

**Menu Summary: Utensil-Free/ Patient Menu**

- **Task:** Create a utensil-free/finger-food menu for psychiatric patients on suicide watch and prisoner patients
- **Menu Limitations:** No utensils (plastic or stainless steel). No ceramic, glass, or heavy plastic cups or plates.
- **Cost:** Keep cost around \$2.00 average for the week, but okay to go over by a little.
- **Other:** Be creative where needed. I attempted to put healthier options on the menu, but was told these patient populations will not eat entrees such as vegetarian wraps/sandwiches. The goal is to provide meals that are as healthy as possible and that the patients will eat.

- **Menu**

	Breakfast	Lunch	Dinner
Sunday	Hard Boiled Egg, 2 Turkey Sausage Links, Whole Wheat Toast, Margarine & Grape Jam, Banana, Cut Cantaloupe pieces, Skim Milk	Cali Chicken Sliders with lettuce and tomato slices, Tater Tots, Dill Pickle Spear, Cherry Tomato & Broccoli Florets with Ranch Dip, Red Seedless Grapes, Graham Crackers	Ham Sandwich on Wheat Bread with lettuce and tomato, light mayonnaise & mustard, Baked Sweet Potato Fries, Cucumber Slices and Celery Sticks with Low Sodium Ranch Dressing, Plum, 2 Snickerdoodles
Monday	Breakfast Sandwich on Wheat, Green Seedless Grapes, Banana, Skim Milk	Classic BLT with Turkey Bacon, Tomato and Lettuce on White Bread, Spicy Baked Potato Wedges, Cucumber slices and Celery sticks, Apple & Orange slices, Chocolate chip cookie	Chicken Salad Sandwich on Wheat Roll with lettuce and tomato, Broccoli and Carrot crudité, Red Seedless Grapes, Cantaloupe wedge, Sugar Cookies
Tuesday	Sweet Potato Hash Brown Breakfast Burrito, Banana, Skim Milk	“Grandma” Pie Sicilian Pizza, Cherry Tomatoes and Broccoli Florets, Honeydew and Cantaloupe, Sugar Cookie	Big Daddy Carolina BBQ Pulled Pork Sandwich, Tater Tots, Broccoli Florets with Low Sodium Ranch Dressing, 2 Snickerdoodles

Wednesday	Farmhouse Breakfast Fold, Blueberry Muffin, Mandarin Orange, Skim Milk	Tomato and Bean Burrito, Carrots & Celery Sticks with Ranch Dressing, Red Seedless Grapes, Chocolate Chip Cookie	Tuna Salad Sandwich on Whole Wheat, Cucumber Slices and Celery Sticks with Low Sodium Ranch Dressing, Baked Potato Chips, Clementine Orange, Apple Slices with Nutella
Thursday	Multigrain Waffle Sticks with syrup, Turkey Sausage Link, Mixed Berries, Skim Milk	Ham Sandwich on Whole Grain Bread, Tomato Soup with Saltine Crackers, Vegetable Crudite, Apple, 2 Snickerdoodles	Mini Beef Sliders with lettuce and tomato slices, Baked Sweet Potato Fries, Carrot & Celery Sticks with Low Sodium Ranch Dressing
Friday	Cinnamon French Toast Sticks with syrup, Turkey Sausage Link, Hard Boiled Egg, Honeydew and Cantaloupe, Banana, Orange Slices, Skim Milk	2 Carne Tacos, Fresh Green Beans, Tortilla Chips with Salsa, Cucumber Slices & Celery Sticks, Apple	Fish Sticks with Tartar Sauce, Spicy Baked Potato Wedges, Carrot and Celery Sticks, Green Seedless Grapes, Honeydew Melon cubes
Saturday	Philly Steak Breakfast Flatbread Fold, Apple Bran Muffin, Red Seedless Grapes, Orange Juice, Skim Milk	Turkey Caesar Wrap, Spicy Baked Potato Wedges, Garden Vegetable Crudite with Orange Zinger Dip, Red Seedless Grapes, Rice Krispie Treats	Bistro Beef Sandwich with Charred Vegetables and Pesto Hummus, Sweet Potato Wedges, Apple, Chocolate Chip Cookie

# Menu Calendar Report

Cycle Day(s) included: Week 1 - Week 1, Sunday - Saturday

Meal Period(s) Included: Breakfast, Lunch, Dinner

Station(s) Included:

Menu(s) Included:

# Utensil Free Menu

Report Run: 10/10/2018

Production Area(s) Filtered: No

Recipe Categories Filtered: No

All Items

## Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Hard Boiled Egg [69542] 1 each	*Breakfast Sandwich [111915] 1 sandwich	*Sweet Potato Hash Burrito [71291] 1 sandwich	*Farmhouse Breakfast Fold [84148.13] 1 each	*Multigrain Waffles [36845.11] 1 serving(s)	*Cinnamon French Toast [63131] 3 half	*Philly Steak Flatbread [10851] 1 each
*Turkey Sausage Link [5828.5] 2 each	*Green Seedless Grapes [63376.2] 1/4 cup	*Banana [40362] 1 each	*Blueberry Muffin [4043] 1 each	*Syrup, Pancake, 1.4 oz [14589] 1 each	*Syrup, Pancake, 1.5 oz (43 ml) [7513] 1 each	*Apple Bran Muffin 2 oz [1287.5] 1 each
*Whole Wheat Toast [1129] 1 slice	*Banana [40362] 1 each	*Milk, Skim/Nonfat, 8 floz [3874] 1 each	*Mandarin Orange [20257.11] 1 each	*Turkey Sausage Link [5828.5] 1 each	*Turkey Sausage Link [5828.5] 1 each	*Red Seedless Grapes [63376] 1/4 cup
*Margarine, Smart Balance, 5g [104683] 1 each	*Milk, Skim/Nonfat, 8 floz [3874] 1 each		*Milk, Skim/Nonfat, 8 floz [3874] 1 each	*Mixed Berries [5443] 1/2 cup	*Hard Boiled Eggs [27251] 1 each	*Orange Juice [63589] 8 floz
*Jam, Grape, .5 oz [108427] 1 each				*Milk, Skim/Nonfat, 8 floz [3874] 1 each	*Honeydew and Cantalope [5251.4] 1/2 cup	*Milk, Skim/Nonfat, 8 floz [3874] 1 each
*Banana [40362] 1 each					*Banana [40362] 1 each	
*Cantaloupe [30664] 1 each					*Garnish-Orange Slices [2130] 1 each	
*Milk, Skim/Nonfat, 8 floz [3874] 1 each					*Milk, Skim/Nonfat, 8 floz [3874] 1 each	

## Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Cali Chicken Sliders [73939.4] 1 each	*Classic BLT on White [71007.31] 1 sandwich	**Grandma" Pie Sicilian Pizza [82234.1] 1 slice	*Tomato and Bean Burrito [1358] 2 each	*Ham Sandwich on Whole Grain [1942] 1 sandwich	*Carne Tacos [73939.6] 2 each	*Turkey Caesar Wrap [5817] 1 each
*Lettuce and Tomato [1451] 1 plate	*Spicy Potato Wedges [6509] 1/2 cup	*SR Cherry Tomatoes, Broccoli [12125.1] 1 plate	*Carrots and Celery Sticks [27447] 1 serving(s)	*Creamy Tomato Soup [27562] 1 ladle-6oz	*Fresh Green Beans [21354.2] 1/2 cup	*Spicy Potato Wedges [6509] 1/2 cup
*Tater Tots [1178] 1/2 cup	*Cucumber Slices and Celery [5152] 1 serving(s)	*Honeydew and Cantalope [5251.4] 1/2 cup	*Red Seedless Grapes [1112] 1/2 cup	*Saltine Crackers [1909] 1 each	*Tortilla Chips with Salsa [5802.1] 1 serving(s)	*Petite Hummus Crudite [19663.1] 1 plate
*Fresh Dill Pickle Spears [112543.1] 1 each	*Apple and Orange Slices [4759.1] 4 each	*Sugar Cookie [4736] 1 each	*Chocolate Chip Cookies [80257] 1 each	*Vegetable Crudite [10604.2] 4 ounce	*Cucumber Slices and Celery Sticks [5152] 1 serving(s)	*Red Seedless Grapes [63376] 1/4 cup

*Cherry Tomatoes, Broccoli and [12125] 1 plate	*Chocolate Chip Cookies [80257] 1 each	*Fuji Apple [1638.6] 1 each	*Fuji Apple [1638.6] 1 each	*Rice Krispie Treats [4431.4] 1 3" x 3"
*Red Seedless Grapes [1112] 1/2 cup	*Ketchup, French's, 9 g [116120] 1 each	*Snickerdoodles [5691] 2 each		
*Crackers, Graham, 3 Ct [1911] 1 each				

## Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Ham Sandwich on Wheat [1942.5] 1 sandwich	*Chicken Salad Sandwich on Wheat Roll [3626] 1 sandwich	*HH BBQ Pork Sandwich [62391.3] 1 sandwich	*Tuna Salad Sandwich on Whole Wheat [884] 1 plate	*Beef Sliders [69620] 2 each	*Fish Sticks [8131] 6 each	*Bistro Beef Sandwich [61832.2] 1 sandwich
*Lettuce and Tomato [1451] 1 plate	*Lettuce and Tomato [1451] 1 plate	*Tater Tots [25891] 1/2 cup	*Cucumber Slices and Celery Sticks [5152] 1 serving(s)	*Lettuce and Tomato [1451] 1 plate	*Sauce, Tartar, 12gm [19478] 1 serving(s)	*Sweet Potato Wedges [63058] 3 ounce
*Mayonnaise, Light, .44 oz [3814] 1 each	*Crudite [63098] 1 each	*Broccoli Florets [10959] 1/4 cup	*Salad Dressing, Ranch, Low Sodium, 1 oz [110712] 1 each	*Baked Sweet Potato Fries [38544] 3 ounce	*Spicy Potato Wedges [6509] 1/2 cup	*Fuji Apple [1638.6] 1 each
*Mustard, Dijon [9466] 1 each	*Red Seedless Grapes [1112] 1/2 cup	*Salad Dressing, Ranch, Low Sodium, 1 oz [110712] 1 each	*Chips, Potato, Baked, 1.12 oz [7779] 1 each	*Carrot and Celery Sticks [1270] 1 plate	*Carrot and Celery Sticks [1270] 1 plate	*Chocolate Chip Cookies [80257] 1 each
*Sweet Potato Fries [24924] 1/2 cup	*Garnish-Cantaloupe Wedge [2127] 1 each	*Snickerdoodles [5691] 2 each	*Clementine Orange [20257.10] 1 each	*Salad Dressing, Ranch, Low Sodium, 1 oz [110712] 1 each	*Green Seedless Grapes [63376.2] 1/4 cup	
*Cucumber Slices and Celery Sticks [5152] 1 serving(s)	*Sugar Cookies [4736.2] 3 each		*Apple Slices [4759] 1 serving(s)		*Cubed Honeydew Melon [1117] 1/4 cup	
*Salad Dressing, Ranch, Low Sodium, 1 oz [110712] 1 each			*Nutella [63112] 1 tbsp			
*Damson Plum [44283.5] 1 each						
*Snickerdoodles [5691] 2 each						

**Cover Page:**

**Cycle Day(s) Included:**

Week 1, Sunday - Week 1, Saturday

**Meal Period(s) Included:**

Breakfast, Lunch, Dinner

**Station(s) included:**

None Selected

**Menu(s) Included:**

[shortname not available]

