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# Bread WW (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	30 mg	120 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 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.

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGIES
1 whole	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	1 g	0 g	60 mg	0 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.

**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.

# Potato Sweet Bkd f/Fresh (Baked Sweet Potato)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	400.0 °F	Bake	1 whole	<b>ⓘ Contains: Potatoes, Sweet</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	30 g	2 g	0 g	50 mg	85 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b> Potato, Sweet/Yam Fresh	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Select small even-sized Sweet Potatoes. Scrub and arrange on baking sheet. Bake 50-60 min, or until tender, at 400F.
<b>3</b>					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>4</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Roasted Chicken (Roasted Chicken )

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	74 °C	Roast	3 Oz	<b>ⓘ Contains: Chicken; Allergen Sulphites; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	19 g	15 g	15 g	20 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1	Chicken, Quarters BI Raw	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Wine, Red Kosher	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
	Vinegar, Balsamic	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
	Honey, Bulk	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	
	Pepper, White	2 tsp	1 Tbsp 3 tsp	3 Tbsp 2 tsp	1/2 Cup	
	Garlic, Cloves Fresh	10 g	25 g	45 g	90 g	Minced
2						Preheat oven to 425F/220C. Have a small casserole dish or an 8x8 pan ready, and brown your chicken.

# Roasted Chicken (Roasted Chicken )

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3							Meanwhile, in a large bowl add the onion, garlic, vinegar, and red wine mix together and then spread evenly into the bottom of the baking pan.
4							Once the chicken has finished browning, transfer chicken to pan and brush evenly with mixture.
5							Bake for 40-45 minutes or until internal temperature reaches 165F/74C.
6							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
7							+CCP - Serve Hot >140F/60C
8							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
9							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Spinach Seasoned f/Frz (Seasoned Spinach)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Spinach</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	4 g	4 g	1 g	140 mg	160 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Spinach, Chopped Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil spinach 8-10 minutes or until tender and heated through; or prepare according to package instructions.
<b>3</b> Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Season with salt & pepper.
Pepper, Black Ground	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>5</b>					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.
<b>6</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Spinach Seasoned f/Frz (Seasoned Spinach)

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