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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)

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				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.

Chicken Creamed w/Veg f/Pulled (Creamed Chicken w/Veg)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	400.0 °F	74 °C	Cook	1 Cup	ⓘ Contains: AllergenWheat; Carrots; Onion; Garlic; AllergenMilk; Peas; Chicken; Celery; AllergenSoy; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	17 g	29 g	16 g	125 mg	310 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		Saute onion and celery in margarine until transparent.
2 Onion, Yellow	1 Oz	3 Oz	5.5 Oz	11 Oz	Diced	
Celery, Fresh	1 Oz	2 Oz	4.5 Oz	9 Oz	Diced	
3 Flour, All Purpose	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		Add flour to pan. Blend well. Cook 5 min. Add milk to flour mixture. Stir well to avoid clumping. Combine base and water to make stock. Add stock to milk and flour mixture.
Base, Chicken Paste LS G-F	2 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/2 Cup		
Water, Tap	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		

Chicken Creamed w/Veg f/Pulled (Creamed Chicken w/Veg)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Milk, 2% Bulk	2 3/4 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 11 Cup		
4 Pepper, White	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		Add seasonings and cook for 15-20 min. Stirring occasionally.
	Salt, Iodized	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	
5 Peas, Green Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		Add meat and vegetables to sauce and continue to simmer to internal temp.
	Carrot, Diced Frz	1 lb	2 lb 8 Oz	5 lb	10 lb	
	Chicken, Meat Pulled Ckd	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	
6						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
7						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.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Chicken Creamed w/Veg f/Pulled (Creamed Chicken w/Veg)

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

Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 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 Watermelon, Seedless	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	Cubed	Remove rind from fruit. Cut in cubes, less than 1/2 inch.
3						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	
3	Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Add remaining ingredients to above and toss until well blended.
	Tomato, Fresh	1 Qt	2 1/2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	
	Onion, Yellow	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Noodles Parslied (Parslied Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	300.0 °F	63 °C	Boil	1/2 Cup	ⓘ 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	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
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	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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.

Vegetable Mix 4 Way Blend (Mixed Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: Corn; Carrots; AllergenMilk; Peas; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	12 g	3 g	2 g	30 mg	50 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Vegetable Mix, 4 Way	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until just tender. Do not overcook. Add margarine & mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
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.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Vegetable Mix 4 Way Blend (Mixed Vegetables)

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