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FOOD DAY

INSPIRATION CALENDAR

- JAN -

04 National Spaghetti Day

13 National Gluten-Free Day

19 National Popcorn Day

20 National Cheese Lover's Day
[Macaroni & Cheese](#) > (Pages 3/4)

27 National Chocolate Cake Day

- FEB -

04 National Homemade Soup Day
[Potato Chowder](#) > (Pages 5/6)

09 National Pizza Day

12 Chinese New Year

14 Valentine's Day

20 National Muffin Day

- MAR -

01 National Peanut Butter Lover's Day

09 National Meatball Day

14 National "Pi" Day
[Key Lime Pie](#) > (Pages 7/8)

17 St. Patrick's Day

24 National Cheesesteak Day

- APR -

04 Easter Sunday

12 National Grilled Cheese

16 National Eggs Benedict

23 National Picnic Day
[Dill Potato Salad](#) > (Pages 9/10)

30 National Oatmeal Cookie Day

- MAY -

05 Cinco de Mayo

09 Mother's Day

13 International Hummus

16 National Barbecue Day
[Root Beer Ribs](#) > (Pages 11-14)

29 National Biscuit Day

- JUN -

03 National Egg Day
[Quiche Lorraine](#) > (Pages 15/16)

12 International Falafel Day

13 Cupcake Lover's Day

20 Father's Day

26 National Chocolate Pudding Day

- JUL -

01 Canada Day

04 Independence Day

18 National Ice Cream Day

Ice Cream Sundae & Toppings > (Pages 17/18)

28 National Hamburger Day

30 National Cheesecake Day

- AUG -

03 National Watermelon

04 National Chocolate Chip

10 National S'mores Day

S'mores Pudding > (Pages 19/20)

20 National Bacon Lover's Day

24 National Waffle Day

- SEP -

01 National Gyro Day

16 National Guacamole Day

22 First Day of Fall

Warm Sweet Potato & Apple Salad > (Pages 21/22)

26 National Pancake Day

29 National Coffee Day

- OCT -

01 National Pumpkin Spice

04 National Taco Day

11 Thanksgiving (Canadian)

17 National Pasta Day

Herbed Linguine > (Pages 23/24)

31 Halloween

- NOV -

04 Diwali

06 National Nachos Day

25 Thanksgiving (American)

28 National French Toast Day

(Pages 25/26)
Pumpkin French Toast >

28 First Day of Hanukkah

- DEC -

04 National Cookie Day

12 National Cocoa Day

12 Gingerbread House Day

Gingerbread & Fruit > (Pages 27/28)

25 Christmas Day

31 New Year's Eve

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MEAL  SUITE



Recipe - Macaroni & Cheese Entree (Macaroni & Cheese)

Cook Time : 30-40 min

Method : Bake

Serving Size : 1 Cup

Cook Temp : 350F/176C

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Macaroni, Elbow Dry	2 1/2 lb	4 lb	6 lb	7 1/2 lb
Margarine, Solids (Melted)	3/4 Cup	1 1/4 Cup	1 3/4 Cup	2 1/4 Cup
Flour, All Purpose	1 Cup	1 5/8 Cup	2 3/8 Cup	3 Cup
Salt, Iodized	1 1/2 tsp	2 3/8 tsp	1 1/4 Tbsp	1 1/2 Tbsp
Mustard, Powder	1 1/2 tsp	2 3/8 tsp	1 1/4 Tbsp	1 1/2 Tbsp
Sauce, Worcestershire	2 Tbsp	3 1/4 Tbsp	1/3 Cup	3/8 Cup
Milk, 2% Bulk	1/2 Gal	3/4 Gal	1 1/4 Gal	1 1/2 Gal
Cheese, Cheddar Shredded (Shredded)	2 lb	3 1/4 lb	4 3/4 lb	6 lb
Bread Crumbs, Plain	8 Oz	12 3/4 Oz	1 1/4 lb	1 1/2 lb
Margarine, Solids (melted - #2)	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Stir macaroni into boiling Water. Cook 10-12 min or until tender, stirring occasionally. Drain well.

2. Heat 1st portion margarine. Stir in flour and seasoning.

3. Add milk gradually, stirring constantly. Cook until thickened.

4. Add cheese to sauce; stir until smooth. Pour cheese sauce over macaroni. Mix well. Scale into baking pan(s), 12 lb per pan.

5. Combine bread crumbs and 2nd portion margarine. Sprinkle over macaroni and cheese. Bake to *internal temp of 145F/62C held for 15 sec.