**Production Area(s) Included:**

Cold Prep, Bakery, Hot Entree, Hot Side

**Recipe Categories Included:**

Accompany, Breakfast , Desserts, Fruit, Main Entree, Sauce/Gravy/Marinade, Side Salad, Soup, Starch/Grain, Vegetable, Yogurt, Condiments, Salad Dressings, Spreads/Dips/Salsas, Egg, French Toast/Pancake/Waffle, Other Breakfast Entree, Cakes/Cupcakes, Cobbler/Crisp, Cookie/Bar, Fruit Desserts, Dessert Icing/Filling/Sauce, Other Desserts, Pie/Pastry/Tart, Pudding/Parfait/Frozen, Fruit, Beef Entree, Chicken Entree, Fish Entree, Lamb/Veal Entree, Vegetarian Entree, Pizza/Calzone/Flatbread, Pork Entree, Salad Entree, Sandwich Cold, Sandwich Hot, Fish Shellfish Entree, Turkey Entree, Sauce/Gravy, Gelatin, Side Salad, Soup, Broth Base , Soup, Cream Base , Pasta, Grain, Rice, Other Vegetable, Yogurt, No Added Sugar Desserts, Casserole/Chili/Stew, Beverage Cold, Beverage Hot, Bread/Muffin, Bacon/Ham/Sausage, Sandwich/Wrap, Cereal Cold, Cereal Hot, Bread/Roll/Cracker, Snacks/Appetizers, Marinade/Spice/Mix, Garnish, Potato, Corn, Legume, Stuffing/Misc, Poultry Other, Candies, Deep Fried Food

# "Grandma" Pie Sicilian Pizza (82234.1)

Revision Date: Jul 20, 2018

Fresh Sicilian Pizza

Category: Main Entree-Pizza/Calzone/Flatbread

Production Area: Hot Entree

Source: Morrison

Prep Time: 5 mins


Minimum Batch:

Portion: 1 slice

Cook Time: 7 mins

Maximum Production:

(\*) Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Extra Virgin Olive Oil (15323)	AP	1-1/4 oz		
	Chopped Garlic Cloves, Fresh (2883)	AP	2-1/2 oz		
	 2Mato - No Cook Pizza Sauce (22370)		7-1/2 oz		
	Bread, Focaccia, 1/4 sheet (55827)	AP	1-1/4 ea		
	Cheese, Mozzarella, Part Skim, Shredded (1656)	AP	7-1/2 oz		
3	Grated Pecorino Romano Cheese (1696)	AP	2-1/2 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
	Defrost Focaccia 1/4 sheet 24 hours in advance.
2	Preheat oven to 550F
	For each 1/4 sheet brush dough with 1 oz olive oil and sprinkle evenly with 2 oz. chopped garlic. Ladle 6 oz. pizza sauce and spread evenly over focaccia, leaving 1" border on all edges. Sprinkle 6 oz. Mozzarella cheese evenly over sauced area of pizza sheet.
3	Bake assembled pie in preheated oven 7 minutes or until cheese is melting and bubbling. Remove from oven and sprinkle with the 2 oz. pecorino romano cheese. Slice into 8 even pieces and serve hot.

## Recipe Notes:

### Day (s) In Menu:

Lunch Day 3

# 18853 - Cinnamon French Toast (63131)

Revision Date: Jul 20, 2018

Category: Breakfast -French Toast/Pancake/Waffle

Production Area: Hot Entree  
Source: Morrison

**Prep Time: 15 mins**

**Portion: 3 half**

**Minimum Batch:**  
**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Egg, Liquid Cholesterol Free (2268)	AP	1 lb, 4 oz		
	Skim Milk, Half Gallon (3875)	AP	3/4 cup, 1 tbsp, 1 tsp		
	Imitation Vanilla Extract (2543)	AP	1-1/4 tsp		
2	White Sandwich Bread, Something Sweet Without AP Wheat (54095)	AP	15 slice		
3	Orange Twist, Fresh (4277)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Beat eggs, cinnamon, vanilla extract and skim milk in a shallow pan.  Preheat the grill on a well oiled griddle to 350F.
2	Dip both sides of the gluten free bread into egg mixture. Do not let the bread soak in the egg mixture.  Place bread on hot griddle and cook until golden brown on each side and temperature reaches 165F.
3	Cut each slice into 2 triangles. Portion 3 triangles of french toast on serving plate, garnish with orange twist and serve.

**Recipe Notes:**

For Avoiding Gluten recipes, no substitutions are allowed. Only specific ingredients from specific manufacturers can be used. These are detailed in an "Items Purchasing for Recipe Report" from Webtrition. Refer to My Compass for more detailed instructions.

**Day (s) In Menu:**

Breakfast Day 6

# Apple and Orange Slices (4759.1)

Revision Date: Jul 20, 2018

Fresh apples and oranges

Category: Fruit-Fruit

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 4 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Orange, 88 ct (4287)	AP	2-1/2 ea		
	Fresh Apples, Sliced (175)	AP	5 ea		
	Lemon Juice (3533)	AP	1/2 cup, 2 tbsp		
	Water (7641)	AP	2-1/2 cup		
3	Lettuce, Individual Leaf (3762)	AP	2-1/2 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Thoroughly wash apples and oranges in produce sink. Slice apples and oranges into 8 slices on produce cutting board. Pour lemon juice in water to make acidulated water. Dip apple(s) in the acidulated water to prevent browning. Cover and refrigerate until internal temperature reaches 41F.  Place 4 apples slices and 2 oranges slices in each 4 oz swirl cup, cover with lid.
3	On plate or small dish, lined with lettuce leaf, arrange sliced apple(s) in fan pattern. Hold cold for service.



**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 2



# Apple Bran Muffin 2 oz (1287.5)

Revision Date: Aug 31, 2018

Category: Breakfast -Bread/Muffin

Production Area: Bakery  
Source: Morrison

**Prep Time: 15 mins**

**Minimum Batch: 28**

**Portion: 1 ea**

**Cook Time: 15 mins**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		*28 Servings	Servings	Servings
1	Water (7641)	AP	1-1/2 cup, 2-3/4 tsp		
	Honey Bran Muffin Mix, 5 lb (3958)	AP	1 lb, 15 oz		
	Old Fashioned Oatmeal Cereal, Dry (10676)	AP	1/2 cup, 1 tbsp, 1 tsp		
	Cooking Spray, Pan Coating (7952)	AP	28 spray		
	Fresh Baking Apples, Peeled, Cored, 1/4" Small Diced (105)	AP	6-1/4 oz		

Step	Method
1	<p>Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods.</p> <p>Pour cool water into mixing bowl. Using rubber spatula, fold muffin mix and apples into water. Mix gently until batter is just moist and smooth. Do not over mix.</p> <p>Portion No.8 scoop muffin batter into each cup of muffin tin coated with nonstick spray. Sprinkle each muffin with 1 teaspoon. oatmeal.</p> <p>Bake until golden brown. Regular oven: 425F for 10 to 15 minutes; Convection oven: 375F for 12 to 15 minutes, turning pan in oven after 10 minutes.</p> <p>Remove muffin from pan and cool. Bag and label.</p>



**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 7

# Apple Slices (4759)

Revision Date: Aug 10, 2018

Fresh apples.

Category: Fruit-Fruit

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 serving**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Fresh Apples, Sliced (175)	AP	10 ea		
	Lemon Juice (3533)	AP	2-1/2 cup		
	Water (7641)	AP	2 qt, 2 cup		
3	Lettuce, Individual Leaf (3762)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Thoroughly wash apples in produce sink. Slice apples on produce cutting board. Pour lemon juice in water to make acidulated water. Dip apple(s) in the acidulated water to prevent browning. Cover and refrigerate until internal temperature reaches 41F.
3	On plate or small dish, lined with lettuce leaf, arrange sliced apple(s) in fan pattern. Hold cold for service.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 4

# Baked Sweet Potato Fries (24924)

Revision Date: Jul 20, 2018

Category: Vegetable-Potato

Production Area: Hot Side  
Source: Morrison

Portion: 1/2 cup

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Sweet Potato Fries (7669)	AP	1 lb, 14 oz		

Step	Method
1	Refer to HACCP plan Form HFS # 001 Prepared Hot for Hot Service.
2	Bake on sweet potato fries until internal temperature reaches 140F.  Portion 1/2 cup (3 oz) of sweet potato fries on serving dish. Hold warm for service.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 1

# Beverage: Juice, Orange, 100% (63589)

Revision Date: Jul 20, 2018

Category: Accompany-Beverage Cold

Production Area: Cold Prep  
Source: Morrison

Portion: 8 floz

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
	Orange Juice, 100% (3585)	AP	2 qt, 2 cup		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.

### Recipe Notes:

Component Station Signage  
Vegan, Vegetarian

### Day (s) In Menu:

Breakfast Day 7

# Big Daddy Carolina BBQ Pulled Pork Sandwich, Heart Healthy (62391.3)

Revision Date: Jul 20, 2018

Big Daddy Carolina BBQ pulled Pork Sandwich

Category: Main Entree-Sandwich Cold

Production Area: Hot Entree

Source: Morrison

**Minimum Batch:**

**Maximum Production:**

**Portion: 1 sandwich**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Barbecue Sauce, Gold (19900)	AP	1/2 cup, 2 tbsp		
	Fire Braised Pork Shoulder (57241)	AP	1 lb, 14 oz		
	Bun, Hamburger, Whole Grain, 2 oz (39695)	AP	10 ea		
	Tomatoes, Fresh, 1/4" Each Slice (16479)	AP	20 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.
2	Re-heat the pork to 165F and toss it in 1 tbsp of BBQ sauce. To make sandwich: Add 2 slices of tomatoes to the bun and top with 1/3 cup prepared BBQ pork. Finish with top of the bun and serve.



**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 3

# Bistro Beef Sandwich with Charred Vegetables and Pesto Hummus (61832.2)

Revision Date: Jul 20, 2018

Category: Main Entree-Beef Entree

Production Area: Cold Prep  
Source: Morrison-LTO-Limited Time Offer

Portion: 1 sandwich

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Hummus (3280)	AP	2 tbsp, 1-1/2 tsp		
	Pesto Sauce without Nuts (7713)	AP	2 tbsp, 1-1/2 tsp		
3	🔥 Grilled Vegetables (5294.10)		2 lb, 8 oz		
	Pot Roast, Clod Chuck, Fully Cooked (37190)	AP	1 lb, 9 oz		
	Bread, Whole Grain Thins (31303)	AP	10 ea		
	Lettuce, Romaine, Individual Leaf (3755)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.
2	Combine Hummus and pesto to a spread, set aside for service
3	Prepare the Grilled Vegetables and the Basil Pesto ahead of time and set aside in the refrigerator. Thinly slice the beef against the grain  Spread 1/2 Tbsp. Pesto Hummus on top of sandwich half, top with lettuce leaf Top with the 2 1/2 oz. thinly sliced beef and 1/2 cup grilled vegetables. Finish the sandwich with the top of the bread and serve.



Recipe Notes:

Day (s) In Menu:

Dinner Day 7

# Blueberry Muffin (3 oz) (4043)

Revision Date: Jul 20, 2018

Sweet blueberries in a fluffy cake.

Category: Breakfast -Bread/Muffin

Production Area: Bakery

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Unsweetened Blueberries, Frozen (969)	AP	3-1/4 oz		
	All Purpose Flour (2690)	AP	1 tbsp, 1/4 tsp		
2	Water (7641)	AP	1-1/4 cup, 1-1/2 tsp		
3	Variety Muffin Mix (3957)	AP	1 lb, 5-1/2 oz		

Step	Method
1	Dust frozen blueberries with flour. Hold for use in step 4.
2	Pour water in mixing bowl.
3	Using rubber spatula, fold in muffin mix. Mix gently until batter is just smooth and moist. Do not overmix.
4	Fold blueberries gently into batter. Do not overmix.
5	Portion a No. 8 scoop of muffin batter into each cup of muffin tin coated with nonstick spray.
6	Bake until golden brown. Regular oven: 425F for 15 to 20 minutes; Convection oven: 375F for 12 to 15 minutes, turning pan in oven after 10 minutes.
7	Portion 1 muffin in each serving dish.

