TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Fajitas Beef f/Fajita Strips (Beef Fajita) 3

Papaya f/Fresh (Fresh Papaya) 5

Chips & Salsa (Chips & Salsa) 6

Rice Spanish w/Veg Base (Spanish Rice) 7

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	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	Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Fajitas Beef f/Fajita Strips (Beef Fajita)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	40.0 °F	63 °C	Grill	1 each

ALLERGIES
Contains: Beef; Tomato; Peppers Bell; Onion; Citrus; AllergenSoy; AllergenWheat; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5150 kcal	154 g	738 g	186 g	1250 mg	32360 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Fajita Strips	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Prepared	Prepare fajita meat according to package directions. Slice into thin strips.
3							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
4	Peppers, Green Fresh	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 2 Oz	Julienne	Cook vegetables on grill until vegetables are tender. Pour lemon juice over and toss.
	Onion, Yellow	3.5 Oz	8.5 Oz	1 lb 1 Oz	2 lb 2 Oz	Julienne	
	Juice, Lemon Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1.0 Cup		
5	Tortilla Flour 6 in	10 each	25 each	50 each	100 each		At time of service place 2oz. meat and 1oz. vegetables on each tortilla. Drizzle 1 tsp of sauce on top and serve.

Fajitas Beef f/Fajita Strips (Beef Fajita)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Sauce, Chile	3 Tbsp 1 tsp	1/2 Cup	1.0 Cup	2 1/8 Cup		
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.
7							CCP -- Cool: Product must reach 140F/60C 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.
9							Discard unused product.

Papaya f/Fresh (Fresh Papaya)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**1 Cup**	**None**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	25 g	2 g	0.5 g	50 mg	20 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2	Papaya, Fresh	5 each	12.5 each	25 each	50 each	Ensure papaya is ripened with yellow/red color skin. Peel away skin. Cut in half. Remove seeds. Slice or cube papaya. *Refrigerate at <40F.
3						*Maintain <40F.

Chips & Salsa (Chips & Salsa)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	**#12 scoop**	**3/4 Cup**	**Contains: Tomato; Corn; AllergenSulphites; Onion; Garlic**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	24 g	3 g	6 g	50 mg	540 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Chips Tortilla Yellow Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Arrange Chips on plate and pour Salsa in small bowl for dipping.
	Sauce, Salsa Mild	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Rice Spanish w/Veg Base (Spanish Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
33 Min	0.0 °F	63 °C	Steam	1/2 Cup

ALLERGIES
Contains: Tomato; Peppers Bell; Onion; Garlic; Corn; Rice; Celery; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2 g	40 mg	95 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	Saute onion, celery, and bell pepper in oil.
	Celery, Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
	Peppers, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
	Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3	Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
4	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

NORTH Dakota Be Legendary. | Health & Human Services
dietary solutions

Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
5	Tomato, Diced Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		Combine tomatoes, base, and water; mix well.
	Base, Vegetable Paste LS G-F	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		
6							Pour Tomato Mixture over Rice.
7							Steam or bake 25-30 min. Stir before serving.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9							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.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
12							Discard unused product.

NORTH Dakota Be Legendary. | Health & Human Services

dietary solutions