6. CCP -- Maintain >140F/60C for only 4 hrs.

CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

Nutrient Analysis

Macaroni & Cheese Entree

Serving Size : 1 Cup (236.6 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	474 Kcal
Protein:	18.54 g
Carbohydrates:	49.30 g
Total Fat:	22.16 g
Monounsaturat Fat:	7.50 g
Polyunsaturat Fat:	3.23 g
Saturated Fat:	9.45 g
Trans Fat:	1.75* g
Water:	91 ml
Total Sugar:	6.06* g
Total Dietary Fiber:	2.00 g
Cholesterol:	42 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	380.35 mg
Magnesium:	48.12mg
Phosphorus:	345.14 mg
Potassium:	274.54 mg
Sodium:	556.78 mg
Copper:	0.184* mg
Iron:	2.15 mg
Manganese:	0.556* mg
Zinc:	2.521 mg

Vitamins

Vitamin A:	162.76* RE
Vitamin E:	0.82 mg
Thiamin (B1):	0.54 mg
Riboflavin (B2):	0.53 mg
Niacin (B3):	4.03 mg
Vitamin (B6):	0.13 mg
Vitamin B12:	0.84* mcg
Folacin:	132.56 mcg
Pantothenic Acid:	0.70* mg
Vitamin C:	0.34* mg
Vitamin D:	46.97* IU
Vitamin K:	8.46 mcg

Fatty Acids

Linoleic:	2.92 g
Oleic:	6.75 g

Other Information

Calories from Carbohydrates:	42%
Calories from Fat:	42%
Calories from Protein:	16%

Poly/SatFat:	0.34:1
Sodium/Potassium:	2.03:1
Calcium/Phosphorus:	1.10:1

* indicates 1 or more Unreported values.

Recipe - Soup Chowder Potato Bacon Hmd (Potato Chowder)

Cook Time : 1 1/2 hr

Method : Simmer

Serving Size : 6 Fl Oz

Cook Temp : 0

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Potato, Red Fresh (Diced)	4 lb	6 3/8 lb	9 5/8 lb	12 lb
Onion, Yellow (Minced)	3/4 Cup	1 1/4 Cup	1 3/4 Cup	2 1/4 Cup
Celery, Fresh (Minced)	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup
Bacon, Pork 18-22 ct NEP	4 Oz	6 3/8 Oz	9 5/8 Oz	12 Oz
Margarine, Solids	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup
Flour, All Purpose	3/8 Cup	5/8 Cup	7/8 Cup	1 1/8 Cup
Salt, Iodized	1 tsp	1 5/8 tsp	2 3/8 tsp	1 Tbsp
Pepper, White	1 tsp	1 5/8 tsp	2 3/8 tsp	1 Tbsp
Base, Chicken Paste G-F	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp
Water, Tap	1/2 Gal	3/4 Gal	1 1/4 Gal	1 1/2 Gal
Milk, 2% Bulk	1/2 Gal	3/4 Gal	1 1/4 Gal	1 1/2 Gal

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Preprep: Peel & dice Potatoes. Place Potatoes in Water until ready to cook to prevent discoloration.

Mince onion and celery.

2. Fry bacon until crisp. Drain well. Mince Bacon. *Chill <40F until ready to use.

Steam or boil potatoes until tender. *Maintain >140F.

3. Melt margarine; add flour and seasoning. Blend well and heat until well mixed.

4. Add base, water, and milk, stirring constantly. Simmer for 10 min.

5. Add potatoes, bacon, onion and celery. Heat to *internal temp >155F for 15 sec.

CCP -- Maintain >140F for only 4 hrs.

6. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.

CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Nutrient Analysis

Soup Chowder Potato Bacon Hmd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	136 Kcal
Protein:	4.73 g
Carbohydrates:	20.48 g
Total Fat:	4.12 g
Monounsaturat Fat:	1.60 g
Polyunsaturat Fat:	0.73 g
Saturated Fat:	1.57 g
Trans Fat:	0.41* g
Water:	209 ml
Total Sugar:	4.83* g
Total Dietary Fiber:	1.49* g
Cholesterol:	8 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	106.33 mg
Magnesium:	26.04mg
Phosphorus:	113.93 mg
Potassium:	374.13 mg
Sodium:	414.80 mg
Copper:	0.148* mg
Iron:	0.33 mg
Manganese:	0.138* mg
Zinc:	0.647 mg

Vitamins

Vitamin A:	43.56* RE
Vitamin E:	0.16* mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.17 mg
Niacin (B3):	1.24 mg
Vitamin (B6):	0.24 mg
Vitamin B12:	0.43* mcg
Folacin:	12.93 mcg
Pantothenic Acid:	0.69* mg
Vitamin C:	5.98* mg
Vitamin D:	38.26* IU
Vitamin K:	4.08* mcg

Fatty Acids

Linoleic:	0.65* g
Oleic:	1.53* g

Other Information

Calories from Carbohydrates:	59%
Calories from Fat:	27%
Calories from Protein:	14%

Poly/SatFat:	0.46:1
Sodium/Potassium:	1.11:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Recipe - Pie Key Lime Hmd (Key Lime Pie)

Cook Time :

Method : Bake

Serving Size : 1 Slice

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Egg, Shell Large	19 1/2 Each	31 1/8 Each	46 3/4 Each	58 1/2 Each
Milk, Cond Swt Cnd	5/8 Gal	1 Gal	1 1/2 Gal	1 7/8 Gal
Juice, Lime RTS	2 1/2 Cup	1 Qt	1 1/2 Qt	1 7/8 Qt
Pie Shell, 10 in RTB	3 1/8 Each	5 Each	7 1/2 Each	9 3/8 Each
Cream, Whipping Heavy	1 Cup	1 5/8 Cup	2 3/8 Cup	3 Cup

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Preprep: Separate Eggs. Save Whites for another use. In a large mixer beat Egg Yolks for 1-2 min.

