

**TABLE OF CONTENTS**

---

Milk 1% PC (1% Milk) ..... 2

Garnish Lettuce Tomato Slice (Lettuce & Tomato Slice) ..... 3

Margarine Spread Cup PC (Soft Margarine Cup) ..... 4

Blueberries f/Fresh (Fresh Blueberries) ..... 5

Turkey Sub Sndw (Turkey Submarine Sandwich) ..... 6

Beets & Onion Salad (Beet & Onion Salad) ..... 8

# 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.

# Garnish Lettuce Tomato Slice (Lettuce & Tomato Slice)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	<b>ⓘ Contains: Tomato</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	15 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> Tomato, Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Sliced Thin	Wash, trim tomatoes and cut out stems. Separate lettuce into leaves. Place on serving plate. Serve 2 slices tomato with 1 lettuce leaf.
Lettuce, Green Leaf	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
<b>3</b>						CCP -- Maintain <40F/4C (FDA)

**Regular (RG7):** • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

# 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.

# Blueberries f/Fresh (Fresh Blueberries)

SERVING SIZE	ALLERGIES
1/2 Cup	<b>ⓘ Contains: Blueberry</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	11 g	1 g	0 g	0 mg	5 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>	Blueberries, Fresh	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Wash berries under cool, running water. Drain well.
<b>3</b>					CCP - Maintain <40F/4C.	

# Turkey Sub Sndw (Turkey Submarine Sandwich)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	375.0 °F	74 °C	Cook	1 each	<b>ⓘ Contains: Turkey; AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	29 g	19 g	6 g	75 mg	400 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Turkey, Roast Whole Bnls Raw	2 lb	5 lb	10 lb	20 lb	Bake turkey roast the day before use. Cover & chill in refrigerator overnight.
3						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Maintain <40F/4C (FDA)
6						Thinly slice turkey.
7	Roll Hoagie/Submarine	10 each	25 each	50 each	100 each	Place 2oz turkey on each bun. Alternate slices and arrange so that full length of each bun is covered. Wrap securely and keep chilled.

## Turkey Sub Sndw (Turkey Submarine Sandwich)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
8						CCP -- Maintain <40F/4C (FDA)

# Beets & Onion Salad (Beet & Onion Salad)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	Mix & Chill	1/2 Cup	<b>ⓘ Contains: Onion; Beets; Allergen Sulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	1 g	1 g	30 mg	135 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>	Beets, Sliced Cnd	3 1/4 Cup	2.0 Qt	1 Gal	2 Gal 1 Cup	Drained	Mix vinegar, sugar, oil, onions and beets together lightly; let stand 30 min in refrigerator.
	Onion, Red/Burmuda	1 Oz	2 Oz	4 Oz	7.5 Oz	Sliced Thin	
	Vinegar, White	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		
	Sugar, Granulated Bulk	3 tsp	2 Tbsp 1 tsp	1/4 Cup	1/2 Cup		
	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>3</b>	Lettuce, Green Leaf	10 leaf	25 leaf	50 leaf	100 leaf	Rinsed/Drained	To serve: Place 1/2 cup of beet mixture onto leaf lettuce.

# Beets & Onion Salad (Beet & Onion Salad)

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