**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 4

# Breakfast Sandwich on Wheat Bun (111915)

Revision Date: Sep 23, 2018


Category: Breakfast -Sandwich/Wrap

Production Area: Hot Entree  
Source: Morrison

**Portion: 1 sandwich**

**Minimum Batch:**  
**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients	10 Servings	Servings	Servings
2	 Egg Omelette, Low Cholesterol, PhD (844) Wheat Hamburger Bun (1115) AP Cooking Spray, Pan Coating (7952) AP Cheese, Cheddar, Shredded (1634) AP	30 oz (p) 10 ea 10 spray 1/2 cup, 2 tbsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Preheat griddle. Prepare Egg Omelet according to sub recipe. While omelet is cooking, spray each hamburger bun half with cooking spray and toast on griddle until golden brown. When omelet is finished, top with 1 tbsp. of shredded cheddar cheese and continue to cook until fully melted, about 2 minutes. To build the sandwich: Place omelet on bottom half of burger bun and top with other half. Serve immediately.

**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 2



# Breakfast: Multigrain Waffles (36845.11)

Revision Date: Aug 31, 2018

Category: Breakfast -French Toast/Pancake/Waffle

Production Area: Hot Entree  
Source: Eurest

**Portion: 1 serving**

**Minimum Batch:**  
**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Water (7641)	AP	1 qt, 1-3/4 cup, 1 tbsp		
	Cooking Spray, Pan Coating (7952)	AP	43-1/4 spray		
	Multigrain Pancake Mix (26868)	AP	2 lb, 10 oz		

Step	Method
1	<p>Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Whisk together pancake mix and water. Allow to rest for 5-10 minutes. Spray hot waffle maker with cooking spray and ladle 4 oz of batter onto one side of waffle maker. Follow instructions for waffle maker and remove when finished cooking.</p> <p>Portion: 1 each (4 oz) Hold Hot for Hot Service.</p>

**Recipe Notes:**

Vegetarian

**Day (s) In Menu:**

Breakfast Day 5

# Broccoli and Carrot Crudité (63098)

Revision Date: Jul 23, 2018

Broccoli and carrots served with buttermilk ranch dressing


Category: Accompany-Snacks/Appetizers

Production Area: Cold Prep  
Source: Morrison-Core Patient

**Minimum Batch:**  
**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Broccoli, Florets (1066)	AP	1 lb, 4 oz		
	Carrots, Fresh, Sticks, 3" (50974)	AP	10 oz		
	 Buttermilk Ranch Dressing ( Thick and Easy) (30196)		10 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Per serving: 2 oz. broccoli florets and 1 oz. carrot sticks with 1 oz. portion cup of ranch dressing.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 2

# Cali Chicken Sliders (73939.4)

Revision Date: Jul 23, 2018




Category: Main Entree-Sandwich Hot

Production Area: Hot Entree  
Source: Morrison-Conscious Cuisine Kitchen

**Minimum Batch:**  
**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients	10 Servings	Servings	Servings
2	Hawaiian Sweet Roll (7130) AP  Pulled Chicken, Shredded (70760)  Orange Jicama Slaw (32976.3)  Avocado Cream (24544.1)	10 ea 1 lb, 4 oz 10 oz 1/2 cup, 2 tbsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Cut the rolls in half. Place the bottom rolls on cutting board. Top each with 2 Tbps. cole slaw 2 oz shredded braised chicken 1 Tbsp. avocado cream Place top buns on sandwiches, arrange on serving plate and serve immediately. Serving Size: 1 slider



**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 1

# Carne Tacos (73939.6)

Revision Date: Aug 30, 2018

Category: Main Entree

Production Area: Hot Entree  
Source: Morrison-Conscious Cuisine Kitchen

Portion: 2 ea

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients	20 Servings	Servings	Servings
2	Superfoods Tomato: Roasted Tomato Salsa (29031)	1-1/4 cup		
	Queso Fresco Mexican Cheese (13380) AP	5 oz		
	Tomato Braised Beef (57449)	2 lb, 8 oz		
	Avocado Cream (24544.1)	1-1/4 cup		
	Corn Tortilla, 6" (7578) AP	20 ea		
	Lettuce, Individual Leaf (3762) AP	5 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Heat corn tortilla quickly on griddle or steam wrapped in foil. In the center of each tortilla spoon 1 Tbsp. avocado cream top with 1 (1/4) lettuce leaf 2 oz shredded braised beef 1 Tbsp. tomato salsa 1/2 Tbsp. crumbled queso fresco Gently fold over tortilla to form a taco, arrange on serving plate and serve immediately. Serving size 2 taco



**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 6

# Carrot and Celery Sticks (1270)

Revision Date: Sep 23, 2018

Category: Side Salad-Side Salad


Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 plate**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Carrot Sticks, Fresh (1300)	AP	2 lb		
	Celery, Sticks (1404)	AP	2 lb		
	Lettuce, Individual Leaf (3762)	AP	10 ea		
	Parsley, Each Leaf, Fresh (4318)	AP	10 ea		
	 Salad Dressing, Ranch, Fat Free, .42 oz, PC (7166)		10 serving		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Thoroughly wash all produce. Pre-chill ingredients.
2	Portion 1 lettuce leaf in each bread plate. Place 4 carrot and 4 celery sticks over lettuce. Garnish with 1 parsley sprig. Cover and refrigerate until internal temperature reaches 41F or less. Place 1 salad dressing packet on each plate. Hold cold for service.

**Recipe Notes:**

**Day (s) In Menu:**

- Dinner Day 5
- Dinner Day 6

# Carrots & Celery Sticks with Ranch (27447)

Revision Date: Jul 20, 2018

Category: Accompany-Snacks/Appetizers

Production Area: Cold Prep  
Source: Morrison

Prep Time: 5 mins

Portion: 1 serving

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Cherry Tomatoes, Fresh, Halved (7537)	AP	15 ea		
	Celery, Fresh (1353)	AP	10 oz		
	Carrots, Baby (1314)	AP	10 oz		
3	Salad Dressing, Ranch, Fat Free (13803)	AP	10 oz		

Step	Method
1	Refer to HACCP Plan Form: HFS# 004 Prepared Cold for Cold Service.  Pre-Chill Ingredients.
2	Take cherry tomatoes and core out inside Cut celery stick in 2 equal halves Cut one half celery into sticks. Cut holes into into remainig celery stick and assemble sticks and tomatoes as shown in picture.
3	Serve 1 ounce baby carrots on the side of celery log along with 1 ounce of Ranch dipping sauce.



Recipe Notes:

Day (s) In Menu:

Lunch Day 4

# Chicken Salad Sandwich (Wheat Roll) (3626)

Revision Date: Sep 23, 2018

Moist chicken salad, in a light dressing

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 sandwich**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients	10 Servings	Servings	Servings
1	🍷 Chicken Salad Sandwich Spread, SR/FR (1472)	1 lb, 14 oz		
	Wheat Roll Dough, 1.5 oz (2255) AP	10 ea		
2	Parsley, Each Leaf, Fresh (4318) EP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Prepare Chicken Salad Sandwich Spread according to recipe. Place No. 12 scoop of chicken salad on bottom half of roll. Place top half of roll over chicken salad to form sandwich. Cover and refrigerate until internal temperature reaches 41F or less.
2	Portion 1 sandwich in each serving dish. Garnish with 1 parsley sprig. Hold cold for service. Note: 1. Serve with Lettuce and Tomato Slices, according to recipe.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 2

# Chocolate Chip Cookies (using Frz Dough, 1.33 oz) (80257)

Revision Date: Sep 2, 2018

Rich and chewy!

Category: Desserts-Cookie/Bar

Production Area: Bakery

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Chocolate Chip Cookie Dough, 1.33 oz (2198) AP		10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods.  Evenly space cookies on sheet pans covered with pan paper.
2	Bake according to directions provided by manufacturer for your oven type.
3	Portion 1 cookie in each serving dish.



**Recipe Notes:**

**Day (s) In Menu:**

- Lunch Day 2
- Lunch Day 4
- Dinner Day 7



# Classic BLT, Turkey Bacon, Tomato and Lettuce on Country White Bread (71007.31)

Revision Date: Jul 23, 2018

Classic BLT, Turkey Bacon, Tomato and Lettuce on Country White Bread


Category: Main Entree-Sandwich Cold

Production Area: Cold Prep  
Source: Morrison-MHC-On The Go

**Minimum Batch:**  
**Maximum Production:**

**Portion: 1 sandwich**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Tomatoes, Each Slice (7552)	EP	1 lb, 14 oz		
	Boston Bibb Lettuce (9224)	EP	2-1/2 oz		
	Bread, White, Slice (1074)	AP	20 slice		
	Light Mayonnaise, Kraft (81134)	AP	1-1/4 cup		
	 Turkey Bacon (8735)		40 slice		

Step	Method
1	<p>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.</p> <p>Place bacon on a pan and cook in a 300 F degree oven until crisp, about 15 minutes (make in bulk). Remove from pan and place on a rack to drain. Cool and set aside.</p> <p>NOTE: Use Country Style loaf bread</p> <p>Toast both slices of bread. Spread 1 tbsp mayo on each side of bread. Assemble sandwich on one piece of bread with 1/4 oz lettuce, 3 oz sliced tomatoes, and 4 strips of cooked bacon. Top with second slice of bread and cut sandwich in half on bias to create two triangles. Place sandwich into appropriate container/bag; seal and label. Hold cold for cold service.</p> <p>Portion Size: 1 Sandwich</p>



**Recipe Notes:**

Premium

**Day (s) In Menu:**

Lunch Day 2

# CTW Farmhouse Breakfast Fold (84148.13)

Revision Date: Jul 20, 2018

Category: Breakfast -Sandwich/Wrap

Production Area: Hot Entree  
Source: Morrison-Central Table Cafe

**Minimum Batch:**  
**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Whole Wheat Flatbread, 2.7 oz (84973)	AP	10 ea		
2	Cheddar Cheese, Shredded (1645)	AP	1/2 cup, 2 tbsp		
	Cholesterol Free Omelette, 3 oz (4186)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Place flatbread on cutting board.
2	Place omelet on bottom of flatbread. Sprinkle with 2 Tbsp shredded cheddar cheese. Fold over Flatbread. Heat in turbo chef. Arrange on serving plate.



**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 4

# Cucumber Slices and Celery Sticks (5152)

Revision Date: Jul 20, 2018

Category: Vegetable-Other Vegetable

Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 serving**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Cucumbers, Each Slice (2099)	AP	60 ea		
	Celery, Sticks (1404)	AP	60 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
	Thoroughly wash produce. Pre-chill ingredients.
2	Portion 6 celery sticks and 6 cucumber slices in each serving dish. Hold cold for service.

**Recipe Notes:**

**Day (s) In Menu:**

- Dinner Day 1
- Lunch Day 2
- Dinner Day 4
- Lunch Day 6

# DOC - Tortilla Chips with Salsa (5802.1)

Revision Date: Jul 20, 2018

Crispy and delicious

Category: Accompany-Snacks/Appetizers

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 serving**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Round Tortilla Chips (1772)	AP	10 oz		
	Salsa Sauce (7200)	AP	2-1/2 cup		

Step	Method
1	Refer to HACCP Plan Form: HFS# 006 Non Refrigerated Baked Goods. Portion 1 oz chips (approximately 6 Tortilla Chips) in bowl. Portion 1/4 cup salsa in souffle cup.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 6

# Eggless Breakfast: Rooted: Sweet Potato Hash Breakfast Burrito (71291)

Revision Date: Jul 20, 2018

Shredded sweet potato hash with black bean avocado salsa in a spinach wrap

Category: Breakfast -Sandwich/Wrap

Production Area: Hot Entree  
Source: CHE Resident-Core 80

**Portion: 1 sandwich**      **Prep Time: 20 mins**      **Minimum Batch:**  
**Cook Time: 20 mins**      **Maximum Production:**  
(\* Indicates servings have been adjusted in accordance with assigned batch sizes.)

