

TABLE OF CONTENTS

Milk 1% PC (1% Milk)	2
Margarine Spread Cup PC (Soft Margarine Cup)	3
Enchiladas Cheese Hmd (Cheese Enchiladas)	4
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	7
Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)	8
Soup Broth Chicken f/Base (Chicken Broth)	11
Beans Black f/Dry (Black Beans)	12
Pepper Medley f/Fresh (Pepper Medley)	14

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.

Enchiladas Cheese Hmd (Cheese Enchiladas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	2 each	ⓘ Contains: Corn; Tomato; AllergenMilk; AllergenWheat; Carrots; Garlic; Celery; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
420 kcal	34 g	19 g	23 g	650 mg	540 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, Sauce Cnd	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt	Mix spices and tomato sauce. Sauté onion in pan release until golden brown. Combine shredded cheese, onion and 1/2 of tomato mixture and chill. Heat oil and add flour blend and simmer about 5 min to golden brown. Add tomato sauce mixture and continue to heat; stirring often.
	Chili Powder, Mild	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp	
	Garlic, Powder	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
	Cumin, Ground	1/2 tsp	1 1/2 tsp	3.0 tsp	1 Tbsp 3 tsp	
	Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
Onion, Yellow	3.5 Oz	9 Oz	1 lb 2 Oz	2 lb 3 Oz	Diced Small	

Enchiladas Cheese Hmd (Cheese Enchiladas)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Cheese, Cheddar Shredded	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	11 lb		
Flour, All Purpose	0.5 Oz	1 Oz	2 Oz	4.5 Oz		
3 Base, Vegetable Paste LS G-F	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Prepare broth from base and water. Place corn tortillas in broth momentarily to soften. Add remaining base to tomato mixture; continue to simmer sauce. Add flour and stir constantly until starting to thicken.
Water, Tap	3/4 Cup	2.0 Cup	1.0 Qt	2.0 Qt		
4 Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Fill tortilla with # 12 scoop of cheese mixture. Roll and place seam down in pan sprayed with pan coating. Refrigerate until ready to bake. Sprinkle enchiladas with remaining shredded cheese. Add tomato base to gravy.
Cheese, Cheddar Shredded	4.5 Oz	11 Oz	1 lb 6 Oz	2 lb 13 Oz		
5						Bake 20 min at 350F/177C.
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.

Enchiladas Cheese Hmd (Cheese Enchiladas)

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

Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	2 g	0 g	20 mg	25 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Melon, Cantaloupe Fresh	3 lb 7 Oz	8 lb 10 Oz	17 lb 3 Oz	34 lb 6 Oz	Cubed	Remove peel. Remove seeds in center. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)

COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	74 °C	Cook	6 fl. oz	ⓘ Contains: Chicken; Corn; Tomato; AllergenMilk; Onion; Citrus; Garlic; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	14 g	12 g	5 g	75 mg	280 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Oil, Olive	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp	In a large pot over medium heat, sauté the chicken in oil for 5 min. Add garlic and cumin, mix well.
	Chicken, Breast Bnls Sknls Large	1 lb 2 Oz	2 lb 14 Oz	5 lb 11 Oz	11 lb 6 Oz	
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
	Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced
3						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Soup Broth Chicken f/Base	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal		Add prepared chicken broth from base, corn, onions, chili powder, lemon juice and salsa. Reduce heat to low and simmer for 20-30 min.
	Corn, Whole Kernel Frz	6 Oz	15 Oz	1 lb 14 Oz	3 lb 12 Oz		
	Onion, Yellow	6.5 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 4 Oz	Diced	
	Chili Powder, Mild	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
	Juice, Lemon Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	Sauce, Salsa Mild	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
5	Cheese, Monterey Jack Shredded	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		Break up some tortilla chips into individual bowls and pour soup over chips. Top with monterey jack cheese (optional).
	Chips Tortilla Yellow Bulk	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz		
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Soup Chicken Tortilla Hmd (Chicken Tortilla Soup)

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

Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	6 fl. oz	ⓘ Contains: Chicken; Onion; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	10 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Chicken Paste LS G-F	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	
3						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.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Beans Black f/Dry (Black Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	0.0 °F	63 °C	Boil	1/2 Cup	ⓘ Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beans, Black Dry	13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	
3					Place beans in a large pot or steam-jacketed kettle and cover with water.
4					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Beans Black f/Dry (Black Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
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.

Pepper Medley f/Fresh (Pepper Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	63 °C	Grill	1/2 Cup	ⓘ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2.5 g	10 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	Peppers, Green Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	Cook vegetables with oil on grill to desired tenderness.
	Peppers, Red Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	
	Oil, Vegetable	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.

Pepper Medley f/Fresh (Pepper Medley)

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