

# TABLE OF CONTENTS

---

Milk 1% PC (1% Milk) ..... 2

Margarine Spread Cup PC (Soft Margarine Cup) ..... 3

Pork Wings RTC (Pork Wings) ..... 4

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges) ..... 5

Cucumber Mint Salad (Cucumber Mint Salad) ..... 6

Macaroni & Cheese Side (Macaroni & Cheese) ..... 8

Tomato Baked f/Fresh (Baked Tomato Half) ..... 10

# Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
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	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.
4					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	0 g	0 g	3 g	0 mg	35 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					Discard unused product.

# Pork Wings RTC (Pork Wings)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	0 g	15 g	8 g	10 mg	50 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. To Bake: Thaw Pork Wings. Maintain <40F/4C. Bake at 350F/176C for 15 to 20 minutes, turning pieces halfway through heating time. Cook to internal temp of 160F/71C held for 15 sec.
2					To Fry: Heat fryer to 350F/176C. Fry Pork 2-3 minutes or until golden brown. Cook to internal temp of 160F/71C held for 15 sec.
3					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

# Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 g	0 g	20 mg	10 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> Orange, Mandarin JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Serve according to portion size.
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Cucumber Mint Salad (Cucumber Mint Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	<b>ⓘ Contains: AllergenMilk; Cucumber; Citrus; Garlic; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	8 g	5 g	1.5 g	175 mg	250 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>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>	Cucumber, Fresh	13.5 Oz	2 lb 1 Oz	4 lb 2 Oz	8 lb 4 Oz	Peel Cucumbers and remove seeds, then slice into 1/4 inch slices. Place Cucumber in a colander. Sprinkle with Salt. Place colander on sheet pan. Cover and refrigerate for 2 hrs.
	Salt, Iodized	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
<b>4</b>	Cilantro, Raw	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Minced Combine Mint, Cilantro, Lemon Juice, Garlic, Pepper and Yogurt for dressing. Mix until well-blended. Combine with Cucumber and mix well.
	Mint, Fresh	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	
	Juice, Lemon Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	

# Cucumber Mint Salad (Cucumber Mint Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Yogurt, Plain LF Bulk	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
<b>5</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Macaroni & Cheese Side (Macaroni & Cheese)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
50 Min	350.0 °F	63 °C	Bake	1/2 Cup	<b>ⓘ Contains: AllergenWheat; AllergenMilk; AllergenFish; AllergenSoy; Mustard; AllergenSesame</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	25 g	8 g	8 g	150 mg	230 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>	Pasta, Macaroni/Elbow Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Stir macaroni into boiling water. Cook 10-12 min or until tender, stirring occasionally. Drain well.
	Water, Tap	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	
<b>3</b>	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melt 1st portion margarine. Stir in flour and seasoning.
	Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
	Sauce, Worcestershire	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Mustard, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	

# Macaroni & Cheese Side (Macaroni & Cheese)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Add milk gradually, stirring constantly. Cook until thickened.
	Cheese, Cheddar Shredded	3 Oz	8 Oz	1 lb	2 lb		
5	Bread Crumbs, Plain	1.5 Oz	4 Oz	8 Oz	1 lb		Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pans, 12 lbs per pan.
	Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted #2	
6							Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake at 350F/176C for 30-40 min.
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							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.

# Tomato Baked f/Fresh (Baked Tomato Half)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
12 Min	350.0 °F	63 °C	Bake	1 each	<b>ⓘ Contains: Tomato; Mustard; Onion; AllergenMilk; AllergenWheat; AllergenSoy; AllergenSesame</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	11 g	3 g	2.5 g	40 mg	135 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>						WASH ALL PRODUCE under cool, running water. Drain well.	
<b>3</b>	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Remove core from tomatoes and cut in half. Place on sheet pan sprayed with nonstick spray. Brush cut side with melted Margarine.  Mix bread crumbs with seasonings and minced herbs. May use any combination for fresh or dried herbs.
	Tomato, Fresh	2 lb	5 lb	10 lb	20 lb	Halved	
	Bread Crumbs, Plain	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

4	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Mustard, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Onion, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Basil, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	
	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
5							Cover tomato halves with bread crumb mixture.
6							Bake for 10-12 min until tomatoes are tender.
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							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.
9							Discard unused product.