Step	Ingredients		10 Servings	Servings	Servings
1	Sweet Potatoes, Fresh, Peeled (12862)	EP	1 lb, 4 oz		
	Diced Onions, Fresh (9058)	EP	3-1/4 oz		
	Minced Garlic Cloves, Fresh (2893)	EP	2-1/2 tsp		
	Kosher Salt (7411)	AP	1/2 tsp		
	Ground Black Pepper (7390)	AP	1/8 tsp		
	Canola Oil (4208)	AP	2-1/2 tsp		
2	Black Beans, Canned, Drained, Rinsed (8212)	AP	10 oz		
	Mango, Fresh, Peeled, Diced (3748)	EP	10 oz		
	Avocado, Fresh, Diced (62596)	EP	10 oz		
	Jalapeno Peppers, Fresh, Minced (7702)	EP	3 tbsp, 1 tsp		
	Lemon Juice, Fresh (3539)	AP	2 tbsp, 1-1/2 tsp		
	Kosher Salt (7411)	AP	1/2 tsp		
	Ground Black Pepper (7390)	AP	1/8 tsp		
	Onions, Red, Fresh, Diced (4257)	EP	1-1/4 oz		
3	Tortilla, 12" Spinach Herb (7577)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Heat oil in a hot skillet or flat top and saute sweet potatoes, onions and garlic. Season with salt and freshly ground black pepper and set aside.
2	Mix together all salsa ingredients and hold cold.
3	Warm spinach tortilla and for each burrito place 1/2 cup of sweet potato hash and 3/4 cup black bean salsa and wrap up. Toast rolled burrito until toasted and serve immediately.
	Portion size: 1 burrito (10 oz wt each) Serve Immediately.

# **Eggless Breakfast: Rooted: Sweet Potato Hash Breakfast Burrito (71291)**

Revision Date: Jul 20, 2018

*Shredded sweet potato hash with black bean avocado salsa in a spinach wrap*



## **Recipe Notes:**

Vegan

## **Day (s) In Menu:**

Breakfast Day 3

# Fish Sticks (8131)

Revision Date: Jul 20, 2018

Tender pieces of fish

Category: Main Entree-Fish Entree

Production Area: Hot Entree

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 6 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Breaded Pollock Fish Sticks, 1 oz (8063)	AP	3 lb, 13 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
	Fry fish in deep-fat fryer at 350F for 4 to 6 minutes until golden brown and internal temperature reaches 165F. Drain well.
2	Portion 6 ounces or 6 pieces of fish in each serving dish. Hold warm for service.
	Note: 1. Tartar, cocktail sauce, barbecue sauce, ranch dressing, or other dipping sauces may be offered for retail services.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 6

# Fresh Cherry Tomatoes & Broccoli Florets w/ Ranch Dip (12125)

Revision Date: Jul 20, 2018

Cherry Tomatoes & Broccoli w/ Ranch Dip

Category: Side Salad-Side Salad

Production Area: Cold Prep

Source: Morrison

Prep Time: 5 mins

Minimum Batch: 1

Maximum Production:

Portion: 1 plate

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Tomatoes, Cherry (7536)	AP	50 ea		
	Broccoli, Florets (1066)	AP	30 ea		
	Ranch Dressing (7164)	AP	10 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service  Wash cherry tomatoes and broccoli florets. Place 4 ounces (approximately 5 cherry tomatoes and 3 broccoli florets) in serving dish. Place 1 oz Ranch Dressing in 2 oz portion cup and serve.



Recipe Notes:

Day (s) In Menu:

Lunch Day 1



# Fresh Cherry Tomatoes & Broccoli Florets, SR (12125.1)

Revision Date: Jul 20, 2018

Cherry Tomatoes & Broccoli

Category: Side Salad-Side Salad

Production Area: Cold Prep

Source: Morrison

Prep Time: 5 mins

Minimum Batch: 1

Portion: 1 plate

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Tomatoes, Cherry (7536)	AP	50 ea		
	Broccoli, Florets (1066)	AP	30 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service  Wash cherry tomatoes and broccoli florets. Place 4 ounces (approximately 5 cherry tomatoes and 3 broccoli florets) in serving dish.



Recipe Notes:

Day (s) In Menu:

Lunch Day 3

# Fresh Cut Cantaloupe, Outtakes (MMS) (30664)

Revision Date: Jul 20, 2018

Delicious cantaloupe.

Category: Fruit-Fruit

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Cantaloupe, Cubed (1221)	EP	3 qt, 3 cup		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Layer 1 1/2 cups cantaloupe in an 9 oz. outtakes container and cover with lid. Label with outtakes sticker and hold cold under refrigeration at 41F or less.



**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 1

# Fresh Dill Pickle Spears (112543.1)

Revision Date: Jul 20, 2018

House made Pickle

Category: Accompany-Snacks/Appetizers

Production Area: Cold Prep  
Source: Morrison

Portion: 1 ea

Prep Time: 10 mins

Minimum Batch:

Cook Time: 10 mins

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
3	White Vinegar (7637)	AP	3/4 cup, 3 tbsp, 3/4 tsp		
	Boiling Water (7642)	AP	2/3 cup, 2-1/4 tsp		
	Crushed Garlic Cloves, Fresh (2886)	AP	1/2 ea		
	Kosher Salt (7411)	AP	2-3/4 tsp		
	Black Peppercorns (67169)	AP	1/4 tsp		
	Cucumbers (2094)	AP	15 oz		
4	Dill Weed, Fresh (2160)	AP	1 tbsp, 2-3/4 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. After washing jars rinse with quat sanitizing solution and allow to air dry.
2	Rinse cucumbers in vegetable sink using vegetable wash.
3	Place all ingredients except cucumbers and fresh dill in a pot. Bring to a boil.
4	Slice cucumbers in half and then in half again. Place sliced cucumbers and dill in a container with an airtight lid. Take lid off and pour hot brine over pickles. Seal with the lid. Place in refrigerator. Pickles are best between day 3 and day 14.



## Recipe Notes:

Pickles best from day 3 to day 14.

## Day (s) In Menu:

Lunch Day 1

# Fresh Green Beans (21354.2)

Revision Date: Aug 10, 2018

French green beans, Lightly seasoned

Category: Vegetable-Legume

Production Area: Hot Side  
Source: Morrison

Prep Time: 5 mins

Minimum Batch:

Portion: 1/2 cup

Cook Time: 10 mins

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Fresh Green Beans (8992)	AP	1 lb, 8 oz		
3	Salt (7410)	AP	1/8 tsp		
	Canola Oil (4208)	AP	1/2 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Trim ends off green beans. Place any food waste in TrimTrax bucket. Place green beans in perforated pan in steamer and steam for 6-7 minutes cooked to al dente (bright green with slight bite).
3	Toss the green beans with olive oil and salt. Keep hot for service. Cook in batches during service to ensure fresh quality.  Portion 1/2 cup green beans.
4	Toss raw green beans with olive oil and season with sea salt. Place raw green beans in bowl and cook in turbo chef vegetable group either using 1 x green bean for one serving or 2 x green bean for 2 servings. Place on heated plate and serve.



## Recipe Notes:

For Avoiding Gluten recipes: No substitutions are allowed. Only specific ingredients from specific manufacturer can be used which is detailed in an "Items Purchasing for Recipe Report" from Webtrition. Refer to My Compass for more detailed instructions.

## Day (s) In Menu:

Lunch Day 6

# Garden Vegetable Crudite with Orange Zinger Dip (19663.1)

Revision Date: Jul 23, 2018

Crisp carrots, celery, radishes, cucumbers

Category: Side Salad-Side Salad

Production Area: Cold Prep  
Source: Morrison


Prep Time: 5 mins

Portion: 1 plate

Minimum Batch:

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	 Orange Zinger Dip (68995)		1 lb, 4 oz		
3	Lettuce, Individual Leaf (3762)	AP	10 ea		
	Carrot Sticks, Fresh (1300)	AP	40 ea		
	Celery, Sticks (1404)	AP	40 ea		
	Radish (7102)	AP	5 ea		
	Cucumbers, Each Slice (2099)	AP	20 ea		

Step	Method
1	Refer to HACCP plan Form HFS # 004 prepared Cold for Cold Service.
2	Prepare Hummus according to recipe. Hold cold for assembly.
3	To assemble each tulip cup: - Line cup with one lettuce leaf - Portion 4 ounce hummus in cup - Garnish with 4 carrot sticks and 4 celery sticks - 1/2 radish and 2 cucumber slices  Internal temperature must reach 41F or less. Hold cold for service.

## Recipe Notes:

Catering Executive Break

## Day (s) In Menu:

Lunch Day 7

# Garnish - Cantaloupe Wedge (2) (2127)

Revision Date: Jul 20, 2018

Category: Accompany-Garnish

Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Cantaloupe Wedge (8/Melon) (1231) EP		20 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Thoroughly wash all produce. Pre-chill ingredients.
2	Place 2 cantaloupe wedges on plate to be garnished.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 2

# Garnish - Orange Slices (3) (2130)

Revision Date: Jul 20, 2018

Category: Accompany-Garnish

Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Orange Slice, Fresh (4282) EP		30 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Thoroughly wash all produce. Pre-chill ingredients.
2	Place 3 orange slices on dish for garnish.

**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 6

# Grill Station: Baked Sweet Potato Fries (38544)

Revision Date: Jul 20, 2018

Baked Sweet Potato Fries

Category: Vegetable-Potato

Production Area: Hot Side  
Source: Morrison-Core Retail

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 3 oz**

**Cook Time: 5 mins**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Sweet Potato Fries (7669)	AP	1 lb, 14 oz		

Step	Method
1	Refer to HACCP plan Form HFS # 001 Prepared Hot for Hot Service.
2	1. Place sweet potato fries on turbo chef screen. Bake on sweet potato fry setting. Internal temperature must reach 140F. 2. Remove from oven and place on serving plate



**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 5



# Ham Sandwich (Wheat), 2 oz (1942.5)

Revision Date: Jul 20, 2018

Thinly sliced honey ham

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep

Source:

Minimum Batch: 1

Maximum Production:

Portion: 1 sandwich

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Ham, Smoked (7020)	EP	1 lb, 4 oz		
	Bread, Whole Wheat, Slice (39696)	AP	20 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Shave ham paper thin. Place 2 ounces of ham on 1st slice of bread. Place 2nd slice of bread over ham. Slice each sandwich in half diagonally, cover, and refrigerate until internal temperature reaches 41F or less.
2	Portion 1 sandwich in each serving dish. Hold cold for service. Note: 1. Use quality bread. Do not purchase square sandwich bread for this. 2. If assembling sandwiches on tray line, place 2 ounces of ham portions separated by divider paper into 1/4 No. 200 pan. Place 2 ounces of ham on 1st slice of bread. Place 2nd slice of bread over ham. 3. Serve with Lettuce and Tomato Slices, according to recipe.

## Recipe Notes:

### Day (s) In Menu:

Dinner Day 1

# Ham Sandwich (Whole Grain) (1942)

Revision Date: Sep 23, 2018

Thinly sliced honey ham

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep

Source:

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 sandwich**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Whole Grain Bread, 1 oz, Slice (1073)	AP	20 ea		
	Ham, Smoked (7020)	EP	2 lb, 1-1/2 oz		
2	Parsley, Each Leaf, Fresh (4318)	EP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Shave ham paper thin. Place 2 ounces of ham on 1st slice of bread. Place 2nd slice of bread over ham. Slice each sandwich in half diagonally, cover, and refrigerate until internal temperature reaches 41F or less.
2	Portion 1 sandwich in each serving dish. Garnish with 1 parsley sprig. Hold cold for service. Note: 1. Use quality bread. Do not purchase square sandwich bread for this. 2. If assembling sandwiches on tray line, place 2 ounces of ham portions separated by divider paper into 1/4 No. 200 pan. Place 2 ounces of ham on 1st slice of bread. Place 2nd slice of bread over ham. 3. Serve with Lettuce and Tomato Slices, according to recipe.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 5

# Honeydew and Cantalope (5251.4)

Revision Date: Jul 20, 2018

A mix of sweet melons.