2. Add Sweet Condensed Milk and Lime Juice.

3. Pour into 10" Pie Tart Shells. Bake at 325F for 20-30 min or until set.

4. Chill over night then top with Whipped Cream when ready to use. Cut 8 Slices per pie.

5. CCP - Chill <40F.

Nutrient Analysis

Pie Key Lime Hmd

Serving Size : 1 Slice (170.1 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	616 Kcal
Protein:	16.66 g
Carbohydrates:	82.56 g
Total Fat:	25.27 g
Monounsaturat Fat:	8.73 g
Polyunsaturat Fat:	2.23 g
Saturated Fat:	12.47 g
Trans Fat:	0.13* g
Water:	96 ml
Total Sugar:	68.40 g
Total Dietary Fiber:	0.81 g
Cholesterol:	198 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	384.14 mg
Magnesium:	43.15mg
Phosphorus:	415.34 mg
Potassium:	563.01 mg
Sodium:	333.31 mg
Copper:	0.083 mg
Iron:	1.72 mg
Manganese:	0.152 mg
Zinc:	1.819 mg

Vitamins

Vitamin A:	192.69 RE
Vitamin E:	0.85 mg
Thiamin (B1):	0.21 mg
Riboflavin (B2):	0.76 mg
Niacin (B3):	1.10 mg
Vitamin (B6):	0.15 mg
Vitamin B12:	0.90 mcg
Folacin:	53.99 mcg
Pantothenic Acid:	1.70 mg
Vitamin C:	4.81 mg
Vitamin D:	45.37 IU
Vitamin K:	2.81 mcg

Fatty Acids

Linoleic:	1.85 g
Oleic:	8.09 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	37%
Calories from Protein:	11%

Poly/SatFat:	0.18:1
Sodium/Potassium:	0.59:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Recipe - Potato Salad Dill f/Fresh (Dill Potato Salad)

Cook Time : 0

Method : Chill

Serving Size : 1/2 Cup

Cook Temp : 0

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Potato, Peeled & Diced Fresh	5 lb	8 lb	12 lb	15 lb
Oil, Vegetable	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup
Vinegar, White	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup
Juice, Lemon RTS	1 1/2 tsp	2 3/8 tsp	1 1/4 Tbsp	1 1/2 Tbsp
Pepper, Black Ground	3/4 tsp	1 1/3 tsp	2 tsp	2 3/8 tsp
Salt, Iodized	1 1/2 tsp	2 3/8 tsp	1 1/4 Tbsp	1 1/2 Tbsp
Garlic, Powder	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp
Dill, Weed Dried	2 Tbsp	3 1/4 Tbsp	1/3 Cup	3/8 Cup
Egg Boiled Hard Whole (Chopped)	5 Each	8 Each	12 Each	15 Each
Celery, Fresh (Diced)	1 Cup	1 5/8 Cup	2 3/8 Cup	3 Cup
Onion, Yellow (Chopped Fine)	1/2 Cup	2/3 Cup	1 Cup	1 1/3 Cup
Dressing, Mayo-Like Bulk	1 1/2 Cup	2 1/2 Cup	3 3/4 Cup	1 1/8 Qt

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Preprep: Peel potatoes. Dice celery and onion. Steam or boil potatoes until tender; drain, dice while warm.

2. Make a marinade of oil, vinegar, lemon juice, and seasoning. Add to warm potatoes and mix gently. *Marinate under refrigeration <40F.

3. Maintain <40F until ready to use.

4. Add eggs, celery, onion, to potatoes. Mix lightly. Add salad dressing. Mix carefully. *Chill <40F at least 1 hr.

5. CCP -- Keep chilled at <40F.

6. CCP -- Cool: product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.

Nutrient Analysis

Potato Salad Dill f/Fresh

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	136 Kcal
Protein:	2.96 g
Carbohydrates:	17.42 g
Total Fat:	6.24 g
Monounsaturat Fat:	2.46* g
Polyunsaturat Fat:	2.39* g
Saturated Fat:	1.01 g
Trans Fat:	0.01* g
Water:	100 ml
Total Sugar:	2.25* g
Total Dietary Fiber:	2.35 g
Cholesterol:	41 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	20.53 mg
Magnesium:	22.22mg
Phosphorus:	77.20 mg
Potassium:	410.22 mg
Sodium:	247.10 mg
Copper:	0.117 mg
Iron:	0.74 mg
Manganese:	0.173* mg
Zinc:	0.407 mg

Vitamins

Vitamin A:	16.56 RE
Vitamin E:	0.81* mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	1.00 mg
Vitamin (B6):	0.21 mg
Vitamin B12:	0.11 mcg
Folacin:	22.86* mcg
Pantothenic Acid:	0.41* mg
Vitamin C:	8.83 mg
Vitamin D:	8.70 IU
Vitamin K:	10.71* mcg

Fatty Acids

Linoleic:	1.91* g
Oleic:	2.40* g

Other Information

Calories from Carbohydrates:	50%
Calories from Fat:	41%
Calories from Protein:	9%

Poly/SatFat:	2.35:1
Sodium/Potassium:	0.60:1
Calcium/Phosphorus:	0.27:1

* indicates 1 or more Unreported values.

