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Enchiladas Beef Hmd (Beef Enchiladas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	350.0 °F	71 °C	Bake	2 each	ⓘ Contains: Corn; Beef; Onion; AllergenMilk; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	29 g	16 g	17 g	160 mg	240 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Base, Beef Paste G-F LS	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Combine base and water in saucepan. Soak tortillas in base mixture.
2 Water, Tap	1 1/3 Cup	3 1/2 Cup	1 3/4 Qt	3 1/2 Qt		
Tortilla Corn 6 in	20 each	50 each	100 each	200 each		
3 Beef, Ground 80-89/20-11 Raw	1 lb 10 Oz	4 lb	8 lb	16 lb		Crumble and brown meat and onion. Drain well. Add 1oz meat in each tortilla, roll up and place in baking pan.
Onion, Yellow	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz	Diced	
4						For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.

Enchiladas Beef Hmd (Beef Enchiladas)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Tomato, Sauce Cnd	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		Mix remaining ingredients except cheese and spread over enchiladas.
	Peppers, Chile Green Cnd	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		
	Chili Powder, Mild	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Cumin, Ground	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
6	Cheese, Cheddar Shredded	5 Oz	12 Oz	1 lb 8 Oz	3 lb		Top with cheese. Cover and bake for 30 min. Uncover and bake for another 15 min.
7							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.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Garnish Avocado Slices (Fresh Avocado Slices)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	2 slice	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	2 g	0 g	3 g	0 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Avocado, Whole Fresh	1.25 whole	3.13 whole	6.25 whole	12.5 whole	Carefully cut avocado in half lengthwise, discarding pit. With a large spoon, scoop the flesh out of each half as one piece. Lay each half flat on a work surface, and slice in to 8 slices of similar size to yield 16 slices per avocado. Serve 2 slices as a garnish.
3					CCP -- Maintain <40F/4C (FDA)

Mexican Street Corn (Mexican Corn)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	0.0 °F	63 °C	Steam	1 each	ⓘ Contains: AllergenMilk; AllergenSoy; Citrus; AllergenEggs; AllergenSulphites; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	35 g	7 g	16 g	100 mg	240 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1	Corn, Cob Fresh	10 each	25 each	50 each	100 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Mayonnaise, Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Sour Cream, LoCal Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Juice, Lime Bulk	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
	Cheese, Cotija Loaf	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	
	Cilantro, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	
2						Steam or boil corn until tender.
3	Chili Powder, Mild	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Combine all ingredients except cheese.

Mexican Street Corn (Mexican Corn)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Margarine, Solids Salted	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
4							Brush Sauce on corn. Sprinkle with cheese.
5							+CCP - Serve Hot >140F/60C
6							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
7							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

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	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.

Orange Fresh Wedges (Fresh Orange Wedges)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	20 g	2 g	0 g	70 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange Fresh Whole	5 lb 3 Oz	13 lb	26 lb	52 lb	Cut into Wedges	Cut each whole orange into six wedges.
3						+CCP - Serve Chilled <40F/4C.
4						Discard unused product.

Pico de Gallo f/Fresh (Pico de Gallo)



COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	#12 scoop	1 #12 sc.	Contains: Onion; Garlic; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	0 g	0 g	10 mg	0 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
		10	25	50	100			
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Tomato, Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Diced	WASH ALL PRODUCE under cool, running water. Drain well.	
	Onion, Red/Burmuda	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine		
	Cilantro, Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine		
	2	Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		Minced
		Garlic, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
Cumin, Ground		1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp			

Pico de Gallo f/Fresh (Pico de Gallo)



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3							Combine all Ingredients.
4							CCP -- Maintain <40F/4C (FDA)
5							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.