

Nutrient Summary: Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

Serving Size: 3/4cup (321.33gm) | **Allergens:** Beans/Legumes, Pepper (spice), Onion, Tomato, [Green peppers], Peppers Bell, Cinnamon, Cinnamon, Cinnamon, Cinnamon, Cinnamon, Carrots, Celery, Corn, Garlic, Allergy MSG, cumin, Raw vegetables, Black Pepper

MacroNutrients	
Calories	190 kcal
Carbohydrates	36 g
Total Dietary Fiber	7 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	6 g
Added Sugar	0 g
Protein	9 g
Total Fat	3 g
Alcohol	0 g
Caffeine	0 mg
Water	271.01 g

Minerals	
Calcium	100 mg
Iron	3.5 mg
Potassium	800 mg
Sodium	240 mg
Zinc	1.47 mg
Magnesium	76.22 mg
Phosphorus	150.66 mg
Copper	0.39 mg
Manganese	0.62 mg

Vitamins	
Vitamin A	166.03 RE
Vitamin C	37.65 mg
Vitamin D	0 mcg
Vitamin K	8.07 mcg
Vitamin E	2.34 mg
Thiamin (B1)	0.39 mg
Riboflavin (B2)	0.14 mg
Niacin (B3)	1.7 mg
Pantothenic Acid	0.56 mg
Vitamin B6	0.28 mg
Total Folacin	168.01 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	5 mg
Trans Fats	0.01 g
Saturated Fat	0 g
Linoleic FA	0.65 g
Oleic FA	1.46 g
Monounsaturated Fat	1.5 g
Polyunsaturated Fat	0.97 g

Other Information

Calories from Carbohydrates	69%	Calories from Fat	13%	Calories from Protein	18%
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Ply/SatFat	2.69:1	Sodium/Potassium	0.3:1	Calcium/Phosphorus	0.6:1
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** Indicates 1 or more Unreported values*

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Cook	3/4 Cup	ⓘ Contains: Beans/Legumes; Onion; Tomato; Peppers Bell; Cinnamon; Carrots; Celery; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	PROTEIN	TOTAL FAT	IRON	SODIUM	SATURATED FAT
190 kcal	9 g	3 g	3.5 mg	240 mg	0 g

	INGREDIENTS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Black Dry	1 lb 12 Oz	2 lb 13 Oz		Rinse beans and boil in first portion of water until tender but not mushy. Drain.
	Water, Tap	2 Qt	3 1/4 Qt		
3	Garlic, Whole Fresh	1/4 Cup	1/3 Cup	Minced	In a large pot, heat oil over medium high heat. Add onion and peppers and sauté until they begin to soften, 5-7 minutes. Add garlic, salt, pepper and spices and cook for additional 3-4 minutes until fragrant.
	Onion, Yellow	1 lb	1 lb 10 Oz	Diced	
	Oil, Vegetable	1/4 Cup	1/3 Cup		
	Cinnamon, Ground	1 tsp	1 1/2 tsp		

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

	INGREDIENTS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40		
	Cumin, Ground	1 1/2 tsp	2 tsp		
	Pepper, Black Ground	1 tsp	1 1/2 tsp		
	Chili Powder, Mild	1 Tbsp 2 tsp	2 Tbsp 1 tsp		
	Salt, Iodized	1 tsp	1 1/2 tsp		
	Pepper, Red Fresh	12 Oz	1 lb 3 Oz	Diced	
	Pepper, Green Fresh	12 Oz	1 lb 3 Oz	Diced	
4	Base, Vegetable Paste LS G-F	2 Tbsp	3 Tbsp 1 tsp		Add base to hot water and stir to dissolve. Add to pot with beans, squash, and tomatoes. Bring to a boil, reduce heat to medium and simmer for approximately 60 minutes, until squash is tender.
	Water, Tap	1 1/2 Qt	2 1/2 Qt	Hot	
	Tomato, Diced Cnd	1 1/4 Qt	2 Qt	w/Juice	
	Squash, Butternut Frz	3 lb	4 lb 13 Oz		
5					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Chili Black Bean Butternut Squash (Black Bean & Butternut Chili)

	INGREDIENTS	SERVINGS 25	SERVINGS 40	INGREDIENT PREP	PREPARATION STEP
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.