Recipe - Sauce BBQ Root Beer (Root Beer BBQ Sauce)

Cook Time :

Method : Simmer

Serving Size : 2 Tbsp

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Juice, Lemon RTS	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp
Garlic, Minced (Puree)	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp
Drink Soft Root Beer 12 flz	1 1/8 Cup	1 3/4 Cup	2 2/3 Cup	3 3/8 Cup
Ketchup, Bulk	1 1/8 Cup	1 3/4 Cup	2 2/3 Cup	3 3/8 Cup
Sauce, Worcestershire	3 1/2 Tbsp	1/3 Cup	1/2 Cup	2/3 Cup
Sauce, Hot	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp
Sugar, Brown Packed	2 1/2 Tbsp	1/4 Cup	3/8 Cup	1/2 Cup
Liquid Smoke	1 1/3 tsp	2 1/8 tsp	1 Tbsp	1 1/3 Tbsp
Pepper, Black Ground	5/8 tsp	7/8 tsp	1 3/8 tsp	1 3/4 tsp

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

Combine all ingredients. Bring to a boil and reduce heat and simmer until thickened about 20-25 minutes.

2. CCP -- Maintain >135F/57C or chill under refrigeration and maintain <40F/4C.

Nutrient Analysis

Sauce BBQ Root Beer

Serving Size : 2 Tbsp (29.58 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	23 Kcal
Protein:	0.15 g
Carbohydrates:	6.15 g
Total Fat:	0.02 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	0.00 g
Trans Fat:	0.00* g
Water:	20* ml
Total Sugar:	5.07 g
Total Dietary Fiber:	0.06 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	6.81 mg
Magnesium:	2.19*mg
Phosphorus:	5.02* mg
Potassium:	55.00* mg
Sodium:	138.32 mg
Copper:	0.018* mg
Iron:	0.19 mg
Manganese:	0.023* mg
Zinc:	0.037* mg

Vitamins

Vitamin A:	2.99 RE
Vitamin E:	0.16* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.02* mg
Niacin (B3):	0.18* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.00* mcg
Folacin:	1.35* mcg
Pantothenic Acid:	0.01* mg
Vitamin C:	1.52 mg
Vitamin D:	0.00* IU
Vitamin K:	0.45* mcg

Fatty Acids

Linoleic:	0.01* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	97%
Calories from Fat:	1%
Calories from Protein:	2%

Poly/SatFat:	2.66:1
Sodium/Potassium:	2.51:1
Calcium/Phosphorus:	1.36:1

* indicates 1 or more Unreported values.

Recipe - Pork Ribs Root Beer (Root Beer Ribs)

Cook Time : 0

Method : Bake

Serving Size : 1 Serving

Cook Temp : 300F

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Sauce BBQ Root Beer	25 Fl Oz	40 Fl Oz	60 Fl Oz	75 Fl Oz
Pork, Ribs Raw NEP	6 1/4 lb	10 lb	15 lb	18 3/4 lb

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Thaw Ribs at <40F.

Prepare Root Beer BBQ Sauce as per separate recipe. CCP - Maintain >140F.

2. Steam the ribs until tender.

Portion into 3 rib sections & place on sheet pans.

Brush with Root Beer BBQ sauce & bake at 300F until gooey & *internal temp of 155F is reached.

CCP - Maintain >140F for only 4 hrs.

Nutrient Analysis

Pork Ribs Root Beer

Serving Size : 1 Serving (181 g)
Item Type : Recipe
Food Description :

Macro Nutrients		Vitamins	
Calories:	295 Kcal	Vitamin A:	8.56 RE
Protein:	21.53 g	Vitamin E:	0.39 mg
Carbohydrates:	6.15* g	Thiamin (B1):	0.43 mg
Total Fat:	20.01 g	Riboflavin (B2):	0.33 mg
Monounsaturat Fat:	8.64 g	Niacin (B3):	7.28 mg
Polyunsaturat Fat:	3.29 g	Vitamin (B6):	0.40 mg
Saturated Fat:	7.25 g	Vitamin B12:	0.69 mcg
Trans Fat:	0.18 g	Folacin:	1.35* mcg
Water:	72 ml	Pantothenic Acid:	1.18 mg
Total Sugar:	5.07* g	Vitamin C:	1.52* mg
Total Dietary Fiber:	0.06* g	Vitamin D:	44.62 IU
Cholesterol:	78 mg	Vitamin K:	0.45* mcg
Alcohol:	0.00* g	Fatty Acids	
Caffeine:	0.00* mg	Linoleic:	2.93 g
Minerals		Oleic:	8.09 g
Calcium:	49.56 mg	Other Information	
Magnesium:	17.99mg	Calories from Carbohydrates:	10%
Phosphorus:	158.38 mg	Calories from Fat:	61%
Potassium:	278.07 mg	Calories from Protein:	29%
Sodium:	225.66 mg		
Copper:	0.121 mg	Poly/SatFat:	0.45:1
Iron:	1.05 mg	Sodium/Potassium:	0.81:1
Manganese:	0.032 mg	Calcium/Phosphorus:	0.31:1
Zinc:	2.890 mg		

* indicates 1 or more Unreported values.

