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Asparagus Seasoned f/Frz (Lemon Asparagus)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|--|
| 10 Min | 180.0 °F | 63 °C | Steam | 1/2 Cup | ⓘ Contains: Asparagus; Citrus; AllergenMilk; AllergenSoy; AllergenSulphites |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 25 kcal | 4 g | 2 g | 1 g | 20 mg | 15 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP | |
|-------------|--------------------------|--------------|----------|----------|--|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. | |
| 2 | Asparagus, Cuts Frz | 2 lb | 5 lb | 10 lb | 20 lb | Steam vegetables until tender. Add seasoning and mix well. |
| | Margarine, Solids Salted | 1 Tbsp 2 tsp | 1/4 Cup | 1/2 Cup | 1 Cup | |
| | Juice, Lemon Bulk | 1/2 tsp | 1 tsp | 2 tsp | 1 Tbsp 1 tsp | |
| 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. | |

Asparagus Seasoned f/Frz (Lemon Asparagus)

| | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | 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. |

Egg Scrambled f/Liquid Lunch/Dinner (Scrambled Egg)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|--|
| 20 Min | 350.0 °F | 68 °C | Cook | 1/2 Cup | ⓘ Contains: AllergenEggs; AllergenMilk; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 190 kcal | 2 g | 15 g | 13 g | 90 mg | 170 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|--------------------------|--------------|-----------|-------------|----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Margarine, Solids Salted | 1 Tbsp 2 tsp | 1/4 Cup | 1/2 Cup | 1 Cup | | Combine eggs & milk, beat until blended. Add margarine during cooking process. Stir to distribute. |
| 2 Milk, 2% Bulk | 2/3 Cup | 1 1/2 Cup | 3 Cup | 1 1/2 Qt | | |
| Eggs, Liquid Non-Dairy | 1 1/4 Qt | 3 Qt | 1 Gal 8 Cup | 3 Gal | Thawed | |
| 3 | | | | | | Refrigerate egg mixture until ready to cook. |
| 4 | | | | | | Steamer: Pour egg mixture into each pan. Steam for 6-8 min at 5 lb pressure, batch cook. Or |
| 5 | | | | | | Oven: Pour egg mixture into each pan. Bake in preheated 350F/177C conventional (325F/163C convection) oven for 20 min, stirring once during baking process. Or |
| 6 | | | | | | Grill: Spray grill with non-stick vegetable spray. Preheat to 350F/177C. Pour egg mixture onto grill in batches, cook, turning spatula, for 3-5 min. |

Egg Scrambled f/Liquid Lunch/Dinner (Scrambled Egg)

| | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---|-------------|----------|----------|----------|----------|-----------------|--|
| | | 10 | 25 | 50 | 100 | | |
| 7 | | | | | | | For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds. |
| 8 | | | | | | | 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. |
| 9 | | | | | | | 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% PC 8 flz (2% Milk)

| SERVING SIZE | ALLERGIES |
|--------------|--------------------------|
| 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 | | | | 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. |

Syrup Pancake/Waffle PC (Pancake/Waffle Syrup)

| SERVING SIZE |
|--------------|
| 1 each |

| ALLERGIES |
|-----------|
| None |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 100 kcal | 26 g | 0 g | 0 g | 0 mg | 35 mg |

| INGREDIENTS | 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. |

Waffle WhIG (Whole Grain Waffle)

| COOK-END TEMP | SERVING SIZE | ALLERGIES |
|---------------|--------------|---|
| 63 °C | 1 each | ⓘ Contains: AllergenEggs; AllergenWheat; AllergenSoy; AllergenMilk |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 100 kcal | 15 g | 3 g | 3.5 g | 60 mg | 230 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 | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 4 | | | | | Portion according to serving size. |
| 5 | | | | | 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. |
| 6 | | | | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 7 | | | | | CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds. |
| 8 | | | | | Discard unused product. |