Nutrient Summary: Salad Chickpea Tomato Cucumber Onion (Chickpea Salad)

Serving Size: 1/2cup (136.42gm) | **Allergens:** Beans/Legumes, Pepper (spice), Tomato, Cucumber, Onion, Citrus, Lemon, Olives, Allergy MSG, Tomatoes, Fresh, Black Pepper

MacroNutrients	
Calories	150 kcal
Carbohydrates	20 g
Total Dietary Fiber	5 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	5 g
Added Sugar	0 g
Protein	6 g
Total Fat	6 g
Alcohol	0 g
Caffeine	0 mg
Water	103.65 g

Minerals	
Calcium	50 mg
Iron	2.25 mg
Potassium	350 mg
Sodium	250 mg
Zinc	1.06 mg
Magnesium	37.62 mg
Phosphorus	118.62 mg
Copper	0.25 mg
Manganese	0.7 mg

Vitamins	
Vitamin A	23.57 RE
Vitamin C	9.58 mg
Vitamin D	0 mcg
Vitamin K	31.72 mcg
Vitamin E	1.07 mg
Thiamin (B1)	0.09 mg
Riboflavin (B2)	0.06 mg
Niacin (B3)	0.6 mg
Pantothenic Acid	0.28 mg
Vitamin B6	0.13 mg
Total Folacin	114.14 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	0 mg
Trans Fats	0 g
Saturated Fat	1 g
Linoleic FA	1.13 g
Oleic FA	3.44 g
Monounsaturated Fat	3.52 g
Polyunsaturated Fat	1.19 g

Other Information

Calories from Carbohydrates	50%	Calories from Fat	35%	Calories from Protein	15%
Ply/SatFat	1.53:1	Sodium/Potassium	0.76:1	Calcium/Phosphorus	0.34:1

Salad Chickpea Tomato Cucumber Onion (Chickpea Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	ⓘ Contains: Beans/Legumes; Citrus; Cucumber; Lemon; Onion; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
150 kcal	20 g	6 g	6 g	350 mg	250 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Oil, Olive	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup		Whisk olive oil, lemon juice, salt and pepper in a large bowl until combined.
	Juice, Lemon RTS	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Salt, Iodized	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		
	Pepper, Black Ground	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		
3	Parsley, Fresh	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	Chopped Fine	Add all remaining ingredients and mix to coat with dressing.
	Onion, Red/Burmuda	5.5 Oz	9 Oz	13.5 Oz	1 lb 1 Oz	Chopped Fine	
	Tomato, Fresh	2 lb 3 Oz	3 lb 8 Oz	5 lb 4 Oz	6 lb 10 Oz	Chopped	

Salad Chickpea Tomato Cucumber Onion (Chickpea Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
Cucumber, Fresh	1 lb 4 Oz	2 lb	3 lb	3 lb 12 Oz	Chopped	
Beans, Garbanzo (Chickpeas) Cnd	1 1/2 Qt	2 1/2 Qt	3 3/4 Qt	1 Gal 1 Cup	Drained	
4						CCP -- Maintain <40F/4C; discard unused product.

Nutrient Summary: Squash Spaghetti w/Tomato Olives Feta (Greek Spaghetti Squash)

Serving Size: 1/2cup (123.98gm) | **Allergens:** AllergenMilk, Lactose Restricted, Onion, Tomato, cheese, Garlic, Tomatoes, Fresh, Tyramine, Raw vegetables, Basil, Olives, Lactose, Feta Cheese

MacroNutrients	
Calories	90 kcal
Carbohydrates	7 g
Total Dietary Fiber	1 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	3 g
Added Sugar	0 g
Protein	3 g
Total Fat	7 g
Alcohol	0 g
Caffeine	0 mg
Water	107.51 g

Minerals	
Calcium	75 mg
Iron	0.75 mg
Potassium	225 mg
Sodium	135 mg
Zinc	0.47 mg
Magnesium	14.15 mg
Phosphorus	55.75 mg
Copper	0.07 mg
Manganese	0.14 mg

Vitamins	
Vitamin A	44.71 RE
Vitamin C	11.3 mg
Vitamin D	0 mcg
Vitamin K	11.18 mcg
Vitamin E	1.25 mg
Thiamin (B1)	0.06 mg
Riboflavin (B2)	0.1 mg
Niacin (B3)	0.77 mg
Pantothenic Acid	0.26 mg
Vitamin B6	0.14 mg
Total Folacin	19.08 mcg
Vitamin B12	0.16 mcg

Fatty Acids	
Cholesterol	10 mg
Trans Fats	0.02 g
Saturated Fat	1.5 g
Linoleic FA	0.96 g
Oleic FA	3.3 g
Monounsaturated Fat	3.43 g
Polyunsaturated Fat	1.42 g

Other Information

Calories from Carbohydrates	26%	Calories from Fat	65%	Calories from Protein	10%
Ply/SatFat	0.85:1	Sodium/Potassium	0.61:1	Calcium/Phosphorus	1.17:1

