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# 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	ⓘ <b>Contains: AllergenWheat</b>

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.

# Pear Slices w/Blueberries (Pears with Blueberries)

SERVING SIZE	ALLERGIES
1/2 Cup	<b>ⓘ Contains: Blueberry; Pear</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	7 g	0 g	0 g	0 mg	5 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>	Blueberries, Fresh 8 Oz	1 lb 3 Oz	2 lb 7 Oz	4 lb 14 Oz	Chilled	Wash blueberries just before using. Drain pears. Portion 1/4 cup pears in each serving dish. Add 1/4 cup blueberries on top. Do NOT stir. Combine fruit as close to meal service as possible to avoid bleeding colors.
	Pears, Sliced JcPk 8 Oz	1 lb 3 Oz	2 lb 7 Oz	4 lb 14 Oz		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Steak Cubes Garlic (Garlic Steak Bites)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	400.0 °F	63 °C	Saute	3 Oz	<b>ⓘ Contains: Beef; Garlic; AllergenSoy; AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	1 g	20 g	13 g	20 mg	340 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>	Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Season beef with the salt and pepper.
	Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
	Pepper, Black Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp	
<b>3</b>	Oil, Olive	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Heat oil over medium-high heat. Place the beef in the pan in a single layer, working in batches as needed. Cook steak for 4-6 minutes, stirring occasionally, until golden brown on all sides. Repeat with remaining meat if working in batches.
<b>4</b>	Margarine, Solids	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup	Add margarine and garlic to the pan. Cook for 1-2 minutes, stirring so the meat is evenly coated in sauce. Add parsley and stir to combine.
	Garlic, Whole Fresh	0.5 Oz	1.5 Oz	3 Oz	6.5 Oz	

# Steak Cubes Garlic (Garlic Steak Bites)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Parsley, Fresh	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Minced	
5							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): 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.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
400.0 °F	Bake	#8 scoop	1/2 Cup	<b>ⓘ Contains: Potatoes, Sweet; AllergenMilk; Citrus; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	36 g	2 g	3.5 g	50 mg	85 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> Potato, Sweet Fresh	2 lb	5 lb	10 lb	20 lb	Boiled	Pre-prep: Zest Oranges. When potatoes are cool enough to handle, peel and cut in half lengthwise. Arrange in shallow pan. *Maintain <40F/4C. until ready to complete.
Orange Fresh Whole	0.4 whole	1 whole	2 whole	4 whole		
<b>3</b> Sugar, Brown Light	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		
Margarine, Solids	1.5 Oz	4 Oz	8 Oz	1 lb		Mix sugar, margarine, orange zest and juice. Heat to boiling point to make a syrup.
Juice Orange f/BIB 6 flz	1/3 Cup	1 Cup	2 Cup	1 Qt		
<b>4</b>						Pour Syrup over Potatoes and Bake to *internal temp 145F/62C for 15 sec.

# Potato Sweet Glazed Orange f/Fresh (Glazed Sweet Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
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							Cook Time: 20-30Minutes

# Juice Orange f/BIB 6 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	6 fl. oz	<b>ⓘ Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	0 g	20 mg	10 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>	Water, Tap	1 1/2 Qt	3 3/4 Qt	1 Gal 14 Cup	3 Gal 12 Cup	Prepare product as per package instructions.
	Juice, Orange Conc BIB 4:1	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt	
<b>3</b>						+CCP - Serve Chilled <40F/4C.

# Broccoli w/Red Peppers & Onions f/Frz (Broccoli w/Onions & Peppers)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	3 g	2 g	50 mg	40 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.
Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Melt half of the margarine and saute onions and pepper strips until wilted.
<b>2</b> Peppers, Red Fresh	3 Oz	8 Oz	1 lb	2 lb	Cut into Strips	
Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	6 Oz	Chopped	
<b>3</b> Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb		Steam or boil broccoli until tender, approximately 8-10 minutes. Toss hot broccoli with remaining margarine. Combine vegetables & seasoning.
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>4</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

## Broccoli w/Red Peppers & Onions f/Frz (Broccoli w/Onions & Peppers)

	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.