TABLE OF CONTENTS

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

Bread Wheat (Wheat Bread) 3

Margarine Pat (Margarine) 4

Beef Roast & Gravy f/Top Round (Roast Beef & Gravy) 5

Orange Fresh Whole (Fresh Whole Orange) 7

Potato Sweet Mashed f/Fresh (Mashed Sweet Potatoes) 8

Zucchini & Corn Calabacitas (Calabacitas) 10

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 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	**Contains: AllergenWheat**

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

SERVING SIZE	ALLERGIES
1 each	**Contains: AllergenMilk; AllergenSoy**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	0 g	4 g	0 mg	35 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						CCP -- Maintain <40F/4C; discard unused product. (FDA)
4						Discard unused product.

Beef Roast & Gravy f/Top Round (Roast Beef & Gravy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
240 Min	325.0 °F	63 °C	Bake	3 Oz

ALLERGIES
Contains: Beef; AllergenMilk; AllergenWheat; AllergenSoy; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	4 g	23 g	7 g	40 mg	460 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Round Top Inside Raw	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb	Rub roast with seasonings. Place meat thermometer into center of meat. Place in roasting pan and brown at 450F/232C for 30 min. When meat is browned, reduce heat to 300F/149C. Cook until internal temp is reached. Cook Roast until *internal temp >160F held 15 sec is reached. Let stand 30 min before slicing. Slice Roast in 1 oz portions and arrange in 2" steam pan. Save drippings to make Au Jus Gravy as desired. CCP -- Maintain at >140F for 4 hrs only.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	

Beef Roast & Gravy f/Top Round (Roast Beef & Gravy)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
3						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
4	Gravy Mix, Brown Dry	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Follow directions on gravy mix to prepare gravy.
	Water, Tap	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 4 Cup	
5						Portion 3 oz sliced beef with 2 fl oz of gravy ladled over it per serving.
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.

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 Sweet Mashed f/Fresh (Mashed Sweet Potatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
50 Min	350.0 °F	63 °C	Bake	1/2 Cup

ALLERGIES
Contains: AllergenMilk; Potatoes, Sweet; Cinnamon; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	3 g	2 g	100 mg	170 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Sweet Fresh	1 lb 14 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb		Select even-sized sweet potatoes or yams. Scrub, then prick potatoes all over with the tines of a fork. Arrange on baking sheet. Bake 50-60 mins or until fully tender. When cool enough to handle, peel and add potato to mixing bowl.
	Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Allspice, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Nutmeg, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
3	Cinnamon, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Add remaining ingredients to mixing bowl and mash using whip attachment at low speed until there are no lumps.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Potato Sweet Mashed f/Fresh (Mashed Sweet Potatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sugar, Brown Light	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted	
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.
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.

Zucchini & Corn Calabacitas (Calabacitas)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
15 Min	74 °C	Simmer	1/2 Cup

ALLERGIES
Contains: Corn; AllergenMilk; Onion; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	2 g	20 mg	30 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Mince onion. Heat margarine in pan, add onions and cook until softened. Add zucchini to onions; continue cooking until zucchini is softened and partially cooked. (Add a small amount of water to pan to decrease cooking time.)
	Onion, Yellow	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Chopped Fine	
	Zucchini, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		
	Peppers, Chile Green Cnd	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Add corn and continue cooking 10 - 15 min longer. Add seasoning and peppers ; mix well. Add water as needed.
	Corn, Whole Kernel Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		

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Zucchini & Corn Calabacitas (Calabacitas)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C 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.
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.