Squash Spaghetti w/Tomato Olives Feta (Greek Spaghetti Squash)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: AllergenMilk; Garlic; Onion; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
90 kcal	7 g	3 g	7 g	225 mg	135 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Squash, Spaghetti	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Halved	Halve squash lengthwise and seed. Place squash cut sides down on a baking dish. Bake 30 min at 350F/176C.
3 Oil, Vegetable	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	Chopped	Heat oil. Sauté onion until tender. Add garlic, sauteing 2-3 min. longer. Stir in tomatoes and cook until warmed.
Onion, Yellow	3.13 each	5 each	7.5 each	9.38 each		
Garlic, Whole Fresh	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		
Tomato, Fresh	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Chopped	
4 Cheese, Feta	1 1/2 Cup	2 1/2 Cup	3 3/4 Cup	1 1/8 Qt		Using a large spoon, scoop the stringy pulp from the squash. Toss with vegetables, feta, olives and basil.

Squash Spaghetti w/Tomato Olives Feta (Greek Spaghetti Squash)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
	Olives, Black-Ripe Pieces	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup		
	Basil, Fresh	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup	Chopped	
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.

Nutrient Summary: Broccoli Lemon Walnut (Lemon Walnut Broccoli)

Serving Size: 1/2cup (142.02gm) | **Allergens:** Nuts, Visible, Pepper (spice), Nuts, AllergenSoy, Lemon, Allergy MSG, Walnuts, walnuts, Black Pepper, Broccoli, AllergenTreeNuts, AllergenMilk, Citrus, Nuts

MacroNutrients	
Calories	90 kcal
Carbohydrates	10 g
Total Dietary Fiber	4 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	2 g
Added Sugar	0 g
Protein	5 g
Total Fat	4.5 g
Alcohol	0 g
Caffeine	0 mg
Water	121.65 g

Minerals	
Calcium	75 mg
Iron	1.25 mg
Potassium	450 mg
Sodium	160 mg
Zinc	0.67 mg
Magnesium	35.71 mg
Phosphorus	106.23 mg
Copper	0.12 mg
Manganese	0.44 mg

Vitamins	
Vitamin A	58.29 RE
Vitamin C	117.61 mg
Vitamin D	0.4 mcg
Vitamin K	133.02 mcg
Vitamin E	1.44 mg
Thiamin (B1)	0.1 mg
Riboflavin (B2)	0.16 mg
Niacin (B3)	0.85 mg
Pantothenic Acid	0.82 mg
Vitamin B6	0.25 mg
Total Folacin	83.44 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	0 mg
Trans Fats	0.13 g
Saturated Fat	0.5 g
Linoleic FA	1.92 g
Oleic FA	1.45 g
Monounsaturated Fat	1.49 g
Polyunsaturated Fat	2.22 g

Other Information

Calories from Carbohydrates	38%	Calories from Fat	43%	Calories from Protein	19%
Ply/SatFat	3.64:1	Sodium/Potassium	0.35:1	Calcium/Phosphorus	0.6:1

Broccoli Lemon Walnut (Lemon Walnut Broccoli)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Steam	1/2 Cup	ⓘ Contains: AllergenMilk; AllergenSoy; AllergenTreeNuts; Broccoli; Citrus; Lemon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
90 kcal	10 g	5 g	4.5 g	450 mg	160 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1/4 Cup	1/3 Cup	2/3 Cup	3/4 Cup	Heat margarine until melted. Add nuts and cook, stirring constantly, until margarine turns brown, about 1-2 minutes.
	Nuts, Walnuts	3/4 Cup	1 1/3 Cup	2.0 Cup	2 1/2 Cup	
3	Lemon, Zest Fresh	2 Tbsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup	Grated Stir in seasonings, lemon zest and juice.
	Juice, Lemon RTS	2/3 Cup	1 1/8 Cup	1 2/3 Cup	2.0 Cup	
	Salt, Iodized	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp	
	Pepper, Black Ground	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp	

Broccoli Lemon Walnut (Lemon Walnut Broccoli)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
4	Broccoli, Florets Fresh	7 lb 1 Oz	11 lb 5 Oz	16 lb 15 Oz	21 lb 3 Oz		Steam broccoli until tender. Toss in nut mixture until evenly coated.
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.

