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# Avocado & Orange Salad w/Dressing (Orange & Avocado Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	1 g	6 g	30 mg	90 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Lettuce, Iceberg Whole	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	WASH ALL PRODUCE under cool, running water. Drain well.
Avocado, Whole Fresh	2 whole	5 whole	10 whole	20 whole	
<b>3</b>					Separate leaves into liners. Peel and slice Avocado into 10 slices each.
<b>4</b> Orange Sections Refrigerated	1 lb 5 Oz	3 lb 4 Oz	6 lb 8 Oz	13 lb	Arrange Lettuce Leaves on salad plate. Place 4 Orange sections and 2 Avocado slices on each Lettuce Leaf in attractive manner.
<b>5</b> Dressing, French LoCal Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt	Drizzle 2 Tsp French Dressing on Oranges and Avocados (or serve Dressing in souffle cup on the side).
<b>6</b>					CCP -- Maintain <40F/4C (FDA)

# Chips & Pico de Gallo (Chips & Pico de Gallo)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	#12 scoop	3/4 Cup	<b>ⓘ Contains: Tomato; Onion; Garlic; Allergen Sulphites; Corn</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	17 g	3 g	1 g	40 mg	440 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Arrange Chips on plate and pour Salsa in small bowl for dipping.
	Chips, Tortilla Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	
	Sauce, Salsa Mild	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup
<b>3</b>					CCP -- Maintain <40F/4C (FDA)

# Green Beans Creole Tomato f/Frz (Creole Green Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Simmer	1/2 Cup	<b>ⓘ Contains: Tomato; Peppers Bell; Onion; Celery; AllergenWheat; AllergenMilk; Beans/Legumes; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	9 g	2 g	0.5 g	50 mg	130 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
<b>1</b>							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Onion, Yellow	1 Oz	2 Oz	4 Oz	7.5 Oz	Diced	Sauté onions, peppers and celery in margarine until tender.
	Peppers, Green Fresh	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Diced	
	Celery, Whole Fresh	1 Oz	2.5 Oz	5 Oz	10 Oz	Diced	
	Margarine, Solids Salted	0.5 Oz	0.5 Oz	1.5 Oz	2.5 Oz	Melted	
<b>3</b>	Flour, All Purpose	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Add flour. Stir until smooth.
<b>4</b>	Tomato, Diced Cnd	1 1/8 Cup	2 3/4 Cup	1 1/2 Qt	2 3/4 Qt	Drained	Add tomatoes and salt to above. Stir and cook until thickened.
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

## Green Beans Creole Tomato f/Frz (Creole Green Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Sugar, Granulated Bulk	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Add sugar, green beans and remaining ingredients to tomato mixture. Simmer.
	Green Beans, Cut Frz	2 lb 4 Oz	5 lb 10 Oz	11 lb 4 Oz	22 lb 8 Oz		
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.
10							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.

# Papaya f/Fresh (Fresh Papaya)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	24 g	1 g	0.5 g	50 mg	20 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2 Papaya, Fresh	5 each	12.5 each	25 each	50 each	Ensure papaya is ripened with yellow/red color skin. Peel away skin. Cut in half. Remove seeds. Slice or cube papaya. *Refrigerate at <40F.
3					*Maintain <40F.

# Taco Casserole (Taco Casserole )

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
25 Min	350.0 °F	74 °C	Bake	#6 scoop	6 Oz	<b>Contains: Mushroom; AllergenMilk; Corn; Beef; Onion; AllergenWheat; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
420 kcal	20 g	22 g	28 g	320 mg	470 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Ground 80-89/20-11 Raw	2 lb	5 lb	10 lb	20 lb		In a large pot, melt margarine and sauté onions until tender. Add spices and ground beef and brown. Drain.
Chili Powder, Mild	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>2</b> Margarine, Solids Salted	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Onion, Yellow	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped	
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

# Taco Casserole (Taco Casserole )

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
3	Milk 1%	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	Add the soup, milk, green chiles to the pot stir until well combined.
	Bulk 8 flz					

# Taco Casserole (Taco Casserole )

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Peppers, Chile Green Cnd	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz		
Soup, Cream of Mushroom Cnd Cond	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		
<b>4</b> Cheese, Cheddar Shredded	13 Oz	2 lb	4 lb	8 lb		While this Mixture is Heating: Take approx. 3 pounds large flour tortillas and cut into 2 inch wide strips. Put a layer of tortilla strips on the bottom of the sprayed pans
Tortilla Corn 6 in	12 each	30 each	60 each	120 each		
<b>5</b>						Put one-fourth of the hamburger mixture in each pan. Then put another layer of tortilla strips. Then the rest of the hamburger. Put a layer of tortilla strips on top. Top that with a layer of Shredded Cheddar Cheese.
<b>6</b>						Cover the pan with foil and bake at 350 degrees for 40 minutes. Remove foil and bake an additional 20 minutes. Let pan sit for 5 minutes before cutting
<b>7</b>						

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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	12 g	8 g	2.5 g	300 mg	105 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	1	2	4	7	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C (FDA)