Category: Fruit-Fruit

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1/2 cup**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Melon, Honeydew, Cubed (3219)	EP	1-1/4 cup		
	Cantaloupe, Cubed (1221)	EP	1-1/4 cup		

Step	Method
1	Refer to HACCP Plan Form: HFS# 004 Prepared Cold for Cold Service.
2	Combine honeydew and cantaloupe in mixing bowl. Toss lightly. Place any food waste in TrimTrax bucket. Cover and refrigerate until internal temperature reaches 41F or less.
3	Portion 1/2 cup servings.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 3

Breakfast Day 6

# Ingredient: Egg, Hard Boiled (69542)

Revision Date: Aug 9, 2018

Category: Breakfast -Egg

Production Area: Hot Side  
Source: Eurest

**Portion: 1 ea** **Prep Time: 2 mins** **Minimum Batch:**  
**Cook Time: 9 mins** **Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Egg, Hard Cooked, Peeled (2292)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage. Bring eggs to boil in a pan of cold water and time for 9 minutes, remove from water and immerse in ice cold water bath until cold. Peel the shell and package, label and refrigerate.  Portion size: 1 egg Serve cold.



## Recipe Notes:

### Day (s) In Menu:

Breakfast Day 1

# Lettuce and Tomato Slices (1451)

Revision Date: Sep 23, 2018

Category: Side Salad-Side Salad

Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1 plate**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Tomatoes, Fresh, Sliced (6/Tomato) (7554)	AP	20 ea		
	Lettuce, Individual Leaf (3762)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
	Thoroughly wash all produce. Pre-chill ingredients.
2	Portion 1 lettuce leaf in each vegetable dish. Arrange 2 tomato slices over lettuce. Cover and refrigerate until internal temperature reaches 41F or less. Hold cold for service.
	Note: 1. Use the best tomatoes to prepare this recipe.

**Recipe Notes:**

For Avoiding Gluten recipes: No substitutions are allowed. Use McCormick Brand spices only. Only specific ingredients from specific manufacturer can be used which is detailed in an "Items Purchasing for Recipe Report" from Webtrition. Refer to My Compass for more detailed instructions.

**Day (s) In Menu:**

- Lunch Day 1
- Dinner Day 1
- Dinner Day 2
- Dinner Day 5

# Mini Beef Sliders (69620)

Revision Date: Jul 20, 2018

Premium beef grilled and topped with cheese.

Category: Main Entree-Beef Entree

Production Area: Hot Entree

Source: Morrison

Minimum Batch:

Maximum Production:

Portion: 2 ea

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Mini 1.2 oz Beef Patty with 1 oz Bun (11131)	AP	20 ea		
	Cheese, American, Slice, .5 oz (1605)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Mist grill with one second spray. Place patties and buns on flat top grill. Heat to internal temperature of 145F Place one slice of cheese cut in half on each patty. Place patties on bottom half of buns. Serve with choice of side



**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 5

# Mixed Berries (5443)

Revision Date: Jul 20, 2018

Tasty blend of seasonal berries

Category: Fruit-Fruit

Production Area: Cold Prep

Source: Morrison

Minimum Batch: 1

Maximum Production:

Portion: 1/2 cup

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Strawberries, Fresh, Capped, Sliced (7479)	EP	3 cup, 3 tbsp, 1/2 tsp		
	Red Raspberries, Frozen (7110)	AP	6-1/2 oz		
	Unsweetened Blueberries, Frozen (969)	AP	13 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Thoroughly wash all produce. Place strawberries in pan, cover and refrigerate until internal temperature reaches 41F or less. Gently toss partially frozen raspberries and blueberries into strawberries.
2	Portion 1/2 cup Berries in each serving dish. Hold cold for service.

## Recipe Notes:

For Avoiding Gluten recipes: No substitutions are allowed. Only specific ingredients from specific manufacturer can be used which is detailed in an "Items Purchasing for Recipe Report" from Webtrition. Refer to My Compass for more detailed instructions.

## Day (s) In Menu:

Breakfast Day 5

# OBuy Turkey Sausage Links (5828.5)

Revision Date: Jul 20, 2018

Mildly spiced breakfast links

Category: Breakfast -Bacon/Ham/Sausage

Production Area: Hot Entree

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Turkey Sausage Link, FC, 1 oz (36449)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Place sausage links on wire rack in sheet pan lined with parchment paper. Pierce sausage with fork to allow grease to drain. Bake until sausage is evenly browned and internal temperature reaches 165F. Regular oven: 350F for 20 minutes; Convection oven: 300F for 15 minutes.
2	Portion 1 sausage link in each serving dish. Hold warm for service.

**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 5

Breakfast Day 6



# OBuy Turkey Sausage Links (5828.5)

Revision Date: Jul 20, 2018

Mildly spiced breakfast links

Category: Breakfast -Bacon/Ham/Sausage

Production Area: Hot Entree

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 2 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		20 Servings	Servings	Servings
1	Turkey Sausage Link, FC, 1 oz (36449)	AP	20 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Place sausage links on wire rack in sheet pan lined with parchment paper. Pierce sausage with fork to allow grease to drain. Bake until sausage is evenly browned and internal temperature reaches 165F. Regular oven: 350F for 20 minutes; Convection oven: 300F for 15 minutes.
2	Portion 1 sausage link in each serving dish. Hold warm for service.

**Recipe Notes:**

**Day (s) In Menu:**

Breakfast Day 1

# On the Go Snack: Hard Boiled Egg (27251)

Revision Date: Jul 20, 2018

Category: Breakfast -Egg

Production Area: Cold Prep  
Source: Bon Appetit

Portion: 1 ea

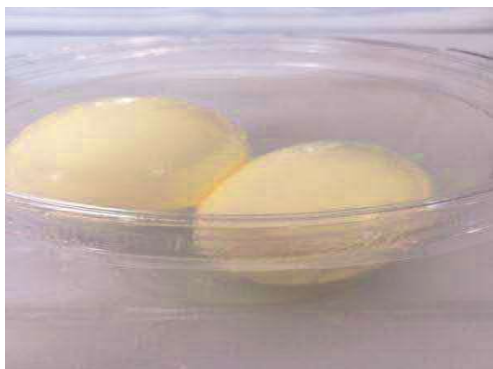
Cook Time: 15 mins

Minimum Batch:  
Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		5 Servings	Servings	Servings
1	Eggs, Fresh (2264)	AP	10 ea		
	Cold Water (7643)	AP	1 gal, 1 qt		

Step	Method
1	<p>Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.</p> <p>Place egg in saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch. Over high heat bring to a boil, reduce heat to a simmer and cook for about 12 minutes for large eggs (9 minutes for medium eggs).</p> <p>Drain immediately, cool completely under cold running water or in bowl of ice water.</p> <p>For to go service place two eggs in each 8 oz parfait cup. Cover and label.</p> <p>Hold cold for cold service.</p> <p>Portion: 2 each / 1 parfait cup</p>



**Recipe Notes:**

CORE  
FIT, Vegetarian

**Day (s) In Menu:**

Breakfast Day 6

# Philly Steak Breakfast Flatbread Fold (10851)

Revision Date: Jul 20, 2018

Scrambled Egg, Sliced Steak, Red onion and Provolone cheese A East Coast Favorite

Category: Breakfast -Sandwich/Wrap

Production Area: Hot Entree

Source: Morrison

Prep Time: 10 mins




Minimum Batch: 3

Portion: 1 ea

Cook Time: 2 mins

Maximum Production: 12

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		*12 Servings 1 Batch(es) of 12	Servings	Servings
1	Flatbread, White, 12"x12" (9122)	AP	4 ea		
	Cream Cheese, Softened (1951)	AP	4 oz		
2	Cheese, Provolone, Slice, .75 oz (1670)	AP	4 ea		
3	 Hard Fried Eggs (5306)		4 ea		
4	 Philly Steak Meat with Peppers and Onions (7826)		6 oz		
	 Cabernet Onions (4687)		2 oz		
5	Cheese, Provolone, Slice, .75 oz (1670)	AP	4 ea		

Step	Method
1	Refer to HACCP Plan Fform HFS#001 Prepared Hot for Hot Service
	Lay 4x8 flatbread strip bottom side up and spread entire surface with soften cream cheese
2	Lay one slice provolone cheese on top of 1/2 flatbread
3	Top with cooked fried egg
4	Top with sliced steak meat and carmelized onion
5	Top with second slice of provolone cheese
6	Fold to form a 4x4 inch fold
7	Griddle or place on panini press and heat through. About 2 minutes
8	Cut diagonally and serve



## Recipe Notes:

### Day (s) In Menu:

Breakfast Day 7

# Potato Wedges, Spicy Baked, Kosher (6509)

Revision Date: Jul 20, 2018

Crispy wedges of potato.

Category: Vegetable-Potato

Production Area: Hot Side  
Source: Morrison-Core Retail

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1/2 cup**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Onion Powder (7383)	AP	1 tsp		
	Ground Paprika (7387)	AP	1 tsp		
	Salt (7410)	AP	3/4 tsp		
	Garlic Powder (7371)	AP	1/2 tsp		
	Fine Ground Black Pepper (7391)	AP	1/4 tsp		
	Cayenne Pepper (7393)	AP	1/4 tsp		
2	Skin-on Potato Wedges (7042)	AP	2 lb		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.  Combine onion powder, paprika, salt, garlic powder, black pepper, and cayenne pepper to make seasoning. Reserve for use in next step.
2	Place potato wedges on sheet pan coated with nonstick spray. Sprinkle wedges evenly with seasoning. Bake potatoes until browned, tender and internal temperature reaches 140F. Regular oven: 425F for 20 minutes; Convection oven: 375F for 15 minutes.
3	Portion 1/2 cup of potatoes in each serving dish. Hold warm for service.
	Note: Only use equipment matching gender of meal (ie. Meat or Dairy).00

## Recipe Notes:

For Avoiding Gluten recipes: No substitutions are allowed. Use McCormick Brand spices only. Only specific ingredients from specific manufacturer can be used which is detailed in an "Items Purchasing for Recipe Report" from Webtrition. Refer to My Compass for more detailed instructions.

## Day (s) In Menu:

Lunch Day 2  
Dinner Day 6  
Lunch Day 7

# Red Seedless Grapes^ (1112)

Revision Date: Sep 23, 2018

Category: Fruit-Fruit

Production Area: Cold Prep  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1/2 cup**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Red Grapes, Fresh (3117)	EP	1 lb, 10-1/2 oz		
2	Lettuce,Romaine, Individual Leaf (3755)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.  Thoroughly wash all produce. Pre-chill ingredients. Pick grapes from stems. Cover and refrigerate until internal temperature reaches 41F or less. Place any food waste in TrimTrax bucket.
2	Portion 1/2 cup of grapes in each serving dish lined with lettuce leaf. Hold cold for service.



**Recipe Notes:**

**Day (s) In Menu:**

- Lunch Day 1
- Dinner Day 2
- Lunch Day 4

# Rice Krispie Treats - 3 X 3 (4431.4)

Revision Date: Jul 20, 2018

A classic

Category: Desserts-Cookie/Bar

Production Area: Bakery  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1 3x3**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Miniature Marshmallows (3803)	AP	13-1/2 oz		
	Imitation Vanilla Extract (2543)	AP	3/4 tsp		
	Liquid Margarine, Zero TF (3744)	AP	1/3 cup, 1 tbsp, 1-1/8 tsp		
2	Rice Krispies Cereal (1499)	AP	8-1/4 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods. Spray #200 pans with pan spray, set aside. Heat margarine; add marshmallows and vanilla. Stir until marshmallows are completely melted. Remove from heat.
2	Add Rice Krispies; stir until well coated. Place mixture (3 pound per pan) into the full pans. Cut while warm, 4X6 (24 servings per pan). Allow to cool. Portion: 1 3" X 3".

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 7

# Snickerdoodles (5691)

Revision Date: Jul 20, 2018

Crispy brown sugar cookies.

