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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.

xBread Whole Wheat (Whole Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	13 g	4 g	1 g	50 mg	130 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.

Beef Cabbage Rice Casserole f/Grd (Beef Cabbage Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	350.0 °F	74 °C	Bake	1 Cup	ⓘ Contains: Mushroom; AllergenMilk; Tomato; AllergenSoy; Beef; Onion; AllergenEggs; AllergenWheat; Rice; Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	19 g	17 g	17 g	75 mg	510 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Minced	Mix together beef, onions, rice, eggs, salt, pepper and water.
	Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	13 Oz		
	Rice, White Parboiled	5 Oz	13 Oz	1 lb 10 Oz	3 lb 3 Oz		
	Egg, Liquid Non-Dairy	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp			

Beef Cabbage Rice Casserole f/Grd (Beef Cabbage Casserole)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Beef Cabbage Rice Casserole f/Grd (Beef Cabbage Casserole)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Water, Tap	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt		
3	Cabbage, Green Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Shredded	Place 1/2 cabbage on bottom of steam table pan. Put meat mixture on top of cabbage. Put remaining cabbage on top of meat mixture.
	Basil, Dried Leaves	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Mix together tomato sauce, mushroom soup, and spices. Pour mixture on top of layered cabbage.
	Oregano, Dry	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4	Tomato, Sauce Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Soup, Cream of Mushroom Cnd Cond	3/4 Cup	2 Cup	1 Qt	2 Qt		
5							Bake 2 hrs to *internal temp 165F/74C for 15 sec.
6							Casseroles & Precooked Foods: 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.

Beef Cabbage Rice Casserole f/Grd (Beef Cabbage Casserole)

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C (FDA)

Potato Mashed Herbed f/Inst (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1 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.
Water, Tap	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Boiled	Add potato flakes. Stir constantly using wire whip.
2 Potato, Mashed Granules Non-Dairy	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add margarine and seasonings.
3 Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Rosemary, Dried Whole	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

Potato Mashed Herbed f/Inst (Mashed Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Thyme, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5							CCP -- Cool: Product must reach 140F/60C 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.

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
35 kcal	5 g	3 g	1 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.