Nutrient Summary: Soup Pasta Fagioli Bean Hmd (Pasta E Fagioli Soup)

Serving Size: 6fl. oz (281.27gm) | **Allergens:** Beans/Legumes, Cheese, Hard, Lactose Restricted, Pepper (spice), Gluten, Milk & Milk Product, Tomato, cheese, Onion, AllergenSoy, Carrots, Celery, Corn, AllergenMilk, Raw vegetables, Black Pepper, AllergenWheat, AllergenEggs, Lactose, Garlic, Onion

MacroNutrients	
Calories	330 kcal
Carbohydrates	57 g
Total Dietary Fiber	15 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	4 g
Added Sugar	0 g
Protein	19 g
Total Fat	4.5 g
Alcohol	0 g
Caffeine	0 mg
Water	197.64 g

Minerals	
Calcium	200 mg
Iron	5 mg
Potassium	1150 mg
Sodium	190 mg
Zinc	2 mg
Magnesium	146.62 mg
Phosphorus	365.3 mg
Copper	0.69 mg
Manganese	1.17 mg

Vitamins	
Vitamin A	24.92 RE
Vitamin C	8.65 mg
Vitamin D	0.2 mcg
Vitamin K	8.48 mcg
Vitamin E	1.05 mg
Thiamin (B1)	0.58 mg
Riboflavin (B2)	0.24 mg
Niacin (B3)	2.52 mg
Pantothenic Acid	0.9 mg
Vitamin B6	0.36 mg
Total Folacin	364.83 mcg
Vitamin B12	0.05 mcg

Fatty Acids	
Cholesterol	5 mg
Trans Fats	0.12 g
Saturated Fat	1 g
Linoleic FA	0.94 g
Oleic FA	1.73 g
Monounsaturated Fat	1.79 g
Polyunsaturated Fat	1.31 g

Other Information					
Calories from Carbohydrates	66%	Calories from Fat	12%	Calories from Protein	21%

Ply/SatFat	1.16:1	Sodium/Potassium	0.17:1	Calcium/Phosphorus	0.48:1
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* *Indicates 1 or more Unreported values*

Soup Pasta Fagioli Bean Hmd (Pasta e Fagioli Soup)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Boil	6 fl. oz	ⓘ Contains: AllergenEggs; AllergenMilk; AllergenSoy; AllergenWheat; Beans/Legumes; Carrots; Celery; Corn; Garlic; Onion; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
330 kcal	57 g	19 g	4.5 g	1150 mg	190 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	25	40	60	75			
1	Oil, Vegetable	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
	Margarine, Solids	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Onion, Yellow	2 3/4 Cup	1 1/8 Qt	1 3/4 Qt	2.0 Qt		Chopped
	Garlic, Whole Fresh	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Minced
2						Heat oil and margarine in heavy saucepan over medium heat. Add onions and garlic; saute until onion is tender, about 3 min.	
3	Water, Tap	2 Qt	3 1/4 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Add broth, beans, tomatoes, and water. Cover and bring to a boil over high heat. Decrease heat to medium and simmer until vegetables are tender, about 10 min.	
	Tomato, Diced Cnd	2 lb 8 Oz	4 lb	6 lb	7 lb 8 Oz		

Soup Pasta Fagioli Bean Hmd (Pasta e Fagioli Soup)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
Soup Broth Vegetable f/Base	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup		
Beans, Great Northern Dry	3 lb 13 Oz	6 lb 1 Oz	9 lb 2 Oz	11 lb 6 Oz		
4 Pasta, Shells Small Dry	2 Cup	3 1/4 Cup	1 1/4 Qt	1 1/2 Qt		Add pasta and boil with lid on until al dente, about 8 min. Add more water if necessary.
5 Pepper, Black Ground	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp		Season soup with black pepper.
6 Cheese, Parmesan Grated	3/4 Cup	1 1/4 Cup	2.0 Cup	2 1/3 Cup		Garnish with parmesan cheese at time of service.
7						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8						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.
9						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Soup Broth Vegetable f/Base (Vegetable Broth)

COOK METHOD	SERVING SIZE	ALLERGIES
Boil	6 fl. oz	ⓘ Contains: Carrots; Celery; Corn; Garlic; Onion; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
5 kcal	1 g	0 g	0 g	10 mg	20 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	25	40	60	75		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Vegetable Paste LS G-F	1/3 Cup	2/3 Cup	1.0 Cup	1 1/8 Cup	Heat Water and add Base, stirring until well dissolved to *internal temp of 145F for 15 sec.
	Water, Tap	1 Gal 1 Cup	1 Gal 5 Cup	2 Gal 5 Cup	3 Gal 3 Cup	
3						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.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Nutrient Summary: Cereal Oatmeal Peaches & Cream (Peaches & Cream Oatmeal)

Serving Size: 1/2cup (171.62gm) | **Allergens:** AllergenWheat, Lactose Restricted, Peach, Peaches, Oats, Milk & Milk Product, Oats, Oats, Gluten, Oats, Oats, AllergenMilk