Category: Desserts-Cookie/Bar

Production Area: Bakery  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 2 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Granulated Sugar (7493)	AP	5 oz		
	Salted Butter, Solid (1148)	AP	3-1/4 oz		
3	Liquid Egg w/Citric Acid (2291)	AP	1-1/2 oz		
4	All Purpose Flour (2690)	AP	4-1/2 oz		
	Cream of Tartar (7365)	AP	3/4 tsp		
	Baking Soda (348)	AP	1/2 tsp		
	Salt (7410)	AP	1/8 tsp		
5	Granulated Sugar (7493)	AP	1-2/3 oz		
	Ground Cinnamon (7359)	AP	1 tbsp, 1/8 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods.
2	Cream margarine and sugar on medium speed for 5 minutes, using paddle attachment.
3	Add eggs to creamed mixture. Mix thoroughly.
4	Mix flour, cream of tartar, baking soda and salt together. Add to creamed mixture. Mix on low speed until well blended.
5	In separate bowl, combine sugar and cinnamon.
6	Portion dough with #40 dipper. Roll dough in sugar-cinnamon mixture.
7	Place dough on baking sheets, lined with parchment paper.  Bake in Regular Oven at 375F for 8-10 minutes; or  Convection Oven at 325F for 6-8 minutes or until lightly browned but still soft.  These cookies puff up at first, then flatten out with crinkled tops.
8	Portion 2 cookies on each serving dish.



**Recipe Notes:**

**Day (s) In Menu:**

## ***Snickerdoodles (5691)***

Revision Date: Jul 20, 2018

*Crispy brown sugar cookies.*

Dinner Day 1

Dinner Day 3

Lunch Day 5



# Sugar Cookie (using Frz Dough, 1.5 oz) (4736)

Revision Date: Jul 20, 2018

Sugar Cookie

Category: Desserts-Cookie/Bar

Production Area: Bakery

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Dough, Cookie, Sugar, 1.5 oz (70836)	AP	10 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods. Evenly space cookies on sheet pans covered with pan paper.
2	Bake according to directions provided by manufacturer for your oven type.
3	Portion 1 cookie in each serving dish.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 3

# Sugar Cookies, Outtakes (MMS) (4736.2)

Revision Date: Jul 20, 2018

Category: Desserts-Cookie/Bar

Production Area: Bakery  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 3 ea**

*(\*) Indicates servings have been adjusted in accordance with assigned batch sizes.*

Step	Ingredients		10 Servings	Servings	Servings
1	Dough, Cookie, Sugar, 1.5 oz (70836) AP		30 ea		

Step	Method
1	Refer to HACCP Plan Form HFS# 006: Non-Refrigerated Baked Goods. Evenly space cookies on sheet pans covered with pan paper.
2	Bake according to directions provided by manufacturer for your oven type.
3	Portion 3 cookie in each outtakes bag, seal, lable with outtakes sticker.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 2

# Sweet Potato Wedges (63058)

Revision Date: Jul 20, 2018

Sweet Potato Wedges with olive oil

Category: Vegetable-Potato

Production Area: Hot Entree

Source: Morrison

**Minimum Batch:**

**Maximum Production:**

**Portion: 3 oz**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Ground Black Pepper (7390)	AP	1-1/2 tsp		
	Kosher Salt (7411)	AP	3/4 tsp		
	Sweet Potatoes, Peeled, Wedge (55403)	AP	2 lb, 10 oz		
	Canola Oil (4208)	AP	1/8 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Place the potatoes onto a full size sheet pan. Spray with the oil then season with the salt and pepper. Place into the oven and roast for 20-30 minutes until they are tender through but not falling apart. Place into a hot box and hold for service.



**Recipe Notes:**

This recipe has been developed and tested by Morrison.

**Day (s) In Menu:**

Dinner Day 7

# Tater Tots (1178)

Revision Date: Jul 20, 2018

Crispy tater puffs

Category: Vegetable-Potato

Production Area: Hot Side  
Source: Morrison

**Minimum Batch: 1**  
**Maximum Production:**

**Portion: 1/2 cup**

*(\*) Indicates servings have been adjusted in accordance with assigned batch sizes.*

Step	Ingredients		10 Servings	Servings	Servings
1	Tater Puffs, Frozen (7076) AP		2 lb		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
	Spread frozen tater tots onto sheet pan. Bake until golden brown and internal temperature reaches 140F.
2	Portion 1/2 cup of tater tots in each serving dish. Hold warm for service.
	Note: 1. To fry: Fry frozen tater tots in deep fat fryer at 375F for 2-1/2 to 3 minutes until golden brown. Drain well. Serve immediately.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 1

# Tater Tots (25891)

Revision Date: Sep 5, 2018

Oven Baked Tater Tots

Category: Vegetable-Potato

Production Area: Hot Side

Source: Morrison

**Prep Time: 2 mins**

**Minimum Batch:**

**Portion: 1/2 cup**

**Cook Time: 15 mins**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Tater Puffs, Frozen (7076)	AP	1 lb, 14 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Service
2	In a oven preheated to 350 F. Place a sheet pan of the tots in the oven and bake for 13-15 minutes or until golden brown and hot in the center approximatley 145 F. Allow to cool slightly for 30 sec to a minute and arrange on the breakfast plate or in a shallow bowl and serve immediately.  May be served with ketchup.



**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 3

# Tomato and Bean Burrito (1358)

Revision Date: Jul 20, 2018

Stuffed with corn, kidney beans and mozzarella cheese

Category: Main Entree-Vegetarian Entree

Production Area: Hot Entree

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 2 ea**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Onions, Fresh, Chopped (4181)	AP	6-3/4 oz		
	Garlic Chopped in Water (2904)	AP	1-3/4 tsp		
	Corn Oil (4207)	AP	2 tbsp, 1-1/2 tsp		
3	Chili Powder (7356)	AP	3 tbsp, 1 tsp		
	Ground Cumin (7367)	AP	2-1/2 tsp		
4	Tomatoes, Fresh, Chopped (7543)	EP	3 lb, 12 oz		
	Dark Red Kidney Beans, Canned, Drained (649)	AP	1 lb, 7-1/2 oz		
	Water (7641)	AP	1/2 cup, 2 tbsp		
5	Cilantro, Dried (7358)	AP	1/4 cup, 1 tbsp		
6	Tomatoes, Fresh, Chopped (7543)	EP	9-1/4 oz		
	Tortilla, 6" Flour (7581)	AP	20 ea		
	Onions, Fresh, Minced (4215)	EP	1-1/4 cup		
	Cheese, Mozzarella, Shredded (1654)	AP	5-3/4 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Thoroughly wash all produce.
2	Heat oil in sauce pan. Saute onions and garlic in oil for 3 to 4 minutes.
3	Add chili powder and cumin to sauteed vegetables. Cook while stirring for 1 minute.
4	Rinse beans. Add beans, water, and tomatoes to sauteed vegetables. Stir gently. Bring to a boil. Reduce heat. Simmer until thickened, approximately 20 minutes.
5	Stir cilantro into sauce pan. Simmer until internal temperature reaches 145F.
6	To assemble each burrito, place the following in order in the center of each tortilla: - No. 12 scoop bean mixture - 1 tablespoon tomato - 1 tablespoon onions - 1 tablespoon cheese Roll up tortilla to form burrito.
7	Portion 2 burritos in each serving dish. Hold warm for service.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 4

# Tomato Soup ( Bean Puree) (27562)

Revision Date: Jul 20, 2018

Category: Soup-Soup, Cream Base

Production Area: Hot Entree  
Source: Morrison

**Prep Time: 15 mins** **Minimum Batch:**  
**Cook Time: 45 mins** **Maximum Production:**  
**Portion: 1 ladle6oz**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Onions, Fresh, Chopped (4181)	EP	2/3 cup, 1 tbsp		
	Carrots, Fresh, Finely Chopped (1259)	EP	1/4 cup, 1-1/8 tsp		
	Celery, Fresh, Chopped (1367)	EP	1/4 cup, 1-1/8 tsp		
	Minced Garlic Cloves, Fresh (2893)	EP	1-3/4 tsp		
	Canola Oil (4208)	AP	1/2 tsp		
3	Low Sodium Vegetable Base (448)	AP	1-1/8 tsp		
	Water (7641)	AP	1-1/3 cup, 1 tbsp, 2-3/4 tsp		
	Tomatoes Diced in Juice, No Added Salt (20720)	AP	1/4 Can#10		
4	Great Northern Beans, Canned, Drained and Rinsed (8829)	AP	2-1/4 oz		

Step	Method
1	Refer to HACCP Plan Form: HFS# 001 Prepared Hot for Hot Service
2	In a large pot heat olive oil over medium-high heat and gently saute garlic. Add onions celery and carrots and cook for 2-3 minutes or until onions are translucent. Be careful not to get any color on the vegetables.
3	Add Vegetable base and saute for 2 minutes, Add Tomatoes and water and bring to boil and allow to simmer for 45minutes.
4	Transfer the soup into a vita-prep blender add the beans and carefully blend until smooth, and return to heat and bring to a short boil Ladle 6 ounce of soup into bowl and serve



**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 5

# Tuna Salad Sandwich Plate (Whole Wheat) (884)

Revision Date: Jul 23, 2018

Served with lettuce and tomato.

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep


Source:

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1 plate**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	 Tuna Salad, Fat Free (878)		3-1/3 cup		
3	Whole Wheat Bread, Slice (8894)	AP	20 slice		
4	Endive (2300)	EP	1 ea		
	Tomatoes, Fresh, Sliced (6/ Tomato) (7554)	EP	30 ea		
	Carrot Sticks, Fresh (1300)	EP	30 ea		
	Celery, Sticks (1404)	EP	20 ea		
	Green Bell Peppers, Fresh, Strips (6680)	EP	12 oz		

Step	Method
1	Refer to HACCP Plan Form: HFS# 004 Prepared Cold for Cold Service. Thoroughly wash all products.
2	Prepare Tuna Salad, PhD according to recipe.
3	Place No. 12 scoop of tuna salad on bottom slice of bread. Top with second slice of bread. Cut in half diagonally.
4	To assemble each plate: - Partially stack sandwich halves and place on upper left side of plate. - Place 2 to 3 endive leaves over remainder of plate. - Place 3 tomato slices to right of sandwich. - Place 3 carrot sticks below tomato slices along rim of plate. - Place 2 celery sticks below carrot sticks along rim of plate. - Place 2 bell pepper strips above celery sticks along rim of plate. Cover plate and refrigerate until internal temperature reaches 41F or less.
5	Portion 1 plate for each serving. Hold cold for service.

**Recipe Notes:**

**Day (s) In Menu:**

Dinner Day 4



# Turkey Caesar Wrap (5817)

Revision Date: Jul 20, 2018

Shredded turkey with Caesar dressing, lettuce and cheese

Category: Main Entree-Sandwich Cold

Production Area: Cold Prep

Source: Morrison

Minimum Batch: 1

Maximum Production:

Portion: 1 ea

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Turkey Breast, Deli, Shaving (7592)	AP	1 lb, 4 oz		
3	Lettuce, 1/8" Shredded (3770)	AP	9-1/2 oz		
	Roma Tomatoes, Fresh (7561)	AP	5 ea		
4	Cream Cheese, Softened (1951)	AP	3 tbsp, 1/2 tsp		
	Dressing, Caesar, Creamy (13796)	AP	1/3 cup, 1 tbsp, 2-1/2 tsp		
5	Flour Tortilla, 8" (7584)	AP	10 ea		

Step	Method
1	Refer To HACCP Plan Form: HFS# 004 Prepared Cold for Cold Service.  Thoroughly wash all produce. Pre-chill ingredients.
2	Thinly slice or shave turkey.
3	Shred lettuce and cut tomato into 1/4-inch slices.
4	Blend caesar dressing and light cream cheese. Spread 1 TBSP caesar dressing blend over center of each tortilla.
5	To prepare each wrap, place the following in the center of each tortilla over caesar dressing blend:  - 2 oz Turkey  - 1 oz Shredded Lettuce  - 3 Tomato Slices  Fold top, bottom and sides of tortilla toward center to make wrap. Cover and refrigerate until internal temperature reaches 41 Degree F. or prepare for immediate service. Cut each wrap in half just prior to service.

