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# Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
70 Min	300.0 °F	63 °C	Cook	3/4 Cup	<b>Contains: Beans/Legumes; Tomato; Cinnamon; Peppers Bell; Onion; Celery; Corn; Garlic; Carrots</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	4 g	2.5 g	60 mg	390 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>						Rinse beans and boil in first portion of water until tender but not mushy. Drain.
Beans, Black Dry	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
<b>3</b>						In a large pot, heat oil over medium high heat. Add onion and peppers and sauté until they begin to soften, 5-7 minutes. Add garlic, salt, pepper and spices and cook for additional 3-4 minutes until fragrant.
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Diced	
Peppers, Green Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	
Peppers, Red Fresh	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	

# Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced		
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			
Cinnamon, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp			
Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp			
Chili Powder, Mild	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup			
4	Base, Vegetable G-FLS	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Add base to hot water and stir to dissolve. Add to pot with beans, squash, and tomatoes. Bring to a boil, reduce heat to medium and simmer for approximately 60 minutes, until squash is tender.	
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		Hot
	Squash, Butternut Frz	1 lb 3 Oz	3 lb	6 lb	12 lb		
	Tomato, Diced Cnd	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup		w/Juice

# Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

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.

# Crisp Pear Hmd (Pear Crisp)

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

ALLERGIES
<b>ⓘ Contains: AllergenWheat; AllergenSoy; AllergenTreeNuts; AllergenMilk; Citrus; Pear; Cinnamon; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	34 g	1 g	4 g	20 mg	50 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.
Pears, Sliced JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Mix sugar, lemon and spice with fruit. Scale 8lb fruit mixture per pan.
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
<b>2</b> Juice, Lemon Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
Cinnamon, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Nutmeg, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Extract, Almond	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

# Crisp Pear Hmd (Pear Crisp)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3	Margarine, Solids Salted	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Cut cold margarine into flour until small crumbs develop. Combine remaining ingredients and mix until crumbly.
	Cereal, Oats Inst/Quick Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
	Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
4							Spread evenly over fruit mixture, about 2.4 lb per pan. Bake 350F/177C for approximately 40 minutes.
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

# Lettuce Green Goddess Salad w/Drsg (Green Goddess Salad w/Drsg)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	<b>ⓘ Contains: AllergenEggs; Tomato; Cucumber; Onion; AllergenSulphites; Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	5 g	1 g	13 g	30 mg	125 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>	Lettuce, Iceberg Whole	2 lb 7 Oz	6 lb 1 Oz	12 lb 2 Oz	24 lb 3 Oz	Bite Size	Mix lettuce, radishes, tomato and cucumber; toss lightly. Portion 1 cup salad mix in bowls.
	Radish, Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Sliced Thin	
	Tomato, Fresh	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Chopped	
	Cucumber, Whole Fresh	6 Oz	15 Oz	1 lb 14 Oz	3 lb 12 Oz	Peeled & Sliced	
<b>3</b>	Mayonnaise, Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		Dressing: Combine salad dressing, lemon juice, vinegar, onions and parsley in a blender; blend until smooth. Refrigerate until ready to use. Top each salad with 1 Tbsp of dressing just before serving.
	Juice, Lemon Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

# Lettuce Green Goddess Salad w/Drsg (Green Goddess Salad w/Drsg)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Vinegar, White	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Onion, Green/Spring/Scallions	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Trimmed	
Parsley, Fresh	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Minced	
<b>4</b>						CCP -- Maintain <40F/4C (FDA)

# Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	0 g	0 g	2.5 g	0 mg	30 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 (FDA)
4					Discard unused product.

# Milk 2% Bulk L & D 8 flz (2% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 2% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk into sanitary drinking cups.
3					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

**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.

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	<b>ⓘ Contains: AllergenWheat; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	220 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3 Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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 -- Maintain <40F/4C (FDA)

# Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

**Regular Easy to Chew (EC7):** • Normal everyday foods of soft/tender texture that are developmentally & age appropriate • Any method may be used to eat these foods • Sample size is not restricted at Level 7 • Doesn't include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones • May include 'dual consistency'/'mixed consistency' foods & liquids if also safe for Level 0, at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level Note: This recipe is for Level 7 Regular Easy To Chew and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, holding time.

**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.