

TABLE OF CONTENTS

Milk 1% PC (1% Milk) 2

Bread Texas Whole Grain Garlic (Garlic Whole Grain Texas Bread) 3

Margarine Spread Cup PC (Soft Margarine Cup) 4

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter) 5

Apple Salad Pecan f/Fresh (Apple Pecan Salad) 7

Potato Salad Tuscan f/Fresh (Tuscan Potato Salad) 9

Dressing Vinaigrette Wine (Wine Vinaigrette) 11

Tomato Au Gratin f/Cnd (Au Gratin Tomatoes) 12

Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
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					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					Discard unused product.

Bread Texas Whole Grain Garlic (Garlic Whole Grain Texas Bread)

COOK METHOD	SERVING SIZE	ALLERGIES
Heat	1 each	ⓘ Contains: AllergenWheat; Garlic; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g	4 g	1 g	30 mg	115 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.

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.

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenFish; AllergenMilk; Garlic; AllergenSoy

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	3 g		16 g	10 g	50 mg	160 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	3/4 Cup	2 Cup	1 Qt	2 Qt		Melt margarine in a saucepan over medium heat. Mix in garlic, basil and oregano. Bring to a low boil. Cook and stir about 10 minutes, until thickened.
	Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
	Basil, Dried Leaves	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Oregano, Dry	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
3	Fish, Cod Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	thawed	Arrange cod fillets in a single layer on a medium baking sheet. Cover with 1/2 the margarine mixture. If broiling leave on sheet pan, if baking cover with foil.
4							Bake at 350F/180C until fish is easily flaked with a fork, approximately 15-20 minutes. Pour remaining margarine mixture over fish to serve.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

	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.

Apple Salad Pecan f/Fresh (Apple Pecan Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	ⓘ Contains: AllergenEggs; Citrus; AllergenMilk; AllergenTreeNuts; AllergenSulphites; Celery; Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	24 g	3 g	20 g	40 mg	230 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						
Apple Red Delicious	1 lb 8 Oz	3 lb 11 Oz	7 lb 6 Oz	14 lb 12 Oz	Diced	Dice Apples into Lemon Juice to prevent Apples from turning dark.
Juice, Lemon Bulk	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
3						
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine remaining ingredients in bowl and mix well.
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Parsley, Fresh	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Chopped	
Celery, Fresh	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Diced	
Nuts, Pecan Pieces	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Chopped	

Apple Salad Pecan f/Fresh (Apple Pecan Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Raisins, Bulk	5 Oz	12 Oz	1 lb 8 Oz	3 lb		
Mayonnaise, Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
Cream, Whipping Heavy	1/3 Cup	1 Cup	2 Cup	1 Qt		
Sugar, Granulated Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4						Drain Apples well add to mixture. Mix well.
5						CCP -- Maintain <40F/4C (FDA)

Potato Salad Tuscan f/Fresh (Tuscan Potato Salad)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Grill	1/2 Cup	ⓘ Contains: Peppers Bell; Allergen Sulphites; Potatoes; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	27 g	3 g	4 g	20 mg	80 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peppers, Yellow Fresh	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Diced	Grill peppers, zucchini and eggplant in olive oil on flat top until lightly browned. Remove and chill.
	Peppers, Red Fresh	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Diced	
	Zucchini, Whole Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Diced	
	Eggplant, Whole Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Diced	
	Oil, Olive	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
3	Potato, Red Fresh	1 lb 5 Oz	3 lb 5 Oz	6 lb 11 Oz	13 lb 5 Oz	Bite Size	Steam potatoes until tender. Cool.

Potato Salad Tuscan f/Fresh (Tuscan Potato Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Potato, Gold Fresh	1 lb 5 Oz	3 lb 5 Oz	6 lb 11 Oz	13 lb 5 Oz	Bite Size	
Basil, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Chopped	Toss vegetables, potatoes and basil. Coat with vinaigrette. Refrigerate for at least 1 hour before serving.
4 Dressing Vinaigrette Wine	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup	Chilled	
5						CCP -- Maintain <40F/4C (FDA)

Dressing Vinaigrette Wine (Wine Vinaigrette)

COOK METHOD	SERVING SIZE	ALLERGIES
Blenderize	2 Tbsp	ⓘ Contains: Allergen Sulphites; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	0 g	15 g	0 mg	330 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	3	6	11	22	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, Wine White	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Mix vinegar, lemon juice, honey, salt, and pepper in a blender.
Juice, Lemon Bulk	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup	
2 Honey, Bulk	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	3.0 tsp	
Pepper, Black Ground	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	
3 Oil, Olive	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	While blending, gradually add in the oil. Mix until blended.
4					CCP -- Maintain <40F/4C (FDA)

Tomato Au Gratin f/Cnd (Au Gratin Tomatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: Tomato; AllergenMilk; AllergenWheat; AllergenSoy; AllergenSesame

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	21 g	4 g	4 g	75 mg	360 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bread Crumbs, Plain	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Add bread crumbs, margarine and sugar to tomatoes.
	Margarine, Solids	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
	Tomato, Diced Cnd	3 1/3 Cup	2 1/8 Qt	1 Gal 1 Cup	2 Gal 2 Cup	
	Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
3					Bake 350F/180C for about 30 min.	
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	

Tomato Au Gratin f/Cnd (Au Gratin Tomatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	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.