**Recipe Notes:**

**Day (s) In Menu:**

Lunch Day 7

# Vegetable Crudite (10604.2)

Revision Date: Jul 20, 2018

Raw veggies to accompany sandwiches and snacks

Category: Accompany-Snacks/Appetizers

Production Area: Cold Prep

Source: Morrison-MHC-Baptist-CHIP Wellness-LimitedAccess

**Prep Time: 15 mins**

**Minimum Batch:**

**Portion: 4 oz**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Celery, Sticks (1404)	EP	13-1/2 oz		
	Carrot Sticks, Fresh (1300)	EP	13-1/2 oz		
	Cucumbers, Peeled, Sliced, 1/4" (2106)	EP	13-1/2 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Portion size: 4 oz. Hold cold for cold service.



**Recipe Notes:**

FIT, Vegan

**Day (s) In Menu:**

Lunch Day 5

# 2Mato - No Cook Pizza Sauce (22370)

Revision Date: Jul 20, 2018

No Cook Pizza Sauce

Sub Recipe For			
"Grandma" Pie Sicilian Pizza (82234.1)	10 Servings 7-1/2 oz	0 Servings	0 Servings

Category: Sauce/Gravy/Marinade-Sauce/Gravy

Production Area: Cold Prep

Source:

Prep Time: 5 mins

Minimum Batch:

Portion: 2 oz

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		4 Servings	Servings	Servings
1	Granulated Sugar (7493)	AP	1/4 tsp		
	Tomato Paste, Canned (7532)	AP	1/4 oz		
	Crushed Tomatoes, Canned, Incl Liquids (7539)	AP	<1/4 Can#10		
	Kosher Salt (7411)	AP	1/8 tsp		
	Crushed Garlic Cloves, Fresh (2886)	EP	1/4 tsp		
	Canola Oil (4208)	AP	1/4 oz		

Step	Method
1	Refer to HACCP Plan Form HFS#005: Prepared cold for cold storage. Combine all ingredients and mix until smooth.  Hold cold for cold storage. Portion size: 2 oz



Recipe Notes:

# Avocado Cream (24544.1)

Revision Date: Jul 20, 2018

## Avocado Cream

Sub Recipe For			
Cali Chicken Sliders (73939.4)	<b>10 Servings</b> 1/2 cup, 2 tbsp	<b>0 Servings</b>	<b>0 Servings</b>
Carne Tacos (73939.6)	<b>20 Servings</b> 1-1/4 cup	<b>0 Servings</b>	<b>0 Servings</b>

Category: Accompany-Spreads/Dips/Salsas

Production Area: Cold Prep

Source: Morrison

**Prep Time: 10 mins**

**Minimum Batch:**

**Portion: 1 tbsp**

**Cook Time: 15 mins**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		30 Servings	Servings	Servings
	Cilantro Sprigs, Fresh (1784)	AP	5-3/4 ea		
<b>2</b>	Avocado, Fresh, 1/4" Small Diced (16176)	EP	3/4 cup, 3 tbsp		
	Real Sour Cream (7346)	AP	3/4 cup, 3 tbsp		
	Lemon Juice (3533)	AP	1 tbsp, 2-3/4 tsp		
	Lime Juice (3543)	AP	1 tbsp, 2-3/4 tsp		
	Kosher Salt (7411)	AP	1/2 tsp		
	Fine Ground Black Pepper (7391)	AP	2 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Blend all ingredients in food processor and pulse to combine.

### Recipe Notes:

# Buttermilk Ranch Dressing ( Thick and Easy) (30196)

Revision Date: Jul 23, 2018

Ranch Dressing

Sub Recipe For			
Broccoli and Carrot Crudit� (63098)	<b>10 Servings</b> 10 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Accompany-Salad Dressings

Production Area: Cold Prep

Source: Morrison


**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 ladle2oz**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		5 Servings	Servings	Servings
2	Low Fat Buttermilk (3848)	AP	3 tbsp, 2 tsp		
	Ranch Salad Dressing Mix (3946)	AP	1/2 oz		
	 Fresh Herb Vinaigrette Base (30143)		7-1/4 oz		
	Light Mayonnaise, Kraft (81134)	AP	2-3/4 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Combine all ingredients in a blender and pulse for a few seconds to combine into a dressing. Cover and refrigerate until internal temperature reaches 41F. or less.



**Recipe Notes:**

# Cabernet Onions (4687)

Revision Date: Jul 20, 2018

## Cabernet Onions

Sub Recipe For			
Philly Steak Breakfast Flatbread Fold (10851)	<b>12 Servings</b> 2 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Vegetable-Other Vegetable

Production Area: Hot Side

Source: Morrison

**Portion: 1 oz**

**Minimum Batch: 1**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		2 Servings	Servings	Servings
1	Yellow Onions, Fresh, 1/4" Slice (4294)	EP	1-2/3 oz		
	Granulated Sugar (7493)	AP	<1/8 oz		
	Red Wine (7658)	AP	1-1/2 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 002: Prepare Hot and Chilled for Cold Service.  Refer to HACCP Plan Form HFS# 001: Prepare Hot for Hot Service.  Saute' onions with sugar and Cabernet Sauvignon.
2	Cook until onions are soft and wine is almost dry. Cover and refrigerate until internal temperature reaches 41F.
3	Portion 1 oz Onions as garnish on Salmon Fillet.

### Recipe Notes:

# **Chicken Salad Sandwich Spread, SR/FR (1472)**

Revision Date: Sep 23, 2018

SR/FR Chicken Salad Spread

Sub Recipe For			
Chicken Salad Sandwich (Wheat Roll) (3626)	<b>10 Servings</b> 1 lb, 14 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Main Entree-Chicken Entree

Production Area: Cold Prep

Source: Morrison

**Portion: 1/3 cup**

**Minimum Batch: 1**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

**Maximum Production:**

Step	Ingredients		15 Servings	Servings	Servings
1	Diced Chicken, Cooked (1705)	AP	1 lb, 8 oz		
	Light Mayonnaise, Kraft (81134)	AP	3/4 cup		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service; or  HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.  Place chicken and fat free salad dressing in a bowl. Stir well to blend. Cover and refrigerate until internal temperature reaches 41F or less.
2	Portion No. 12 scoop of salad spread for each serving. Hold cold for service or cover, label with expiration date  (2 days from current date) and refrigerate.

**Recipe Notes:**

# Egg Omelette, Low Cholesterol, PhD (844)

Revision Date: Sep 23, 2018

Low Chol Egg Omelet

Sub Recipe For			
Breakfast Sandwich on Wheat Bun (111915)	<b>10 Servings</b> 30 oz (p)	<b>0 Servings</b>	<b>0 Servings</b>

Category: Breakfast -Egg

Production Area: Hot Entree

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 3 oz (p)**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
1	Corn Oil (4207)	AP	1-2/3 oz		
2	Skim Milk, Half Gallon (3875)	AP	1/4 cup, 1/2 tsp		
	White Pepper (7397)	AP	1/4 tsp		
	Egg, Liquid Cholesterol Free (2268)	AP	1 lb, 14 oz		

Step	Method
1	Refer to HACCP Plan Form: HFS# 001 Prepared Hot for Hot Service. Beat eggs, milk, and pepper just enough to thoroughly blend.
2	For individual service heat 1 teaspoon oil in 6 inch or 7 inch nonstick omelet pan. Pour 3 ounces of egg mixture in pan. Move pan back and forth briskly and stir briefly until eggs begin to set. If necessary, pull edges of omelette inward with fork to allow uncooked egg to spill into pan. Cook until omelette is set and internal temperature reaches 145F. Do not overcook.
3	Portion 1 omelette in each serving dish. Hold warm for service. Note: 1. For volume service: Follow recipe step 1 and preheat clean seasoned griddle to 325F. A. Place 3 ounces of egg mixture on griddle, allowing space between each portion. Using offset spatulas, scrape eggs gently into proper shape. Cook until set. Fold over. Place in No. 200 pan coated with nonstick spray. B. Place 12 ounces of egg mixture in a line on griddle coated with nonstick spray. Using offset spatulas, scrape eggs gently into large rectangle. Cook until set. Fold over. Cut into 3 equal pieces.

**Recipe Notes:**





# Grilled Vegetables (5294.10)

Revision Date: Jul 20, 2018

## Grilled Vegetables

### Sub Recipe For

Bistro Beef Sandwich with Charred Vegetables and Pesto Hummus (61832.2)	<b>10 Servings</b> 2 lb, 8 oz	<b>0 Servings</b>	<b>0 Servings</b>
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Category: Vegetable-Other Vegetable

Production Area: Hot Side

Source: Morrison

Portion: 1/2 cup

Minimum Batch:

Maximum Production:

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Portobello Mushrooms, Fresh (4123)	AP	10 oz		
	Kosher Salt (7411)	AP	1/4 tsp		
	Ground Black Pepper (7390)	AP	1/4 tsp		
	Red Bell Peppers, Fresh (8065)	AP	10 oz		
	Yellow Squash, 1/2 " Bias Cut, Halved (55272)	AP	10 oz		
	Zucchini Squash, Fresh, 1/2" Bias Cut, Halved (7462)	AP	11 oz		
	Asparagus Spears, Fresh (239)	AP	5 oz		
	Canola Oil (4208)	AP	1 tbsp, 2 tsp		

Step	Method
1	Refer to HACCP Plan Form: HFS #003 Prepared Hot for Cold Service; or HACCP Plan Form: HFS #001 Prepared Hot for Hot Service.  Place any food waste in TrimTrax bucket.
2	Clean and grill off porabella mushrooms Trim Asparagus to remove the woody ends Slice vegetables to prep Combine oil, salt and pepper in medium sized bowl, add vegetables and toss to combine.
3	Grill all vegetables on both sides to internal temperature must reach 140F. Place grilled vegetables in #200 pan Cover and refrigerate vegetables until internal temperature reaches 40F or less.



### Recipe Notes:

# **Hard Fried Eggs (5306)**

Revision Date: Jul 20, 2018

## Hard Fried Eggs

Sub Recipe For			
Philly Steak Breakfast Flatbread Fold (10851)	<b>12 Servings</b> 4 ea	<b>0 Servings</b>	<b>0 Servings</b>

Category: Breakfast -Egg

Production Area: Hot Entree

Source: CHE Cleanup

**Portion: 1 ea**

**Cook Time: 5 mins**

**Minimum Batch: 1**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		4 Servings	Servings	Servings
2	Eggs, Fresh (2264)	AP	4 ea		
	Canola Oil (4208)	AP	2 tsp		

Step	Method
1	Refer to HACCP Plan Form: HFS# 001 Prepared Hot for Hot Service.
2	Break eggs into individual dishes. Slide carefully into hot fat in skillet(s) or on griddle.
3	Break eggs into individual dishes. Slide carefully into hot fat in skillet(s) or on griddle.  Cook over low heat until of desired hardness, 5-7 minutes and internal temperature reaches 145F for 15 seconds. Portion 1 egg on each serving dish. Hold warm for service.
	Note: If Kosher - use only equipment matching gender of meal (ie. dairy or meat)



### Recipe Notes:

# Orange Jicama Slaw (32976.3)

Revision Date: Jul 23, 2018

Orange Jicama Slaw

Sub Recipe For			
Cali Chicken Sliders (73939.4)	<b>10 Servings</b> 10 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Side Salad

Production Area: Hot Entree

Source: Morrison

**Portion: 1 serving**      **Prep Time: 20 mins**      **Minimum Batch:**  
**Cook Time: 35 mins**      **Maximum Production:**  
 (\*) Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		3 Servings	Servings	Servings
2	Unseasoned Rice Wine Vinegar (10611)	AP	1 tbsp		
	Jicama, Peeled, Julienne (3398)	EP	1 cup		
	Carrots, Fresh, Julienne Sliced (1252)	EP	1/2 cup		
	Chinese Cabbage (Napa), Fresh, Shredded (1161)	EP	1 cup		
	Cilantro, Fresh, Chopped (1781)	EP	1 tbsp		
	Celery Seed (7355)	AP	1-1/2 tsp		
	Green Onions, Each, Bias Cut (4241)	EP	1/4 cup		
	Granulated Sugar (7493)	AP	1-1/2 tsp		
	Light Mayonnaise, Kraft (81134)	AP	1/4 cup		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.
2	In a large mixing bowl, combine mayonnaise, vinegar, sugar and celery seed. Whisk to combine. Toss the jicama, carrots, cabbage, cilantro and green onions in the dressing. Refrigerate and hold at 40 F until ready to use.



