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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.

Sauce Tartar PC (Tartar Sauce)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	2 g	0 g	2 g	0 mg	85 mg

INGREDIENTS	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.

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.

Tomato Slices f/Fresh (Tomato Slices)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	2 each	ⓘ Contains: Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 g	0 g	0 g	0 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Tomato, Fresh	3.33 each	8.34 each	16.67 each	33.34 each	Sliced	Cut tomatoes into 6 slices, about 1/4" thick each. Serve 2 slices of tomato for each portion.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Catfish Baked Cornflake f/Fillet (Cornflake Catfish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	350.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenFish; Corn; AllergenEggs; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	6 g	13 g	6 g	10 mg	140 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Fish, Catfish	2 lb 3 Oz	5 lb 8 Oz	11 lb	22 lb	Rinse fish and dry well. Lightly coat fillets with mayonnaise.	
	Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Cereal, Corn Flakes Bulk	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	Crumbled	Place cornflakes in a large bowl. Add fillets one at a time to coat sides with cornflakes. Place fillets on baking sheet.
4						Bake at 350F/177C for 15 minutes or until cooked through.	
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.	

Catfish Baked Cornflake f/Fillet (Cornflake Catfish)

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

Orange Pineapple & Banana (Oranges, Pineapples & Bananas)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	ⓘ Contains: Pineapple; Citrus; Bananas

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	19 g	1 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
Orange, Mandarin JcPk	0.17 no. 10 can	0.42 no. 10 can	0.83 no. 10 can	1.66 no. 10 can		Pour undrained mandarian oranges into undrained pineapple. Mix gently. Fold in sliced bananas. Portion with slotted spoon. Chill <40F.
2 Pineapple, Chunks JcPk	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup		
Banana Whole Fresh	13.5 Oz	2 lb 1 Oz	4 lb 3 Oz	8 lb 5 Oz	Sliced	
3						CCP -- Keep chilled at 40F.

Rice Broccoli Casserole (Broccoli Rice Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	325.0 °F	74 °C	Bake	1/2 Cup	ⓘ Contains: Broccoli; Onion; AllergenSoy; Mushroom; AllergenMilk; Rice; AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	17 g	6 g	7 g	125 mg	190 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Rice, White Parboiled	3/4 Cup	2 Cup	1 Qt	2 Qt		Cook rice according to package directions.
3 Onion, Yellow	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Diced Small	Heat margarine in a large skillet and sauté onion until tender.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Milk, 2% Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add milk, soup, and cheese and whisk until smooth.
4 Soup, Cream of Mushroom Cnd Cond	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		

Rice Broccoli Casserole (Broccoli Rice Casserole)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Cheese, Cheddar Shredded	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz		
5 Broccoli, Florets Frz	10.5 Oz	1 lb 10 Oz	3 lb 4 Oz	6 lb 8 Oz	Thawed	Chop thawed broccoli and combine with cooked rice and sauce mixture. Divide into baking pans, cover, and bake at 325F/163C.
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 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.

Green Beans w/Pimento f/Frz (Green Beans & Pimento)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Cook	1/2 Cup	ⓘ Contains: Beans/Legumes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	2 g	2 g	40 mg	20 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Combine vegetable and pimento. Steam or boil until tender.
Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	
Pimento, Pieces Cnd	1/3 Cup	1 Cup	2 Cup	1 Qt	
3					Add seasonings.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Paprika	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Green Beans w/Pimento f/Frz (Green Beans & Pimento)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
5						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.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						Discard unused product.