MacroNutrients	
Calories	150 kcal
Carbohydrates	17 g
Total Dietary Fiber	2 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	3 g
Added Sugar	0 g
Protein	4 g
Total Fat	8 g
Alcohol	0 g
Caffeine	0 mg
Water	142.89 g

Minerals	
Calcium	30 mg
Iron	1 mg
Potassium	125 mg
Sodium	15 mg
Zinc	0.81 mg
Magnesium	31.93 mg
Phosphorus	97.94 mg
Copper	0.1 mg
Manganese	0.75 mg

Vitamins	
Vitamin A	82.4 RE
Vitamin C	0.78 mg
Vitamin D	0.4 mcg
Vitamin K	1.33 mcg
Vitamin E	0.35 mg
Thiamin (B1)	0.1 mg
Riboflavin (B2)	0.07 mg
Niacin (B3)	0.35 mg
Pantothenic Acid	0.33 mg
Vitamin B6	0.03 mg
Total Folacin	7.85 mcg
Vitamin B12	0.03 mcg

Fatty Acids	
Cholesterol	25 mg
Trans Fats	0.24 g
Saturated Fat	4.5 g
Linoleic FA	0.7 g
Oleic FA	1.93 g
Monounsaturated Fat	2.15 g
Polyunsaturated Fat	0.77 g

Other Information

Calories from Carbohydrates	43%	Calories from Fat	48%	Calories from Protein	9%
Ply/SatFat	0.17:1	Sodium/Potassium	0.09:1	Calcium/Phosphorus	0.28:1

Cereal Oatmeal Peaches & Cream (Peaches & Cream Oatmeal)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	200.0 °F	Simmer	#6 scoop	1/2 Cup	ⓘ Contains: AllergenMilk; AllergenWheat; Peach

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
150 kcal	17 g	4 g	8 g	125 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peaches, Sliced JcPk	1 3/4 Cup	3.0 Cup	1 1/8 Qt	1 1/2 Qt	Diced	Defrost peaches day before. Dice while slightly frozen for ease.
3 Cereal, Oatmeal Quick	1 lb 2 Oz	1 lb 13 Oz	2 lb 11 Oz	3 lb 6 Oz	Boiled	Measure water into kettle and bring to a boil. Stir in oats using a wire whip until oatmeal is thickened. Do not over stir, as this will cause the product to have a gummy consistency.
Water, Tap	3 Qt	1 Gal 1 Cup	1 Gal 5 Cup	2 Gal 2 Cup		
4 Cream, Whipping Heavy	2 Cup	3 1/4 Cup	1 1/4 Qt	1 1/2 Qt	Warm	Add peaches and cream and stir to blend. Reduce heat and cook until desired consistency is reached. (Thick and creamy but not sticky).

Cereal Oatmeal Peaches & Cream (Peaches & Cream Oatmeal)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
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							Discard unused product.

Nutrient Summary: Pasta Gnocchi with White Beans & Basil (Pesto Gnocchi With White Beans)

Serving Size: 1cup (243.16gm) | **Allergens:** Cauliflower, Pasta/Noodles Warm, Pepper (spice), Gluten, Greens, leafy, Corn, Carrots, Celery, Garlic, AllergenEggs, Onion, Tomato, Olives, AllergenCornStarch , Basil, Nitrates, AllergenMilk, Potatoes, Spinach, Cauliflower, Beans/Legumes, AllergenWheat, Black Pepper

MacroNutrients	
Calories	140 kcal
Carbohydrates	22 g
Total Dietary Fiber	5 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	2 g
Added Sugar	0 g
Protein	7 g
Total Fat	3.5 g
Alcohol	0 g
Caffeine	0 mg
Water	210 g

Minerals	
Calcium	100 mg
Iron	1.75 mg
Potassium	450 mg
Sodium	360 mg
Zinc	0.59 mg
Magnesium	49.72 mg
Phosphorus	119.48 mg
Copper	0.14 mg
Manganese	0.49 mg

Vitamins	
Vitamin A	58.23 RE
Vitamin C	24.98 mg
Vitamin D	0 mcg
Vitamin K	56.38 mcg
Vitamin E	0.81 mg
Thiamin (B1)	0.15 mg
Riboflavin (B2)	0.1 mg
Niacin (B3)	0.78 mg
Pantothenic Acid	0.28 mg
Vitamin B6	0.15 mg
Total Folacin	87.82 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	5 mg
Trans Fats	0 g
Saturated Fat	1 g
Linoleic FA	0.73 g
Oleic FA	1.64 g
Monounsaturated Fat	1.68 g
Polyunsaturated Fat	0.88 g

Other Information					
Calories from Carbohydrates	60%	Calories from Fat	23%	Calories from Protein	17%

