TABLE OF CONTENTS

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.

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
90 Min	400.0 °F	68 °C	Bake	1 each

ALLERGIES

Contains: Potatoes; Tomato; Onion; Beef; AllergenMilk; Garlic; AllergenSulphites

NUTRIENTS PER SERVING

CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	47 g	13 g	11 g	100 mg	570 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each		Scrub potatoes and remove blemishes. Rub or brush lightly with oil and place on baking pans. Bake at 400F/204C for 1 to 1 1/2 hrs.
	Oil, Vegetable	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
3	Beef, Ground 80-85/20-15 Raw	1 lb 3 Oz	3 lb	6 lb	12 lb		Crumble and brown meat. Drain fat.
4	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz	Diced	For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
	Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	Drained	
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

Potato Bkd Beef Taco Entree (Taco Stuffed Potato)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
5	Cheese, Cheddar Shredded	2.5 Oz	6 Oz	11.5 Oz	1 lb 7 Oz		Add vegetables and seasonings and cook until onions are transparent.
	Sauce, Salsa Mild	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
6							Slice open each potato and pinch both ends toward middle creating pocket. Place 1/2 cup meat mixture in each potato pocket. Add 1 Tbsp cheese to each potato. Top with 1 oz salsa.
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.

Beans Red & Rice No Meat (Red Beans & Rice)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
55 Min	63 °C	Simmer	1 Cup

ALLERGIES
Contains: Beans/Legumes; Tomato; Peppers Bell; Onion; Celery; Rice; AllergenSulphites; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	35 g	9 g	1 g	100 mg	250 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2	Oil, Vegetable	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Sauté onion, celery, bell pepper & garlic in oil for about 4-6 minutes.
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb	Chopped	
	Celery, Fresh	7 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 4 Oz	Chopped	
	Peppers, Green Fresh	2.5 Oz	6 Oz	12.5 Oz	1 lb 9 Oz	Chopped	
	Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced	
3	Tomato, Diced Cnd	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 2 Cup		Add tomatoes, beans, & seasonings. Bring to a boil. Decrease heat, cover & simmer 20-30 minutes.
	Beans Kidney f/Dry	3 lb 5 Oz	8 lb 5 Oz	16 lb 10 Oz	33 lb 3 Oz	Prepared	

Beans Red & Rice No Meat (Red Beans & Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Cayenne	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Sauce, Hot	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Thyme, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Oregano, Dry	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Paprika	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Rice, White Parboiled	6.5 Oz	1 lb	2 lb	4 lb		Add rice to boiling water, reduce heat, cover & simmer for 15-20 minutes until water is absorbed.
	Water, Tap	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt	Boiled	
5							Serve 3/4 cup beans topped with 1/4 cup rice.
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.

Beans Red & Rice No Meat (Red Beans & Rice)

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

Beans Kidney f/Dry (Kidney Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	57 °C	Boil	1/2 Cup	Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	23 g	9 g	0 g	75 mg	160 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Kidney 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.
3	Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	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						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.

Beans Kidney f/Dry (Kidney Beans)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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.
10						Note: Soaking beans in water overnight can reduce cooking time, if desired.

Pineapple Chunks Chilled JcPk Cnd (Chilled Pineapple)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	Contains: Pineapple

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	INGREDIENT PREP	PREPARATION STEP
1							*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pineapple, Chunks JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 10 Cup	3 Gal 4 Cup	Drained	Portion using a #10 scoop or 1/2 cup spoodle.
3							Refrigerate until service.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)