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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 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.
4						Discard unused product.

Bread Texas Whole Grain Garlic (Garlic Whole Grain Texas Bread)

COOK METHOD	SERVING SIZE	ALLERGIES
Heat	1 each	**Contains: AllergenWheat; Garlic; AllergenMilk**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	4 g	1 g	30 mg	105 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						Discard unused product.

Dressing Italian LoCal PC (Choice of Dressing)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	1 g	0 mg	135 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						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 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						Discard unused product.

Pasta Fettucine Primavera Seafood (Seafood Primavera)

COOK TIME	COOK TEMP	SERVING SIZE
35 Min	325.0 °F	1 Cup

ALLERGIES

Contains: AllergenShellfish; AllergenCrustacean; Onion; Carrots; AllergenEggs; AllergenWheat; AllergenFish; Broccoli; AllergenSoy; Corn; AllergenMilk; Mushroom; Garlic; Chicken

NUTRIENTS PER SERVING

CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	45 g	18 g	9 g	175 mg	510 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Carrot, Fresh	3 Oz	8 Oz	1 lb	2 lb	Preprep-Finely mince Onion. Cut Fish into bite size pieces and hold at <40F. Cut Carrots in thin juliene strips 1 1/2" long. Cut Broccoli stems in smaller pieces. Steam Vegetables to tender crisp.
	Broccoli, Florets Fresh	3 Oz	8 Oz	1 lb	2 lb	
	Margarine, Solids	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	
3	Onion, Yellow	1 Oz	2 Oz	4 Oz	8 Oz	Saute Onion in Margarine until tender. Add Garlic Powder.
	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
4	Flour, All Purpose	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Add Flour. Stir with wire whip until Flour is mixed, stirring often for about 5 mins.

Pasta Fettucine Primavera Seafood (Seafood Primavera)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5	Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 6 Cup	Combine Water, Milk and Base. Gradually add to roux, Stirring with wire whisk. Cook stirring often, until thickened. Maintain >140F
	Milk, 2% Bulk	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup	
	Base, Chicken Paste LS G-F	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
6	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add Seasoning, Meat, Mushrooms, Carrots and Broccoli to hot sauce.
	Fish, Pollock 2-4z	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	
	Crab, Imitation	13 Oz	2 lb	4 lb	8 lb	
	Mushrooms, Pieces Cnd	1.5 Oz	4 Oz	8 Oz	1 lb	
	Basil, Dried Leaves	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
7	Pasta, Fettuccini Dry	13 Oz	2 lb	4 lb	8 lb	Cook Pasta per package directions for 5-10 min til firm to touch.
	Water, Tap	3 1/4 Qt	2 Gal	4 Gal	8 Gal	
8	Cheese, Parmesan Grated	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	Gently fold in Pasta to Meat Cream Sauce. Scale 13 lb per pan (12x20x2"). Sprinkle 3 oz Parmesan Cheese per pan. Bake 325F for 30-40 min to *internal temp of >165F for 15 sec.

Pasta Fettucine Primavera Seafood (Seafood Primavera)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	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.

Apple Salad Pecan f/Fresh (Apple Pecan Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	**Contains:** AllergenEggs; Citrus; AllergenMilk; AllergenTreeNuts; AllergenSulphites; Celery; Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
230 kcal	25 g	3 g	15 g	40 mg	210 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Apple Red Delicious	1 lb 8 Oz	3 lb 11 Oz	7 lb 6 Oz	14 lb 12 Oz	Diced	Dice Apples into Lemon Juice to prevent Apples from turning dark.
	Juice, Lemon Bulk	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
3	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine remaining ingredients in bowl and mix well.
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Parsley, Fresh	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	Chopped	
	Celery, Fresh	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb	Diced	
	Nuts, Pecan Pieces	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Chopped	

Apple Salad Pecan f/Fresh (Apple Pecan Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Raisins, Bulk	5 Oz	12 Oz	1 lb 8 Oz	3 lb		
	Mayonnaise, Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Cream, Whipping Heavy	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Sugar, Granulated Bulk	1 1/2 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4							Drain Apples well add to mixture. Mix well.
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Broccolini f/Fresh (Steamed Broccolini)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	Contains: Broccoli; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	3 g	2 g	50 mg	40 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Wash and trim broccolini. Steam or boil vegetables until tender. Add seasoning and mix well.
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Broccolini, Fresh	2 lb	5 lb	10 lb	20 lb	Trimmed	
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.

Broccolini f/Fresh (Steamed Broccolini)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	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.