Ply/SatFat	1.11:1	Sodium/Potassium	0.85:1	Calcium/Phosphorus	0.64:1
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* *Indicates 1 or more Unreported values*

Pasta Gnocchi with White Beans & Basil (Pesto Gnocchi with White Beans)

COOK-END TEMP	COOK METHOD	SERVING SIZE
145 °F	Boil	1 Cup

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Water, Tap	2 Qt	3 1/4 Qt	1 Gal 1 Cup	1 Gal 3 Cup		Combine first portion of water with base to make broth, set aside. In a small bowl combine cornstarch with second portion of (cold) water, stirring to make a smooth slurry. Set aside.
Base, Vegetable Paste LS G-F	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
Cornstarch	3 Tbsp	1/3 Cup	1/2 Cup	1/2 Cup		
Water, Tap	1/3 Cup	2/3 Cup	1.0 Cup	1 1/8 Cup	Cold	
Oil, Olive	2 Tbsp	3 Tbsp 1 tsp	1/3 Cup	1/3 Cup		In a large pot over medium heat, add oil and saute garlic for 30 seconds. Add the broth, cauliflower, and black pepper. Cover pot, bring to a boil and cook until cauliflower is tender, 10-12 minutes.
Garlic, Whole Fresh	1/4 Cup	1/3 Cup	2/3 Cup	3/4 Cup	Minced	
3 Cauliflower, Frz	3 lb 2 Oz	5 lb	7 lb 8 Oz	9 lb 6 Oz	Thawed	
Pepper, Black Ground	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		

Pasta Gnocchi with White Beans & Basil (Pesto Gnocchi with White Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
4	Basil, Fresh	3 Cup	1 1/4 Qt	1 3/4 Qt	2 1/4 Qt	Chopped	Remove cover, stir in cornstarch slurry, then reduce heat to medium high. Cook until liquid starts to thicken, 5-8 minutes. Remove from heat, stir in basil. Carefully puree mixture using stick blender or immersion blender until smooth and creamy. Add gnocchi, spinach, and beans to the pot. Stir, and cook over medium heat 8-10 minutes until gnocchi and beans are heated through. Serve immediately.
	Beans, Cannellini Cnd	3 lb 2 Oz	5 lb	7 lb 8 Oz	9 lb 6 Oz	Rinsed/Drained	
5	Pasta, Gnocchi	2 lb	3 lb 3 Oz	4 lb 13 Oz	6 lb		
	Spinach, Fresh	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Chopped	
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

Nutrient Summary: Rice Brown Sesame (Sesame Brown Rice)

Serving Size: 1/2cup (106.49gm) | **Allergens:** Rice, AllergenMilk, AllergenSesame, Onion, AllergenSoy, Seeds, Seeds, Allergy MSG

MacroNutrients	
Calories	110 kcal
Carbohydrates	21 g
Total Dietary Fiber	1 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	0 g
Added Sugar	0 g
Protein	3 g
Total Fat	2.5 g
Alcohol	0 g
Caffeine	0 mg
Water	80.21 g

Minerals	
Calcium	20 mg
Iron	0.75 mg
Potassium	100 mg
Sodium	110 mg
Zinc	0.59 mg
Magnesium	41.81 mg
Phosphorus	75.73 mg
Copper	0.1 mg
Manganese	1.03 mg

Vitamins	
Vitamin A	12.65 RE
Vitamin C	0.18 mg
Vitamin D	0.2 mcg
Vitamin K	3.39 mcg
Vitamin E	0.24 mg
Thiamin (B1)	0.12 mg
Riboflavin (B2)	0.01 mg
Niacin (B3)	1.2 mg
Pantothenic Acid	0.41 mg
Vitamin B6	0.14 mg
Total Folacin	6.6 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	0 mg
Trans Fats	0.09 g
Saturated Fat	0 g
Linoleic FA	0.8 g
Oleic FA	0.99 g
Monounsaturated Fat	1.01 g
Polyunsaturated Fat	0.89 g

Other Information					
Calories from Carbohydrates	73%	Calories from Fat	19%	Calories from Protein	8%
Ply/SatFat	2.07:1	Sodium/Potassium	1.36:1	Calcium/Phosphorus	0.23:1

* Indicates 1 or more Unreported values

Rice Brown Sesame (Sesame Brown Rice)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	Bake	1/2 Cup	ⓘ Contains: AllergenMilk; AllergenSesame; AllergenSoy; Onion; Rice

