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Grits Cheese (Cheese Grits)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	300.0 °F	74 °C	Bake	1/2 Cup	Contains: AllergenEggs; Corn; AllergenSoy; AllergenMilk; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	4 g	6 g	140 mg	290 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 Qt	2 1/2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	Add salt to boiling water. Add grits slowly, stirring constantly until thick, about 5-10 min. Remove from heat.
	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
	Grits, Instant	5.5 Oz	13.5 Oz	1 lb 11 Oz	3 lb 6 Oz	
3	Cheese, Cheddar Shredded	3/4 Cup	2 Cup	1 Qt	2 Qt	Add cheese, margarine and garlic powder to grits. Mix well, until cheese and margarine are melted.
	Margarine, Solids Salted	1.5 Oz	4 Oz	8 Oz	1 lb	
	Garlic, Powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	
4	Eggs, Liquid Non-Dairy	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup	Add 1/4 cup of the hot mixture to the eggs, mix well. Add the egg mixture to the hot mixture. Combine thoroughly. Pour into greased pan(s). Bake immediately or refrigerate at <40F.

Grits Cheese (Cheese Grits)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						Cover and bake to internal temp.
6						Casseroles & Precooked Foods: Cook to internal temp of 165F/74C 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 140F/60C 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.

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 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 (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 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 (FDA)
4						Discard unused product.

Okra Breaded RTB f/Frz (Breaded Okra)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Cook	1/2 Cup	**Contains: AllergenMilk; AllergenWheat; AllergenEggs; Corn**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	21 g	3 g	0 g	40 mg	310 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Okra, Breaded	1 lb 14 Oz	4 lb 11 Oz	9 lb 5 Oz	18 lb 10 Oz	Prepare per manufacturer's instructions.
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.
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.

Shrimp Blackened (Blackened Shrimp)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
10 Min	450.0 °F	63 °C	Pan Broil	4 Oz

ALLERGIES
Contains: AllergenShellfish; AllergenMilk; AllergenCrustacean; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	3 g	11 g	3.5 g	70 mg	550 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Shrimp, P&D Tail Off 31-40 ct	2 lb 4 Oz	5 lb 9 Oz	11 lb 2 Oz	22 lb 4 Oz	thawed	Cook in a well-ventilated area as this method of food preparation produces a lot of smoke. Blackened seafood is best prepared in a cast-iron skillet. A griddle may be substituted for cooking larger quantities. Heat griddle until surface is extremely hot.
3	Paprika	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Combine spices to make a blackening spice mix. (Using coarsely ground Salt & Black Pepper works best). Melt margarine and dip each side of the shrimp in margarine, then in seasoning.
	Thyme, Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Oregano, Dry	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Pepper, Cayenne	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Shrimp Blackened (Blackened Shrimp)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Margarine, Solids Salted	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4							Immediately lay the shrimp on the griddle. A little margarine may be drizzled on as needed. Be careful when adding margarine, as there could be a flareup. When a crust has formed on the bottom, in about 2 to 3 minutes, turn the shrimp & moisten again with margarine. Blacken until done.
5							Fish: Cook to internal temp of 145F/63C held for 15 sec.
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 -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	**Contains:** Tomato; Onion; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	5 g	1 g	5 g	10 mg	105 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		Mix vinegar, oil and spices until thoroughly blended.
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
3	Tomato, Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Diced	Add remaining ingredients to above and toss until well blended.

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	4 Oz	9.5 Oz	1 lb 3 Oz	2 lb 6 Oz	Diced	
4							CCP -- Maintain <40F/4C (FDA)

Topping Fruit f/Frz (Fruit Topping)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Chill	2 Tbsp	**Contains: Pineapple; Strawberry; Blueberry; Corn**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	6 g	0 g	0 g	0 mg	0 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	Pineapple, Crushed JcPk	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Drain fruit reserving Juice.
2	Cornstarch	1 Oz	2 Oz	4 Oz	8 Oz	Combine 2 cups drained juice and cornstarch. Stir until smooth. Bring to a boil, while stirring. Cook until thickened.
3	Blueberries, Unswt Frz	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Fold fruit into sauce. *Chill <40F.
	Strawberries, Sliced Unsweetened Frz	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	
4						CCP -- Maintain <40F.