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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)

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	**Contains: AllergenMilk**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	0 g	0 g	1 g	0 mg	40 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.

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	350.0 °F	63 °C	Bake	3 Oz

ALLERGIES
Contains: AllergenFish; AllergenMilk; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	3 g	16 g	15 g	50 mg	170 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	3/4 Cup	2 Cup	1 Qt	2 Qt		Melt margarine in a saucepan over medium heat. Mix in garlic, basil and oregano. Bring to a low boil. Cook and stir about 10 minutes, until thickened.
	Garlic, Whole Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Minced	
	Basil, Dried Leaves	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Oregano, Dry	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
	Fish, Cod Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	thawed	
3							Arrange cod fillets in a single layer on a medium baking sheet. Cover with 1/2 the margarine mixture. If broiling leave on sheet pan, if baking cover with foil.
4							Bake at 350F/180C until fish is easily flaked with a fork, approximately 15-20 minutes. Pour remaining margarine mixture over fish to serve.

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Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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.
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.
9							Discard unused product.

Fruit Fresh Spring/Summer (Seasonal Fresh Fruit)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Chill	1 Cup	**Contains: AllergenSulphites; Strawberry; Bananas; Citrus; Apples**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	23 g	2 g	0 g	30 mg	5 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 Slices f/Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup		Wash and prepare fruit as needed. Place prepared Fruit in serving dish.
	Strawberries f/Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup	Halved	
	Grapes Fresh	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup	Halved	
	Banana Whole Fresh	2 each	5 each	10 each	20 each	Peeled & Sliced	
3	Orange Fresh Whole	2 whole	5 whole	10 whole	20 whole	Quartered	CCP -- Maintain <40F/4C; discard unused product. (FDA)

Grapes Fresh (Fresh Grapes)

SERVING SIZE	ALLERGIES
1/2 Cup	**Contains: AllergenSulphites**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	21 g	1 g	0 g	20 mg	5 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Grapes, Green Seedless	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Remove stems, portion into 4 oz servings
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Strawberries f/Fresh (Fresh Strawberries)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**1/2 Cup**	**Contains: Strawberry**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	9 g	1 g	0 g	20 mg	5 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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.
3							Remove stems and cut into quarters.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Apple Slices f/Fresh (Chilled Apple Slices)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	**1/2 Cup**	**Contains: Apples**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	15 g	0 g	0 g	10 mg	5 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	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	Sliced	WASH ALL PRODUCE under cool, running water. Drain well.
3							Core and cut into 1/2 " slices and serve.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)