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
110 kcal	21 g	3 g	2.5 g	100 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Place rice, margarine, and salt in shallow baking pan. Add boiling water and stir. Cover pan with heavy duty foil. Bake at 350F/177C for 50-60 minutes until liquid is absorbed.
Rice, Brown Raw	1 lb 8 Oz	2 lb 6 Oz	3 lb 10 Oz	4 lb 8 Oz		
Margarine, Solids	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
Salt, Iodized	1 tsp	1 1/2 tsp	2 1/2 tsp	1 Tbsp		
Water, Tap	2 Qt	3 1/4 Qt	1 Gal 1 Cup	1 Gal 3 Cup	Boiled	
3						Remove from oven, uncover and fluff with fork. Drizzle sesame oil over rice, add sesame seeds and green onions and mix well to combine.
Oil, Sesame	1 1/2 tsp	2 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		

Rice Brown Sesame (Sesame Brown Rice)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
	Seeds, Sesame	1 Tbsp 2 tsp	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/4 Cup		
	Onion, Green/Spring/Scallions	1/4 Cup	1/3 Cup	2/3 Cup	3/4 Cup	Sliced Thin	
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.

Nutrient Summary: Spinach Strawberry Salad w/Drsg (Spinach Strawberry Salad)

Serving Size: 1 cup (89.43gm) | **Allergens:** Soy Products, Greens, leafy, Onion, Vegetarian Worcestershire Sauce, Raw vegetables, Nitrates, AllergenSulphites, Strawberry, AllergenFish, Spinach, AllergenSoy

MacroNutrients	
Calories	80 kcal
Carbohydrates	8 g
Total Dietary Fiber	1 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	6 g
Added Sugar	0 g
Protein	1 g
Total Fat	6 g
Alcohol	0 g
Caffeine	0 mg
Water	73.59 g

Minerals	
Calcium	30 mg
Iron	0.75 mg
Potassium	175 mg
Sodium	25 mg
Zinc	0.16 mg
Magnesium	16.99 mg
Phosphorus	19.99 mg
Copper	0.04 mg
Manganese	0.27 mg

Vitamins	
Vitamin A	75.9 RE
Vitamin C	11.98 mg
Vitamin D	0 mcg
Vitamin K	77.2 mcg
Vitamin E	1.36 mg
Thiamin (B1)	0.03 mg
Riboflavin (B2)	0.04 mg
Niacin (B3)	0.2 mg
Pantothenic Acid	0.06 mg
Vitamin B6	0.06 mg
Total Folacin	37.76 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	0 mg
Trans Fats	0.02 g
Saturated Fat	0 g
Linoleic FA	1.07 g
Oleic FA	3.37 g
Monounsaturated Fat	3.46 g
Polyunsaturated Fat	1.6 g

Other Information					
Calories from Carbohydrates	37%	Calories from Fat	60%	Calories from Protein	4%
Ply/SatFat	3.72:1	Sodium/Potassium	0.13:1	Calcium/Phosphorus	1.25:1

Spinach Strawberry Salad w/Drsg (Spinach Strawberry Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	ⓘ Contains: AllergenFish; AllergenSoy; AllergenSulphites; Onion; Spinach; Strawberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	POTASSIUM	SODIUM
80 kcal	8 g	1 g	6 g	175 mg	25 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Spinach, Fresh	3 Qt	1 Gal 1 Cup	1 Gal 5 Cup	2 Gal 2 Cup	Large Cut	Combine lettuce, spinach, red onions and strawberries. Set aside.
	Onion, Red/Burmuda	13.5 Oz	1 lb 5 Oz	1 lb 16 Oz	2 lb 8 Oz	Sliced Thin	
	Strawberries, Fresh	1 3/4 Cup	2 3/4 Cup	1.0 Qt	1 1/4 Qt	Sliced	
	Lettuce, Iceberg	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup	Large Cut	
3	Vinegar, White	2 1/2 Cup	1 Qt	1 1/2 Qt	2.0 Qt		Combine sugar, paprika, yellow onions, Worcestershire, and vinegar. Using a whisk, add oil in a slow stream. Whisk at least 2 min to dissolve sugar.
	Oil, Vegetable	2/3 Cup	1 Cup	1 1/2 Cup	2.0 Cup		

Spinach Strawberry Salad w/Drsg (Spinach Strawberry Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
Sauce, Worcestershire	2 1/8 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Onion, Yellow	1/4 Cup	1/3 Cup	2/3 Cup	3/4 Cup	Minced	
Paprika	2 1/8 tsp	1 Tbsp	1 Tbsp 2 tsp	2 Tbsp		
Sugar, Granulated Bulk	1/2 Cup	3/4 Cup	1 1/4 Cup	1 1/2 Cup		
4						Serve 1 cup salad mix with 2 Tbsp dressing.
5						CCP -- Maintain <40F/4C; discard unused product.