Recipe - Quiche Lorraine (Quiche Lorraine)

Cook Time : 25-35 minutes

Method : Bake

Serving Size : 1 Slice

Cook Temp : 350F/177C

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Pie Shell, 10 in RTB	4 1/8 each	6 2/3 each	10 each	12 1/2 each
Egg, Liquid Frz	2 5/8 Cup	1 Qt	1 1/2 Qt	1/2 Gal
Milk, 2% Bulk	1 7/8 Qt	3/4 Gal	1 1/8 Gal	1 3/8 Gal
Salt, Iodized	3/4 tsp	1 1/4 tsp	1 7/8 tsp	2 1/3 tsp
Pepper, Black Ground	1/4 tsp	3/8 tsp	5/8 tsp	3/4 tsp
Ham, Buffet Flat Bnls (Minced)	8 1/3 Oz	13 1/3 Oz	1 1/4 lb	1 5/8 lb
Cheese, Parmesan Grated	4 1/8 Oz	6 5/8 Oz	9 7/8 Oz	12 1/3 Oz
Cheese, Swiss Shredded	1 3/8 lb	2 1/8 lb	3 1/4 lb	4 1/8 lb

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Pre-bake pie shells for 10 min in a preheated 400F/204C oven or per package instructions.

2. Beat eggs well. Add milk and seasonings and mix well. CCP -- Maintain <40F/4C if not using immediately.

3. Layer ham and cheeses into pie shells.

4. Pour egg mixture over the meat and cheese. Bake immediately at 350F for 25-35 min to reach *internal temp of 165F for 15 sec and until knife inserted in center comes out clean.

5. Cut each quiche in to 6 equal pieces, and serve. CCP -- Maintain >135F/57C.

6. CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.

7. CCP -- Reheat: To internal temp 165F/74C held 15 sec within 1 hr - one time only.

Nutrient Analysis

Quiche Lorraine

Serving Size : 1 Slice (170.1 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	377 Kcal
Protein:	17.59 g
Carbohydrates:	23.07 g
Total Fat:	23.49 g
Monounsaturat Fat:	8.59 g
Polyunsaturat Fat:	2.20 g
Saturated Fat:	10.23 g
Trans Fat:	0.36* g
Water:	107 ml
Total Sugar:	5.07 g
Total Dietary Fiber:	0.95 g
Cholesterol:	134 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	369.43 mg
Magnesium:	27.57mg
Phosphorus:	340.72 mg
Potassium:	223.57 mg
Sodium:	533.59 mg
Copper:	0.075 mg
Iron:	1.58 mg
Manganese:	0.199 mg
Zinc:	2.336 mg

Vitamins

Vitamin A:	166.06 RE
Vitamin E:	0.55* mg
Thiamin (B1):	0.21 mg
Riboflavin (B2):	0.44 mg
Niacin (B3):	1.46 mg
Vitamin (B6):	0.14 mg
Vitamin B12:	1.59 mcg
Folacin:	55.09 mcg
Pantothenic Acid:	1.00 mg
Vitamin C:	2.34 mg
Vitamin D:	62.43* IU
Vitamin K:	2.72* mcg

Fatty Acids

Linoleic:	1.94 g
Oleic:	8.00 g

Other Information

Calories from Carbohydrates:	25%
Calories from Fat:	56%
Calories from Protein:	19%

Poly/SatFat:	0.21:1
Sodium/Potassium:	2.39:1
Calcium/Phosphorus:	1.08:1

* indicates 1 or more Unreported values.

Recipe - Ice Cream Sundae & Toppings (Sundae & Toppings)

Cook Time : 0

Method : Make

Serving Size : 3/4 Cup

Cook Temp : 0

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Topping, Whip Base Non-Dairy Frz	6 Oz	9 5/8 Oz	14 3/8 Oz	1 1/8 lb
Ice Cream, Vanilla Bulk	3/4 Gal	1 1/4 Gal	1 3/4 Gal	2 1/4 Gal
Syrup, Chocolate	1 3/4 Cup	2 3/4 Cup	1 Qt	1 1/3 Qt
Cherries, Maraschino	25 Each	40 Each	60 Each	75 Each

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Prepare whipped topping according to manufacturer's instructions. Refrigerate whipped topping, syrup and cherries prior to preparation. Keep ice cream frozen until preparation. Take only 1 gallon of ice cream out at one time during preparation. *Maintain <40F.

2. Portion 1/2 cup Ice Cream topped with 1 Tbsp Syrup and 1 Tbsp Whipped Topping and 1 Cherry.

3. CCP -- Maintain <40F/4C.

Nutrient Analysis

Ice Cream Sundae & Toppings

Serving Size : 3/4 Cup (177.45 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	224 Kcal
Protein:	2.95 g
Carbohydrates:	31.80 g
Total Fat:	9.56 g
Monounsaturat Fat:	2.22 g
Polyunsaturat Fat:	0.35 g
Saturated Fat:	6.29 g
Trans Fat:	0.00* g
Water:	52 ml
Total Sugar:	26.89 g
Total Dietary Fiber:	1.05 g
Cholesterol:	30 mg
Alcohol:	0.00 g
Caffeine:	1.26 mg

