

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Roll Wheat (Wheat Roll)	3
Margarine Spread Cup PC (Soft Margarine Cup)	4
Chicken Roasted Greek f/Breast (Roasted Greek Chicken)	5
Melon Cantaloupe Cubes f/Fresh (Fresh Cantaloupe)	7
Relish Plate/Dip f/Fresh (Relish Plate w/Dip)	8
Pasta Penne Herb (Herbed Penne Pasta)	10
Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)	12

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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
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)

Roll Wheat (Wheat Roll)

SERVING UTENSIL	SERVING SIZE	ALLERGIES
Tongs	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 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				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 Roasted Greek f/Breast (Roasted Greek Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
55 Min	375.0 °F	74 °C	Bake	Tongs	3 Oz	ⓘ Contains: Citrus; Garlic; Chicken; Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	1 g	20 g	2 g	20 mg	90 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Place chicken on baking sheet.
Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Combine remaining ingredients. Evenly brush seasoning mixture over chicken. Bake for 45-55 minutes or until cooked through.
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
3 Oregano, Dry	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
Garlic, Whole Fresh	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Minced	
4						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.

Chicken Roasted Greek f/Breast (Roasted Greek Chicken)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							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.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							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)

Relish Plate/Dip f/Fresh (Relish Plate w/Dip)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	ⓘ Contains: Cucumber; Peppers Bell; Carrots; Garlic; AllergenEggs; AllergenMilk; Onion; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	9 g	2 g	14 g	40 mg	320 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Pour Dressing into souffle cup (1 oz per serving). Cut Vegetables into attractive pieces. Arrange on small plate and garnish with fresh Parsley.
Dressing, Ranch Bulk	300 mL	750 mL	1.5 L	3 L		
Carrot, Fresh	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Trimmed	
Radish, Fresh	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb	Trimmed	
Peppers, Green Fresh	13 Oz	2 lb 1 Oz	4 lb 2 Oz	8 lb 3 Oz	Trimmed	
Cucumber, Fresh	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	Trimmed	

Relish Plate/Dip f/Fresh (Relish Plate w/Dip)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Parsley, Fresh	0.2 bunch	0.5 bunch	1 bunch	2 bunch		
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)
5							NOTES: A variety of vegetables may be used. May lightly steam and chill for softer texture. (Do not steam Cucumber)

Pasta Penne Herb (Herbed Penne Pasta)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	300.0 °F	74 °C	Boil	1/2 Cup	ⓘ Contains: AllergenEggs; AllergenWheat; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	26 g	5 g	4.5 g	20 mg	170 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pasta, Penne	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		Bring water to boil and add oil. Add pasta and stir continuously until pasta is tender to the bite. Do not over cook. Drain and plunge in ice water. Drain again.
Water, Tap	2 3/4 Qt	1 Gal 12 Cup	3 Gal 8 Cup	7 Gal		
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		To serve steam for 3 min in perforated 2" pan. Season with seasoning and stir in margarine
3 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Pasta Penne Herb (Herbed Penne Pasta)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Basil, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
	Parsley, Fresh	0.5 Oz	1 Oz	2 Oz	4 Oz	Minced	
5							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.
6							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.

Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Saute	1/2 Cup	ⓘ Contains: Spinach; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	4 g	2 g	150 mg	210 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, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Saute Garlic, in Oil over medium heat. DO NOT brown.	
	Garlic, Whole Fresh	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		Minced
3	Spinach, Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Chopped	Add Spinach & Kale; saute just until tender. Season with Salt & Pepper.
	Kale, Fresh	13 Oz	2 lb	4 lb	8 lb		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Spinach & Kale Saute f/Fresh (Sauteed Greens & Garlic)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5							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.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.