

# TABLE OF CONTENTS

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

Bread Wheat (Wheat Bread) ..... 3

Margarine Spread Cup PC (Soft Margarine Cup) ..... 4

Chicken Garlic Oregano Thigh (Garlic Oregano Chicken) ..... 5

Orange Fresh Whole (Fresh Whole Orange) ..... 7

Green Beans Herb f/Fresh (Herbed Green Beans) ..... 8

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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 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.

# 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	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.

# Chicken Garlic Oregano Thigh (Garlic Oregano Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	74 °C	Bake	3 Oz	<b>ⓘ Contains: Chicken; Onion; AllergenSoy; AllergenMilk; Garlic; Citrus; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	2 g	10 g	9 g	20 mg	95 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b> Chicken, Thigh Bnls Sknls	10 each	25 each	50 each	100 each		Trim off all excess skin and fat from chicken thigh. Arrange on baking sheet. Keep refrigerated until ready to use.	
<b>3</b>	Margarine, Solids	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Melted	Melt margarine, add onions and stir in all seasonings and lemon juice.
	Onion, Yellow	2 Oz	4.5 Oz	9.5 Oz	1 lb 3 Oz	Diced	
	Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Parsley, Dried	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
	Paprika	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		

**INGREDIENTS**      **SERVINGS**    **SERVINGS**    **SERVINGS**    **SERVINGS**      **INGREDIENT PREP**      **PREPARATION STEP**

# Chicken Garlic Oregano Thigh (Garlic Oregano Chicken)

Oregano, Dry	1 3/4 tsp	1 Tbsp	3 Tbsp	1/3 Cup		
<b>INGREDIENTS</b>	<b>SERVINGS</b>	<b>SERVINGS</b>	<b>SERVINGS</b>	<b>SERVINGS</b>	<b>INGREDIENT PREP</b>	<b>PREPARATION STEP</b>
	10	25	50	100		

Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
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<b>4</b>						Coat each piece with the herb mixture. Refrigerate until ready to bake.
<b>5</b>						Bake uncovered for 30 min. Turn chicken and continue baking until chicken is brown - about 30 min longer.
<b>6</b>						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
<b>7</b>						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.
<b>8</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>9</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>10</b>						Discard unused product.

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGIES
1 whole	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	75 mg	0 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.

**Regular (RG7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Green Beans Herb f/Fresh (Herbed Green Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: AllergenMilk; AllergenSoy; Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	8 g	3 g	1.5 g	50 mg	20 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Green Beans, Whole Fresh	2 lb 6 Oz	6 lb	12 lb	24 lb	Trimmed	Steam or boil vegetables until tender. Add seasonings and mix well.
	Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Rosemary, Dried Whole	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp			

## Green Beans Herb f/Fresh (Herbed Green Beans)

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