Minerals

Calcium:	92.10 mg
Magnesium:	23.52mg
Phosphorus:	100.30 mg
Potassium:	186.05 mg
Sodium:	72.18 mg
Copper:	0.124 mg
Iron:	0.52 mg
Manganese:	0.091 mg
Zinc:	0.634 mg

Vitamins

Vitamin A:	82.05 RE
Vitamin E:	0.28 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.18 mg
Niacin (B3):	0.15 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.27 mcg
Folacin:	3.88 mcg
Pantothenic Acid:	0.40 mg
Vitamin C:	0.46 mg
Vitamin D:	5.53 IU
Vitamin K:	0.75 mcg

Fatty Acids

Linoleic:	0.22 g
Oleic:	2.06 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	38%
Calories from Protein:	5%

Poly/SatFat:	0.06:1
Sodium/Potassium:	0.39:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Recipe - Pudding Chocolate Marshmallow Graham f/Inst (S'mores Pudding)

Cook Time :

Method : Mix and Chill

Serving Size : 1/2 Cup

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Pudding Mix, Chocolate Inst	1 1/8 lb	1 3/4 lb	2 2/3 lb	3 3/8 lb
Milk, 2% Bulk	5/8 Gal	1 Gal	1 1/2 Gal	1 7/8 Gal
Marshmallows, Mini	1 1/2 lb	2 1/3 lb	3 1/2 lb	4 1/3 lb
Crackers Graham Bulk (crushed)	8 Oz	12 3/4 Oz	1 1/4 lb	1 1/2 lb

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Combine pudding mix and milk and blend until smooth.

2. Fold marshmallows into pudding mixture. Chill under refrigeration <40F/4C until set.

3. Place 1/2 tbsp of graham crackers crumbs in bottom of serving dish. Top with 1/2 cup pudding. Garnish with 1/2 tbsp of graham cracker crumbs.

4. CCP -- Maintain <40F/4C

Nutrient Analysis

Pudding Chocolate Marshmallow Graham f/Inst

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	245 Kcal
Protein:	4.83 g
Carbohydrates:	51.16 g
Total Fat:	3.37 g
Monounsaturat Fat:	0.94 g
Polyunsaturat Fat:	0.59 g
Saturated Fat:	1.64 g
Trans Fat:	0.09* g
Water:	92 ml
Total Sugar:	30.96 g
Total Dietary Fiber:	1.25 g
Cholesterol:	8 mg
Alcohol:	0.00 g
Caffeine:	2.25 mg

Minerals

Calcium:	135.71 mg
Magnesium:	28.56mg
Phosphorus:	126.63 mg
Potassium:	196.03 mg
Sodium:	206.15 mg
Copper:	0.157 mg
Iron:	0.79 mg
Manganese:	0.215 mg
Zinc:	0.750 mg

Vitamins

Vitamin A:	53.68 RE
Vitamin E:	0.17 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	0.58 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.52 mcg
Folacin:	14.21 mcg
Pantothenic Acid:	0.40 mg
Vitamin C:	0.20 mg
Vitamin D:	47.83 IU
Vitamin K:	1.55 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	12%
Calories from Protein:	8%

Poly/SatFat:	0.36:1
Sodium/Potassium:	1.05:1
Calcium/Phosphorus:	1.07:1

* indicates 1 or more Unreported values.

Recipe - Potato Sweet Salad w/Apple Hot f/Fresh (Warm Sweet Potato & Apple Salad)

Cook Time : 40 minutes

Method : Simmer

Serving Size : 1/2 Cup

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Oil, Olive	3/8 Cup	5/8 Cup	7/8 Cup	1 1/8 Cup
Potato, Sweet Fresh (Peeled & Cubed)	3 1/8 lb	5 lb	7 1/2 lb	9 3/8 lb
Onion, Yellow (Sliced)	1 Each	1 1/2 Each	2 3/8 Each	3 Each
Base, Vegetable Paste G-F	1/8 Oz	1/4 Oz	1/3 Oz	3/8 Oz
Water, Tap (Hot)	3/4 Cup	1 1/4 Cup	1 3/4 Cup	2 1/4 Cup
Apple Slices, Unswt Cnd (Drained)	1 1/2 Qt	5/8 Gal	7/8 Gal	1 1/8 Gal
Salt, Iodized	3/4 tsp	1 1/4 tsp	1 3/4 tsp	2 1/4 tsp
Pepper, Black Ground	3/4 tsp	1 1/4 tsp	1 3/4 tsp	2 1/4 tsp
Vinegar, Wine Red	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool, running water. Drain well.

Warm the oil in a skillet over medium heat. Add potatoes, stirring to coat lightly in the oil. Cook 4-6 minutes without stirring. Stir in onion and cook 3-4 minutes.

2. Combine vegetable base with water to make a broth. Stir broth in with potato mixture. Increase heat to medium and simmer 20 minutes.

3. Add apples and cook 5-7 minutes until potatoes and apples are fork tender and any liquid has thickened slightly.

4. Remove pan from heat. Add spices and vinegar. Toss to coat evenly. Serve immediately.

5. CCP -- Maintain >135F/57C. 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 temp of 165F/74C held 15 sec within 2 hrs - one time only.

