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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)

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
25 Min	400.0 °F	74 °C	Saute	3/4 Cup

ALLERGIES
ⓘ Contains: AllergenSoy; AllergenWheat; Onion; Peppers Bell; Pineapple; AllergenSulphites; Chicken; Garlic; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	16 g	24 g	6 g	30 mg	430 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sauce, Soy Bulk LS	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Pour soy sauce over meat and mix lightly. Let marinate refrigerated.
2 Chicken, Meat Pulled Ckd	1 lb 13 Oz	4 lb 8 Oz	9 lb	18 lb		
3 Base, Chicken Paste LS G-F	0.5 Oz	0.5 Oz	1 Oz	2 Oz		Drain soy sauce. Brown meat and drain fat. Combine base with water and add to meat. Simmer until meat is tender and reaches internal temp.
Water, Tap	3/4 Cup	2 Cup	1 Qt	2 Qt		
4 Sugar, Brown Light	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Combine sugar and cornstarch.
Cornstarch	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
5 Juice Pineapple f/Frz Conc 6 flz	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Add pineapple juice, vinegar and soy sauce to cornstarch mixture. Mix until smooth. Add to meat while stirring. Cook until thickened.	
	Vinegar, White	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Sauce, Soy Bulk LS	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
6 Peppers, Green Fresh	6.5 Oz	1 lb	2 lb	4 lb	Julienne	Approximately 15 min before serving, add peppers and onion; cook gently. Just before serving, add pineapple.	
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb		Sliced
	Pineapple, Chunks JcPk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Drained
7						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.	

Chicken Sweet & Sour f/Pulled (Sweet & Sour Chicken)

	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.

Juice Pineapple f/Frz Conc 6 flz (Pineapple Juice)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	6 fl. oz	ⓘ Contains: Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	20 g	1 g	0 g	30 mg	10 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Juice, Pineapple Conc	12.25 fl. oz	30.63 fl. oz	61.25 fl. oz	122.5 fl. oz	Dilute in cool water; stirring well. Refrigerate.
	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 14 Cup	3 Gal 12 Cup	
3					CCP -- Maintain <40F/4C; discard unused product. (FDA)	

Orange Fresh Whole (Fresh Whole Orange)

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				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.

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.

Rice Brown (Brown Rice)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: Rice; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	20 mg	115 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, Brown Dry	9.5 Oz	1 lb 8 Oz	3 lb	Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed. CCP -- Cook to minimum internal temp 145F/63C held for 15 seconds. Fluff with fork.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	
	Water, Tap	3 1/4 Cup	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.

Rice Brown (Brown Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

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.