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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 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

7 EC7 7 RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	Contains: AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	230 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Prepare product as per package instructions.
3	Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Roll Wheat f/RTB Dough (Wheat Dinner Roll)

7 EC7 7 RG7

Regular Easy to Chew (EC7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Regular (RG7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

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.

Turkey & Dumplings f/Pulled (Turkey & Dumplings)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
35 Min	300.0 °F	74 °C	Cook	1 Cup

ALLERGIES
Contains: Turkey; Onion; Chicken; AllergenEggs; AllergenMilk; Celery; AllergenWheat; Corn; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	18 g	23 g	7 g	75 mg	240 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	1 1/8 Qt	2 3/4 Qt	1 Gal 5 Cup	2 Gal 11 Cup		Mix base and water to make stock. Heat to simmer.
	Base, Chicken Paste LS G-F	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Add celery, onion and paprika to stock. Simmer 20 min.
	Onion, Yellow	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Diced	
	Celery, Fresh	2 Oz	5 Oz	9.5 Oz	1 lb 3 Oz	Diced	
4	Turkey, Pulled/Shredded	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb		Add meat, cook.

Turkey & Dumplings f/Pulled (Turkey & Dumplings)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
5							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
6	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		DUMPLINGS: Cut margarine into flour, baking powder and salt. Combine eggs and milk and add to dry ingredients. Roll out on floured board to 1/2" thickness. Cut into 1 1/2" x 1 1/2" squares.
	Flour, All Purpose	6.5 Oz	1 lb	2 lb	4 lb		
	Baking Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Egg, Liquid Non-Dairy	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Milk, 2% Bulk	1 1/8 Cup	3.0 Cup	1 1/2 Qt	3.0 Qt		
7							Add dumplings to boiling stock and cook 15 to 20 min. Thicken stock, if necessary before serving by adding roux.
8							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.

Turkey & Dumplings f/Pulled (Turkey & Dumplings)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
12							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)

Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	**1 Cup**	**Contains: Onion; AllergenFish; Spinach; AllergenSoy; AllergenSulphites; Citrus**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	2 g	9 g	50 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	Spinach, Fresh	14 Oz	2 lb 2 Oz	4 lb 5 Oz	8 lb 10 Oz	Bite Size	Thinly slice red onion in rings. Combine lettuce, spinach, sliced onion and orange slices. Toss salad well to mix greens.
	Lettuce, Iceberg	3 Oz	8 Oz	1 lb	2 lb	Bite Size	
	Onion, Red/Burmuda	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz	Sliced Thin	
	Orange, Mandarin JcPk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Drained	
3	Sugar, Granulated Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		Dressing: Combine sugar, paprika, minced onion and Worcestershire. Using a whip, add vinegar and oil in slow stream. Whip at least 2 min to dissolve sugar.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Onion, Yellow	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Minced	
	Sauce, Worcestershire	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Oil, Vegetable	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Vinegar, White	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4							Serve 1 cup salad with 1/4 cup dressing.
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Peas & Carrots Seasoned f/Frz (Peas & Carrots)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
10 Min	63 °C	Steam	4z Spoodle	1/2 Cup

ALLERGIES
Contains: Carrots; AllergenSoy; AllergenMilk; Peas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	10 g	3 g	2 g	30 mg	80 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peas & Carrots, Frz	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender. Add parsley and margarine; mix well.
	Parsley, Dried	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
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.

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Peas & Carrots Seasoned f/Frz (Peas & Carrots)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	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.

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