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# 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.

# Bagel Whole Grain (Whole Grain Bagel )

SERVING SIZE	ALLERGIES
1 each	ⓘ <b>Contains: AllergenWheat; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	28 g	6 g	1 g	20 mg	250 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>					Portion according to serving size.
<b>3</b>					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.

# Jelly Assorted PC (Jelly)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	0 g	0 g	0 mg	5 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.

# Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	<b>ⓘ Contains: Strawberry</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 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> Strawberries, Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Quartered	WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>						Remove stems and cut into quarters.
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	400.0 °F	Bake	1/2 Cup	<b>ⓘ Contains: Potatoes; Onion; Peppers Bell; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	21 g	2 g	2.5 g	10 mg	30 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>	Potato, Russet/Baking Fresh	2 lb	5 lb	10 lb	20 lb	Peeled & Cubed	Steam or boil potatoes until tender.
	Water, Tap	2 lb	5 lb	10 lb	20 lb		
<b>3</b>	Onion, Yellow	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	Minced	Pan fry potatoes and vegetables in margarine. Add seasoning and cook to light brown; 30-40 min. Serve immediately.
	Pimento, Pieces Cnd	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		
	Peppers, Green Fresh	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		
	Margarine, Solids	1 Oz	2.5 Oz	5 Oz	10 Oz		

## Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
<b>4</b>						CCP -- Maintain >140F/60C; discard unused product.

# Vegetables Roasted f/Fresh (Roasted Vegetables)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	450.0 °F	63 °C	Roast	1/2 Cup	<b>ⓘ Contains: Carrots; Onion; AllergenSulphites; Celery; Mushroom; Garlic; Mustard</b>

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	11 g		3 g	4.5 g	50 mg	400 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1	Carrot, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Sliced	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Zucchini, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Sliced	
2	Celery, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Sliced	Preprep: Scrub vegetables well and dry. Cut carrots, zucchini and celery in 1/4inch bias slices. Slice mushrooms in 1/4inch slices. Dice onion.
	Mushrooms, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Sliced	
	Onion, Yellow	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Diced	
3	Oil, Olive	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Combine oil, mustard and vinegar and mix well.
	Mustard, Dijon	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
	Vinegar, Balsamic	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		

## Vegetables Roasted f/Fresh (Roasted Vegetables)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Garlic, Whole Fresh	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Minced	Add spices to oil mixture and combine. Toss vegetables with oil mixture to evenly coat.
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
5							Spread vegetables on baking sheet. Roast until tender at 450F/232C tossing vegetables when about half way done.
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.

