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Chicken Stir-fry f/Pulled (Chicken Stir-Fry)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	400.0 °F	74 °C	Stir Fry	3/4 Cup	ⓘ Contains: Peas; AllergenWheat; Peppers Bell; Corn; AllergenSoy; Mushroom; Chicken; Garlic; Onion; Broccoli

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	14 g	28 g	8 g	50 mg	460 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Sugar, Granulated Bulk	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 2 tsp		Combine sugar, black pepper and cornstarch in kettle.
2 Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
Cornstarch	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Water, Tap	3 2/3 Cup	2 1/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup		Combine water, base and soy sauce. Gradually pour into cornstarch mixture. Stir with wire whip over low heat. Cook and stir until sauce thickens and looks clear. Reduce heat. Cover until needed.
3 Base, Chicken Paste G-F LS	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Sauce, Soy Bulk LS	1.38 fl. oz	3.44 fl. oz	6.88 fl. oz	13.75 fl. oz		

Chicken Stir-fry f/Pulled (Chicken Stir-Fry)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Chicken, Pulled/Shredded w/o Sauce Ckd	2 lb	5 lb	10 lb	20 lb		Stir-fry chicken in oil.
	Oil, Vegetable	2 tsp	1 Tbsp 2 tsp	3 Tbsp 2 tsp	1/2 Cup		
5	Broccoli, Florets Frz	8.5 Oz	1 lb 5 Oz	2 lb 10 Oz	5 lb 4 Oz	Bite Size	Add broccoli and red pepper to chicken and stir-fry until vegetables are crisp-tender. Add garlic, sugar snap peas, mushrooms and water chestnuts and cook until thoroughly heated. Stir in sauce.
	Peppers, Red Fresh	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Julienne	
	Garlic, Whole Fresh	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
	Peas, Sugar Snap Frz	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Lightly Steamed	
	Mushrooms, Pieces Cnd	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 2 Cup	Drained	
	Water Chestnuts, Sliced Cnd	8.5 Oz	1 lb 5 Oz	2 lb 10 Oz	5 lb 4 Oz	Drained	
6							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Stir-fry f/Pulled (Chicken Stir-Fry)

	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.

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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

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.

Rice Fluffy (Fluffy Rice)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	2 g	1.5 g	20 mg	60 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, White Parboiled	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Place rice, margarine and salt in shallow baking pan. Add water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake until liquid is absorbed. Fluff with fork, and serve.
	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	Boiled
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Rice Fluffy (Fluffy Rice)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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.
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.