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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ <b>Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	10	25	50	100	
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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
20 Min	300.0 °F	63 °C	Simmer	4z Spoodle	1/2 Cup	<b>ⓘ Contains: Onion; Beef; Mushroom; AllergenWheat; AllergenSoy; AllergenMilk; Corn; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	8 g	22 g	4.5 g	20 mg	250 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Over medium heat, brown beef tips and chopped onion until meat loses red color. Do not overcook.	
	Onion, Yellow	4 Oz	9.5 Oz	1 lb 3 Oz	2 lb 6 Oz		Chopped
	Pan Coating, Spray	5 g	5 g	5 g	5 g		
<b>3</b>	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Combine seasonings and flour. Add to meat and mix well, about 5 min.	
	Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Flour, All Purpose	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt		

# Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Prepared	Add broth (base and water) mixture to meat and stir until gravy thickens and comes to a boil. Add mushrooms.
	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
	Mushrooms Sautéed f/Fresh	3 Oz	8 Oz	1 lb	2 lb		
5							Cover and simmer until meat is tender.
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain >140F/60C; discard unused product.
8							CCP -- Cool: Product must reach 140F/60C 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.

# Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
5 Min	57 °C	Saute	1/2 Cup	<b>ⓘ Contains: AllergenSoy; Mushroom; AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	4 g	4 g	6 g	0 mg	160 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Margarine, Solids 2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz		Heat margarine, saute mushrooms until tender.
	Mushrooms, Fresh 2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Diced	
<b>4</b>	Pepper, Black Ground 1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		Toss with salt and pepper.
	Salt, Iodized 1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>5</b>						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.

# Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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.

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Saute	1/2 Cup	<b>ⓘ Contains: Spinach; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	150 mg	210 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Saute Garlic, in Oil over medium heat. DO NOT brown.	
	Garlic, Whole Fresh	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		Minced
<b>3</b>	Spinach, Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Chopped	Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
	Kale, Fresh	13 Oz	2 lb	4 lb	8 lb		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>4</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	

# Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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 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.