Nutrient Analysis

Potato Sweet Salad w/Apple Hot f/Fresh

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	105 Kcal
Protein:	1.05 g
Carbohydrates:	18.72 g
Total Fat:	3.34 g
Monounsaturat Fat:	2.37* g
Polyunsaturat Fat:	0.36* g
Saturated Fat:	0.47 g
Trans Fat:	0.00* g
Water:	109* ml
Total Sugar:	8.28 g
Total Dietary Fiber:	2.45 g
Cholesterol:	0* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	20.91 mg
Magnesium:	16.58*mg
Phosphorus:	30.92* mg
Potassium:	242.94 mg
Sodium:	118.48 mg
Copper:	0.106* mg
Iron:	0.54 mg
Manganese:	0.179* mg
Zinc:	0.196* mg

Vitamins

Vitamin A:	402.63 RE
Vitamin E:	0.71* mg
Thiamin (B1):	0.07* mg
Riboflavin (B2):	0.05* mg
Niacin (B3):	0.37* mg
Vitamin (B6):	0.14* mg
Vitamin B12:	0.00* mcg
Folacin:	8.78* mcg
Pantothenic Acid:	0.48* mg
Vitamin C:	2.79 mg
Vitamin D:	0.00* IU
Vitamin K:	3.40* mcg

Fatty Acids

Linoleic:	0.33* g
Oleic:	2.31* g

Other Information

Calories from Carbohydrates:	67%
Calories from Fat:	29%
Calories from Protein:	4%

Poly/SatFat:	0.76:1
Sodium/Potassium:	0.49:1
Calcium/Phosphorus:	0.68:1

* indicates 1 or more Unreported values.

Recipe - Pasta Linguine Herbed (Herbed Linguine)

Cook Time :

Method : Boil

Serving Size : 1/2 Cup

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Margarine, Solids	8 Oz	12 3/4 Oz	1 1/4 lb	1 1/2 lb
Garlic, Fresh (Minced)	2 Tbsp	3 1/4 Tbsp	1/3 Cup	3/8 Cup
Cream Cheese, Bulk	1 2/3 lb	2 2/3 lb	4 lb	5 lb
Parsley, Fresh (Minced)	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup
Basil, Dried Leaves	1 Tbsp	1 5/8 Tbsp	2 3/8 Tbsp	3 Tbsp
Pepper, Black Ground	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp
Salt, Iodized	1/2 tsp	3/4 tsp	1 1/4 tsp	1 1/2 tsp
Water, Tap	2 Cup	3 1/4 Cup	1 1/4 Qt	1 1/2 Qt
Pasta, Linguine Dry	1 3/8 lb	2 1/4 lb	3 1/3 lb	4 1/8 lb
Water, Tap	1/2 Gal	3/4 Gal	1 1/4 Gal	1 1/2 Gal
Cheese, Parmesan Grated	1/4 Cup	3/8 Cup	5/8 Cup	3/4 Cup
Parsley, Fresh (Chopped)	2 Tbsp	3 1/4 Tbsp	1/3 Cup	3/8 Cup

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.

Melt margarine. Add garlic and cook until golden. Set aside.

2. Mix cream cheese on medium speed until fluffy, using flat paddle.

3. Blend spices and first portion of parsley into cream cheese.

4. Add 1st water gradually to cream cheese mixture. Mix until smooth. Add margarine and garlic, again mixing until smooth.

5. Cook pasta according to manufacturer's instructions. Rinse and drain.

6. Place cooked Pasta in counter pan(s). Stir cream cheese sauce into each pan of hot pasta. Cover. CCP - Maintain >135F/57C.

Sprinkle with parmesan cheese and parsley just before serving.

7. CCP - Maintain >135F/57C for only 4 hrs.

8. CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.

9. CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

Nutrient Analysis

Pasta Linguine Herbed

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	269 Kcal
Protein:	5.53 g
Carbohydrates:	20.89 g
Total Fat:	18.41 g
Monounsaturat Fat:	6.34 g
Polyunsaturat Fat:	2.81 g
Saturated Fat:	7.72 g
Trans Fat:	1.36* g
Water:	116 ml
Total Sugar:	1.82* g
Total Dietary Fiber:	0.92 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	52.94 mg
Magnesium:	19.30mg
Phosphorus:	88.35 mg
Potassium:	112.95 mg
Sodium:	224.58 mg
Copper:	0.096* mg
Iron:	1.11 mg
Manganese:	0.269* mg
Zinc:	0.586 mg

Vitamins

Vitamin A:	99.62* RE
Vitamin E:	0.79 mg
Thiamin (B1):	0.23 mg
Riboflavin (B2):	0.18 mg
Niacin (B3):	1.85 mg
Vitamin (B6):	0.07 mg
Vitamin B12:	0.08* mcg
Folacin:	63.95 mcg
Pantothenic Acid:	0.28 mg
Vitamin C:	1.41* mg
Vitamin D:	0.21* IU
Vitamin K:	25.41 mcg

Fatty Acids

Linoleic:	2.53 g
Oleic:	5.97 g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	61%
Calories from Protein:	8%

Poly/SatFat:	0.36:1
Sodium/Potassium:	1.99:1
Calcium/Phosphorus:	0.60:1

* indicates 1 or more Unreported values.

