| COOK TIME | COOK TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|-------------|--------------|---|
| 4 Min | 375.0 °F | Heat | 1 each | ⓘ Contains: AllergenWheat; AllergenMilk; Garlic; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 100 kcal | 16 g | 5 g | 1.5 g | 40 mg | 140 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP |
|-------------|----------|----------|----------|----------|--|
| | 10 | 25 | 50 | 100 | |
| 1 | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 | | | | | Prepare product as per package instructions. |
| 3 | | | | | Portion according to serving size. |
| 4 | | | | | Discard unused product. |

Lasagna Spinach (Spinach Lasagna)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|---|
| 50 Min | 350.0 °F | 74 °C | Bake | 1 (3x4) | ⓘ Contains: AllergenMilk; Tomato; AllergenWheat; Spinach; Garlic |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 310 kcal | 46 g | 20 g | 6 g | 300 mg | 640 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-------------------------------|-----------|-----------|-----------|-------------|-----------------|---|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Pasta, Lasagna Dry | 1 lb | 2 lb 8 Oz | 5 lb | 10 lb | | Cook noodles in unsalted boiling water until tender, approximately 8-10 min. Drain well. Do not rinse. Set aside. |
| 3 Spinach, Chopped Frz | 8 Oz | 1 lb 4 Oz | 2 lb 8 Oz | 5 lb | | Cook spinach per package instructions, undercook slightly. Drain very well. Drain cottage cheese. Combine drained spinach and drained cottage cheese. Chill until ready to use. |
| Cottage Cheese, 2% Fat | 2 1/3 Cup | 1 1/2 Qt | 3 Qt | 1 Gal 8 Cup | | |
| 4 Tomato, Sauce Cnd | 2 1/3 Cup | 1 1/2 Qt | 3 Qt | 1 Gal 8 Cup | | In a large saucepan, combine tomato products and seasonings. Cook 30 min, stirring occasionally. |
| Tomato, Paste Cnd | 3/4 Cup | 2.0 Cup | 3 3/4 Cup | 2.0 Qt | | |
| Garlic, Powder | 1/4 tsp | 1/2 tsp | 1 tsp | 2 tsp | | |

Lasagna Spinach (Spinach Lasagna)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|--------------------------------------|----------|----------|----------|--------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Oregano, Dry | 1/2 tsp | 1 tsp | 2 tsp | 1 Tbsp 1 tsp | | |
| Basil, Dried Leaves | 1/4 tsp | 1/2 tsp | 1 tsp | 2 tsp | | |
| 5 Cheese, Mozzarella Shredded | 6.5 Oz | 1 lb | 2 lb | 4 lb | Sliced | Assemble: Layer lasagna as follows in 12x20x4 inch pan(s): 1. Tomato Sauce-- 2 cups 2. Lasagna Noodles-- 8oz 3. Cottage Cheese/Spinach Mixture-- 16 oz 4. Marinara Sauce-- 2 cups 5. Mozzarella-- 8 oz Repeat layers 1-5. Sprinkle parmesan cheese on top. |
| Cheese, Parmesan Grated | 1 Oz | 2 Oz | 4 Oz | 7.5 Oz | | |
| 6 | | | | | | Bake for 45-55 min. Cut each pan to yield servings that are approximately 3 in x 4 in. |
| 7 | | | | | | Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec. |
| 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. |
| 9 | | | | | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |

Lasagna Spinach (Spinach Lasagna)

| | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|----|-------------|----------|----------|----------|----------|-----------------|--|
| | | 10 | 25 | 50 | 100 | | |
| 10 | | | | | | | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |
| 11 | | | | | | | Discard unused product. |

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|------------------------------|
| Chill | 4z Spoodle | 1/2 Cup | ⓘ Contains: Pineapple |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 80 kcal | 21 g | 1 g | 0 g | 20 mg | 5 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------------------------|----------|----------|--------------|-------------|-----------------|---|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Pineapple, Chunks JcPk | 1 1/4 Qt | 3 1/4 Qt | 1 Gal 10 Cup | 3 Gal 4 Cup | Drained | Portion using a #10 scoop or 1/2 cup spoodle. |
| 3 | | | | | | Refrigerate until service. |
| 4 | | | | | | CCP -- Maintain <40F/4C; discard unused product. (FDA) |

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

| COOK METHOD | SERVING SIZE | ALLERGIES |
|-------------|--------------|--|
| Chill | 1/2 Cup | ⓘ Contains: Tomato; Onion; Allergen Sulphites |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 80 kcal | 8 g | 2 g | 5 g | 20 mg | 110 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-------------|------------------------|--------------|-----------|-------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 | Vinegar, White | 3 Tbsp 2 tsp | 1/2 Cup | 1 1/8 Cup | 2 1/4 Cup | Mix Vinegar, Oil and Spices until thoroughly blended. |
| | Oil, Vegetable | 3 Tbsp 2 tsp | 1/2 Cup | 1 1/8 Cup | 2 1/4 Cup | |
| | Salt, Iodized | 1/2 tsp | 1 1/8 tsp | 2 1/8 tsp | 1 Tbsp 1 tsp | |
| | Dill, Weed Dried | 1/2 tsp | 1 1/8 tsp | 2 1/8 tsp | 1 Tbsp 1 tsp | |
| | Sugar, Granulated Bulk | 1 Tbsp 1 tsp | 3 Tbsp | 1/3 Cup | 3/4 Cup | |
| 3 | Tomato, Fresh | 1 Qt | 2 1/2 Qt | 1 Gal 4 Cup | 2 Gal 8 Cup | Diced Add remaining ingredients to above and toss until well blended. |

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------|----------|-----------|-----------|----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Onion, Yellow | 2/3 Cup | 1 2/3 Cup | 3 1/3 Cup | 1 3/4 Qt | Diced | |
| 4 | | | | | | CCP -- Maintain <40F/4C; discard unused product. (FDA) |

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

| COOK TIME | COOK-END TEMP | COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-----------|---------------|-------------|-----------------|--------------|--|
| 10 Min | 63 °C | Steam | 4z Spoodle | 1/2 Cup | 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 | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-----------------------|--------------|-----------|----------|----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 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. |
| 2 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 | 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. |