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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)

Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
70 Min	350.0 °F	63 °C	Bake	1 (2x3)

ALLERGIES
Contains: AllergenMilk; AllergenWheat; Corn; AllergenEggs; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	21 g	3 g	8 g	30 mg	250 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Baking Mix, Corn Muffin	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Stir all ingredients together.
	Sugar, Granulated Bulk	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/2 Cup	
	Corn, Whole Kernel Frz	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	
	Corn, Cream Style Cnd	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	
	Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Sour Cream, Real Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Egg, Liquid Non-Dairy	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 2/3 Cup	

Cornbread Spoonbread f/Corn Bread Mix (Spoonbread)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
3						Bake, uncovered at 350F/177C until inserting knife in center and it comes out clean.
4						Portion to serve 2"x3" square.
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6						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.

Salmon Teriyaki f/Fillet (Teriyaki Salmon)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	63 °C	Pan Fry	3 Oz	Contains: Corn; AllergenWheat; AllergenFish; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	7 g	14 g	4 g	20 mg	590 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Sauce, Teriyaki	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Combine teriyaki sauce, water, sugar and cornstarch. Bring to boil over medium-high heat, stirring constantly. Cook only until thickened. Pour into top of double boiler over boiling water to keep warm.
	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal	
	Sugar, Granulated Bulk	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
3	Salmon, Fillet Raw	1 lb 14 Oz	4 lb 12 Oz	9 lb 8 Oz	19 lb	Slice fish into 1 1/2 oz slices, about 1/8" thick. Grill or pan fry on lightly greased surface 1-2 min per side; being careful not to overcook.
4						Fish: Cook to internal temp of 145F/63C held for 15 sec.
5						Serve 3 oz fish and 1/4 cup sauce over each serving.

Salmon Teriyaki f/Fillet (Teriyaki Salmon)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						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.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 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, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
35 Min	Simmer	1/2 Cup	**Contains:** Onion; Peppers Bell; Carrots; AllergenMilk; Rice; Celery; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	33 g	4 g	2.5 g	40 mg	25 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		In a large sauce pan, heat margarine until melted. Stir in rice blend and heat until beginning to toast.
	Rice, Wild & Long Grain Blend	13.5 Oz	2 lb 2 Oz	4 lb 4 Oz	8 lb 8 Oz		
3	Onion, Yellow	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Add onion, celery, and carrot. Saute over medium-low heat until onion is translucent. Stir frequently to avoid burning rice.
	Celery, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
	Carrot, Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	
4	Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 2 Cup		Add enough water to cook rice according to package instructions. Simmer rice for 25-30 min or until rice is tender and liquid is absorbed. CCP -- Cook to *internal temp of 145F/62C held for 15 sec. Add more water if necessary to cook rice until tender.

Rice Pilaf Wild f/Rice Blend (Wild Rice Pilaf)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5	Peppers, Red Fresh	1.5 Oz	4 Oz	7.5 Oz	15 Oz	Diced	Stir in peppers and parsley.
	Parsley, Fresh	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Chopped	
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.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	4z Spoodle	1/2 Cup	Contains: Broccoli; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	3 g	2 g	50 mg	40 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
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.

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

	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.