Nutrient Summary: Rice Pilaf w/Lentil (Wild Rice & Lentil Pilaf)

Serving Size: 1 cup (320.11 gm) | **Allergens:** Hulls/Peels, Peppers Bell, Lentil, Onion, Olives, Allergy MSG, Beans/Legumes, Rice, Celery, Garlic

MacroNutrients	
Calories	320 kcal
Carbohydrates	62 g
Total Dietary Fiber	5 g
Soluble Fiber	0 g
Insoluble Fiber	0 g
Insoluble Fiber	0 g
Total Sugars	4 g
Added Sugar	0 g
Protein	11 g
Total Fat	4 g
Alcohol	0 g
Caffeine	0 mg
Water	242.12 g

Minerals	
Calcium	100 mg
Iron	3 mg
Potassium	450 mg
Sodium	200 mg
Zinc	1.43 mg
Magnesium	36.06 mg
Phosphorus	168.91 mg
Copper	0.36 mg
Manganese	1.04 mg

Vitamins	
Vitamin A	44.99 RE
Vitamin C	40.97 mg
Vitamin D	0 mcg
Vitamin K	9.52 mcg
Vitamin E	1.07 mg
Thiamin (B1)	0.44 mg
Riboflavin (B2)	0.12 mg
Niacin (B3)	3.43 mg
Pantothenic Acid	0.99 mg
Vitamin B6	0.58 mg
Total Folacin	189.98 mcg
Vitamin B12	0 mcg

Fatty Acids	
Cholesterol	0 mg
Trans Fats	0 g
Saturated Fat	0.5 g
Linoleic FA	0.61 g
Oleic FA	2.47 g
Monounsaturated Fat	2.53 g
Polyunsaturated Fat	0.69 g

Other Information					
Calories from Carbohydrates	76%	Calories from Fat	11%	Calories from Protein	12%
Ply/SatFat	1.03:1	Sodium/Potassium	0.46:1	Calcium/Phosphorus	0.48:1

Rice Pilaf w/Lentil (Wild Rice & Lentil Pilaf)

COOK-END TEMP	COOK METHOD	SERVING SIZE
145 °F	Cook	1 Cup

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	3 1/2 Qt	1 Gal 3 Cup	2 Gal 1 Cup	2 Gal 4 Cup	Bring 1st portion of water to a boil in medium saucepan. Stir in lentils and return to boil. Reduce heat and simmer, uncovered, 10 min.
	Beans, Lentil Dry	2 2/3 Cup	1 1/8 Qt	1 1/2 Qt	2.0 Qt	
3	Rice, Wild & Long Grain Blend	1 lb 6 Oz	2 lb 3 Oz	3 lb 4 Oz	4 lb 1 Oz	Stir in rice. Cover tightly and simmer 5 min. Remove from heat; set aside.
	Rice, White Parboiled	1 lb 6 Oz	2 lb 3 Oz	3 lb 4 Oz	4 lb 1 Oz	
4	Salt, Iodized	1 3/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp	Meanwhile, heat large nonstick skillet over medium heat until hot. Add first portion of oil. Add onions, bell pepper, celery, garlic and oregano. Cook and stir 8-10 min or until celery is crisp-tender. Stir in 2nd portion of water and add salt.
	Water, Tap	1 3/4 Cup	2 3/4 Cup	1 1/8 Qt	1 1/4 Qt	
	Oil, Olive	2 Tbsp 1 tsp	3 Tbsp 2 tsp	1/3 Cup	1/2 Cup	

Rice Pilaf w/Lentil (Wild Rice & Lentil Pilaf)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
Onion, Yellow	1 3/4 Qt	2 3/4 Qt	1 Gal	1 Gal 2 Cup	Chopped Fine	
Pepper, Red Fresh	3.57 each	5.71 each	8.57 each	10.71 each	Chopped	
Celery, Fresh	3 1/2 Cup	1 1/2 Qt	2 1/8 Qt	2 3/4 Qt	Sliced Thin	
Garlic, Whole Fresh	14.29 each	22.86 each	34.28 each	42.86 each	Minced	
Oregano, Dry	1 3/4 tsp	2 3/4 tsp	1 Tbsp 1 tsp	1 Tbsp 2 tsp		
5 Oil, Olive	3 Tbsp 2 tsp	1/3 Cup	1/2 Cup	2/3 Cup		Stir onion mixture and 2nd portion of oil into rice mixture; toss gently.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

	INGREDIENTS	SERVINGS 25	SERVINGS 40	SERVINGS 60	SERVINGS 75	INGREDIENT PREP	PREPARATION STEP
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.