TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Bread Wheat (Wheat Bread) 3

Margarine Pat (Margarine) 4

Meatballs Mexican w/Sauce (Mexican Meatballs) 5

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes) 8

Potato Mashed f/Pearls (Mashed Potatoes) 9

Spinach Seasoned f/Frz (Seasoned Spinach) 11

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 1% Bulk	2 1/2 Qt	1 Gal 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Bread Wheat (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	40 mg	120 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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
35 kcal	0 g	0 g	4 g	0 mg	35 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)
4						Discard unused product.

Meatballs Mexican w/Sauce (Mexican Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
90 Min	325.0 °F	71 °C	Bake	3 each

ALLERGIES
Contains: Peppers Bell; Tomato; Beef; Onion; AllergenEggs; AllergenMilk; AllergenSoy; AllergenWheat; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	9 g	15 g	15 g	75 mg	350 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Beef, Ground 80-85/20-15 Raw	2 lb	5 lb	10 lb	20 lb		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bread Crumbs, Plain	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		Mix together ground beef, bread crumbs, milk, onions and seasonings until well blended. Do not overmix. Shape into 1 1/2 oz balls using a level #24 scoop. Place on sheet pan and bake. Bake to internal temp.
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Egg, Liquid Non-Dairy	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	13 Oz	Chopped Fine	

Meatballs Mexican w/Sauce (Mexican Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
3	Peppers, Green Diced Cnd	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Chopped	Combine onion, peppers, tomatoes and spices in blender; blend until smooth. Add water. Heat to 165F/74C held 15 secs. Add meatballs to sauce. Serve meatballs with sauce.
	Tomato, Diced Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Cumin, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Garlic, Powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
	Chili Powder, Mild	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
	Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Chopped	
4							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.

Meatballs Mexican w/Sauce (Mexican Meatballs)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Cool: Product must reach 140F/60C 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.

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**1 Cup**	**None**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	35 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 13 Oz	37 lb 10 Oz	Cubed	Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Potato Mashed f/Pearls (Mashed Potatoes)

COOK METHOD	SERVING UTENSIL	SERVING SIZE
Boil	**#8 scoop**	**1/2 Cup**

ALLERGIES
Contains: Potatoes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	23 g	3 g	1 g	10 mg	130 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
3	Margarine, Solids	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
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.

Potato Mashed f/Pearls (Mashed Potatoes)

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

Spinach Seasoned f/Frz (Seasoned Spinach)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	**57 °C**	**Steam**	**1/2 Cup**	**Contains: Spinach**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	5 g	4 g	1 g	150 mg	160 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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.
3	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	
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.

Spinach Seasoned f/Frz (Seasoned Spinach)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						Discard unused product.

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