Recipe - Toast French Pumpkin Hmd (Pumpkin French Toast)

Cook Time :

Method : Grill

Serving Size : 1 Slice

Cook Temp :

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Milk, 2% Bulk	1 1/8 Cup	1 2/3 Cup	2 1/2 Cup	3 1/4 Cup
Pumpkin, Solid Cnd	1 3/8 Cup	2 1/4 Cup	3 1/3 Cup	1 Qt
Extract, Vanilla Imitation	1 Tbsp	1 2/3 Tbsp	2 1/2 Tbsp	3 1/8 Tbsp
Egg, Liquid Frz	1 lb	1 2/3 lb	2 1/2 lb	3 1/8 lb
Pumpkin Pie Spice	1 3/8 Tbsp	2 1/4 Tbsp	3 1/3 Tbsp	1/4 Cup
Cinnamon, Ground	2 1/8 tsp	1 1/8 Tbsp	1 2/3 Tbsp	2 1/8 Tbsp
Bread White	25 Slice	40 Slice	60 Slice	75 Slice

1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.

Combine milk, pumpkin, vanilla, eggs, and spices. Mix well.

2. Dip bread into egg mixture, flipping once to coat both sides. Grill on a well greased griddle until golden brown and internal temp reaches 160F/71C held for 15 sec.

3. CCP -- Maintain >135F/57C for only 4 hrs.

4. Discard unused product.

Nutrient Analysis

Toast French Pumpkin Hmd

Serving Size : 1 Slice (30 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	118 Kcal
Protein:	5.46 g
Carbohydrates:	16.57 g
Total Fat:	3.17 g
Monounsaturat Fat:	1.00 g
Polyunsaturat Fat:	0.84 g
Saturated Fat:	1.03 g
Trans Fat:	0.03* g
Water:	47 ml
Total Sugar:	2.76 g
Total Dietary Fiber:	1.33 g
Cholesterol:	73 mg
Alcohol:	0.19 g
Caffeine:	0.00 mg

Minerals

Calcium:	73.97 mg
Magnesium:	13.26mg
Phosphorus:	80.42 mg
Potassium:	108.63 mg
Sodium:	172.55 mg
Copper:	0.057 mg
Iron:	1.65 mg
Manganese:	0.271 mg
Zinc:	0.554 mg

Vitamins

Vitamin A:	143.58 RE
Vitamin E:	0.36 mg
Thiamin (B1):	0.17 mg
Riboflavin (B2):	0.20 mg
Niacin (B3):	1.48 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.25 mcg
Folacin:	51.18 mcg
Pantothenic Acid:	0.55* mg
Vitamin C:	0.67 mg
Vitamin D:	25.32 IU
Vitamin K:	2.45 mcg

Fatty Acids

Linoleic:	0.73 g
Oleic:	0.93 g

Other Information

Calories from Carbohydrates:	57%
Calories from Fat:	24%
Calories from Protein:	18%

Poly/SatFat:	0.82:1
Sodium/Potassium:	1.59:1
Calcium/Phosphorus:	0.92:1

* indicates 1 or more Unreported values.

Recipe - Cake Gingerbread Apple Top f/Mix (Gingerbread & Fruit)

Cook Time : 30 minutes

Method : Bake

Serving Size : 1 2x3~ Sq

Cook Temp : 350F/177C

Serve Utensil :

INGREDIENT NAME	25	40	60	75
Cake Mix, Gingerbread	1 5/8 lb	2 1/2 lb	3 3/4 lb	4 2/3 lb
Water, Tap	2 1/4 Cup	3 5/8 Cup	1 1/3 Qt	1 2/3 Qt
Pie Filling, Apple Cnd	1 1/4 Qt	1/2 Gal	3/4 Gal	7/8 Gal

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
Prepare cake per manufacturer's instructions.
2. Top with fruit filling. Other canned pie filling may be used.
3. Serve 2x3" Square.
4. CCP -- Maintain <40F/4C.

Nutrient Analysis

Cake Gingerbread Apple Top f/Mix

Serving Size : 1 2x3~ Sq (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	175 Kcal
Protein:	1.30 g
Carbohydrates:	34.47 g
Total Fat:	3.96 g
Monounsaturat Fat:	2.21 g
Polyunsaturat Fat:	0.51 g
Saturated Fat:	0.98 g
Trans Fat:	0.00* g
Water:	60 ml
Total Sugar:	20.26 g
Total Dietary Fiber:	0.99 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	29.33 mg
Magnesium:	7.19mg
Phosphorus:	67.64 mg
Potassium:	119.86 mg
Sodium:	210.89 mg
Copper:	0.104 mg
Iron:	1.48 mg
Manganese:	0.174 mg
Zinc:	0.122 mg

Vitamins

Vitamin A:	1.02 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.74 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	14.46 mcg
Pantothenic Acid:	0.09 mg
Vitamin C:	0.92 mg
Vitamin D:	0.00 IU
Vitamin K:	2.07 mcg

Fatty Acids

Linoleic:	0.48 g
Oleic:	2.22 g

Other Information

Calories from Carbohydrates:	77%
Calories from Fat:	20%
Calories from Protein:	3%

Poly/SatFat:	0.52:1
Sodium/Potassium:	1.76:1
Calcium/Phosphorus:	0.43:1

* indicates 1 or more Unreported values.