**Recipe Notes:**

# Orange Zinger Dip (68995)

Revision Date: Jul 23, 2018

Orange Zinger

Sub Recipe For			
Garden Vegetable Crudite with Orange Zinger Dip (19663.1)	<b>10 Servings</b> 1 lb, 4 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Accompany-Spreads/Dips/Salsas

Production Area: Cold Prep

Source: Morrison

**Minimum Batch:**

**Maximum Production:**

**Portion: 1 oz (p)**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		20 Servings	Servings	Servings
3	Rice Vinegar, Seasoned (7634)	AP	2-1/8 tsp		
	Less Sodium Soy Sauce (7204)	AP	2-1/8 tsp		
	Sesame Oil (4203)	AP	1/8 tsp		
	Carrots, Fresh, Chopped (52030)	AP	1-1/3 cup, 1 tbsp, 1-1/2 tsp		
	Ginger Root, Fresh (3045)	AP	1 tbsp, 1-1/4 tsp		
	Green Onions, Bunch, Chopped (4237)	AP	1-1/2 ea		
	Orange Juice, 100% (3585)	AP	3/4 tsp		
	Fat Free Cream Cheese (11094)	AP	2 tbsp, 2-1/2 tsp		
	Light Mayonnaise, Kraft (81134)	AP	1/3 cup, 1-1/8 tsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
2	Gather all mise en place.
3	Place all ingredients in a blender and blend until smooth. Chill to set before using.



**Recipe Notes:**

# **Philly Steak Meat with Peppers and Onions (7826)**

Revision Date: Jul 20, 2018

Philly Steak

Sub Recipe For			
Philly Steak Breakfast Flatbread Fold (10851)	<b>12 Servings</b> 6 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Main Entree-Beef Entree

Production Area: Hot Entree

Source: CHE Cleanup

**Portion: 2-1/2 oz**

**Minimum Batch:**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		3 Servings	Servings	Servings
1	Onions, Fresh, Finely Diced (4176)	EP	1-1/2 oz		
	Fresh Diced Green Bell Pepper, 1/2" (6168)	AP	1-1/2 oz		
	Canola Oil (4208)	AP	2-1/4 tsp		
2	Philly Beef Steak, 4 oz (39910)	AP	6 oz		

Step	Method
1	Refer to HACCP Plan Form HFS #001: Prepared Hot for Hot Service.
	Heat oil on griddle. Saute onion and peppers until they start to soften.
2	Add shaved steak and cook until an internal temperature of 165F is achieved.
	Portion Size: 2 1/2 ounces. Hold Hot for Hot Service.

**Recipe Notes:**

# Pulled Chicken, Shredded (70760)

Revision Date: Jul 20, 2018

Pulled Chicken

Sub Recipe For			
Cali Chicken Sliders (73939.4)	<b>10 Servings</b> 1 lb, 4 oz	<b>0 Servings</b>	<b>0 Servings</b>

Category: Main Entree-Chicken Entree

Production Area: Hot Entree

Source: Morrison

**Portion: 4 oz**

**Minimum Batch:**

**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		5 Servings	Servings	Servings
2	Fire Braised Chicken Thigh (57242)	AP	1 lb, 4 oz		
	Green Onions, Bunch, 1/8" Sliced (4230)	AP	2 tbsp		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.
2	Thaw chicken thighs under refrigeration. Remove from package and drain excess juices. Pull chicken thighs apart by hand. Place in hotel pan and cover with plastic. Steam chicken thighs until internal temperature reaches 165F. Toss with scallions.

**Recipe Notes:**







# **Tomato Braised Beef (57449)**

Revision Date: Jul 20, 2018

Tomato Braised Beef



**Recipe Notes:**

# **Tuna Salad, Fat Free (878)**

Revision Date: Jul 23, 2018

FR Tuna Salad

Sub Recipe For			
Tuna Salad Sandwich Plate (Whole Wheat) (884)	<b>10 Servings</b> 3-1/3 cup	<b>0 Servings</b>	<b>0 Servings</b>

Category: Main Entree-Fish Entree

Production Area: Cold Prep

Source: Morrison

**Minimum Batch: 1**

**Maximum Production:**

**Portion: 1/3 cup**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients		10 Servings	Servings	Servings
2	Albacore Tuna, Water Packed, Drained (2531)	AP	11 oz		
3	Lemon Juice (3533)	AP	3/4 oz		
4	Onions, Fresh, Minced (4215)	EP	1-2/3 oz		
	White Pepper (7397)	AP	1/2 tsp		
	Celery, Fresh, 1/4" Small Diced (1378)	AP	6-3/4 oz		
	Light Mayonnaise, Kraft (81134)	AP	3/4 cup, 1 tbsp, 1 tsp		

Step	Method
1	Refer to HACCP Plan Form: HFS# 004 Prepared Cold for Cold Service.
	Thoroughly wash all produce.
2	Rinse tuna. Flake lightly, leaving some chunks.
3	Sprinkle lemon juice over tuna.
4	Mix tuna, celery, onions, pepper, and fat free dressing. Blend thoroughly. Cover and refrigerate until internal temperature reaches 41F or less.
5	Portion No. 12 scoop in each serving dish. Hold cold for service.

**Recipe Notes:**

# Turkey Bacon (8735)

Revision Date: Jul 20, 2018

## Turkey Bacon

Sub Recipe For			
Classic BLT, Turkey Bacon, Tomato and Lettuce on Country White Bread (71007.31)	<b>10 Servings</b> 40 slice	<b>0 Servings</b>	<b>0 Servings</b>

Category: Breakfast -Bacon/Ham/Sausage

Production Area: Hot Entree  
Source: Morrison

**Portion: 1 slice**

**Minimum Batch: 1**  
**Maximum Production:**

(\* Indicates servings have been adjusted in accordance with assigned batch sizes.

Step	Ingredients	40 Servings	Servings	Servings
1	Turkey Bacon, Sliced, Raw (303) AP	40 ea		

Step	Method
1	Refer to HACCP Plan Form HFS #001: Prepared Hot for Hot Service. Arrange turkey bacon slices on bacon rack placed on baking sheet.
2	Bake without turning until crisp. Pour off accumulating fat as necessary. Drain and place in No. 200 pans. Hold warm.
3	Portion 1 slice of turkey bacon in each serving dish. Hold for warm service.



### Recipe Notes:

**Menu Cost Report**

Report Run: Oct 10, 2018

Cycle Day(s) Included: Week 1 - 1, Sunday - Saturday

Sort by: Menu, Day/Date, Meal Period

Meal Period(s) Included: Breakfast, Lunch, Dinner

Additional Sort: None

Menu(s) Included:

Print Main Items Only

Station(s) Included:

**Utensil Free Menu**

	Cost Analysis				Revenue Analysis	
	Meal Forecast	Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Sunday, Day 1</b>						
Breakfast	20	\$61.80	\$3.09	-	-	(\$61.80)
Lunch	20	\$48.83	\$2.44	-	-	(\$48.83)
Dinner	20	\$32.94	\$1.65	-	-	(\$32.94)
<b>Day Total</b>	<b>60</b>	<b>\$143.56</b>	<b>\$2.39</b>	<b>-</b>	<b>-</b>	<b>(\$143.56)</b>

	Cost Analysis				Revenue Analysis	
	Meal Forecast	Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Monday, Day 2</b>						
Breakfast	20	\$28.02	\$1.40	-	-	(\$28.02)
Lunch	20	\$36.22	\$1.81	-	-	(\$36.22)
Dinner	20	\$66.89	\$3.34	-	-	(\$66.89)
<b>Day Total</b>	<b>60</b>	<b>\$131.13</b>	<b>\$2.19</b>	<b>-</b>	<b>-</b>	<b>(\$131.13)</b>

	Cost Analysis				Revenue Analysis	
	Meal Forecast	Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Tuesday, Day 3</b>						
Breakfast	20	\$29.34	\$1.47	-	-	(\$29.34)
Lunch	20	\$32.13	\$1.61	-	-	(\$32.13)
Dinner	20	\$33.69	\$1.68	-	-	(\$33.69)
<b>Day Total</b>	<b>60</b>	<b>\$95.16</b>	<b>\$1.59</b>	<b>-</b>	<b>-</b>	<b>(\$95.16)</b>

	Cost Analysis				Revenue Analysis	
	Meal Forecast	Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Wednesday, Day 4</b>						
Breakfast	20	\$31.50	\$1.57	-	-	(\$31.50)
Lunch	20	\$37.98	\$1.90	-	-	(\$37.98)
Dinner	20	\$61.63	\$3.08	-	-	(\$61.63)
<b>Day Total</b>	<b>60</b>	<b>\$131.11</b>	<b>\$2.19</b>	<b>-</b>	<b>-</b>	<b>(\$131.11)</b>

\* Indicates the Menu Item is a Main Item.

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**Utensil Free Menu**

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
		<b>Thursday, Day 5</b>				
Breakfast	20	\$28.32	\$1.42	-	-	(\$28.32)
Lunch	20	\$30.40	\$1.52	-	-	(\$30.40)
Dinner	20	\$84.78	\$4.24	-	-	(\$84.78)
<b>Day Total</b>	<b>60</b>	<b>\$143.49</b>	<b>\$2.39</b>	<b>-</b>	<b>-</b>	<b>(\$143.49)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
		<b>Friday, Day 6</b>				
Breakfast	20	\$43.78	\$2.19	-	-	(\$43.78)
Lunch	20	\$45.83	\$2.29	-	-	(\$45.83)
Dinner	20	\$50.71	\$2.54	-	-	(\$50.71)
<b>Day Total</b>	<b>60</b>	<b>\$140.32</b>	<b>\$2.34</b>	<b>-</b>	<b>-</b>	<b>(\$140.32)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
		<b>Saturday, Day 7</b>				
Breakfast	20	\$33.14	\$1.66	-	-	(\$33.14)
Lunch	20	\$43.92	\$2.20	-	-	(\$43.92)
Dinner	20	\$47.82	\$2.39	-	-	(\$47.82)
<b>Day Total</b>	<b>60</b>	<b>\$124.88</b>	<b>\$2.08</b>	<b>-</b>	<b>-</b>	<b>(\$124.88)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
		<b>Week Total (Day 1 - Day 7)</b>				
Breakfast	140	\$255.89	\$1.83	-	-	(\$255.89)
Lunch	140	\$275.30	\$1.97	-	-	(\$275.30)
Dinner	140	\$378.46	\$2.70	-	-	(\$378.46)
<b>Week Total</b>	<b>420</b>	<b>\$909.65</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$909.65)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
		<b>Week Average (Day 1 - Day 7)</b>				
Breakfast	20	\$36.56	\$1.83	-	-	(\$36.56)
Lunch	20	\$39.33	\$1.97	-	-	(\$39.33)
Dinner	20	\$54.07	\$2.70	-	-	(\$54.07)
<b>Daily Average</b>	<b>60</b>	<b>\$129.95</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$129.95)</b>

\* Indicates the Menu Item is a Main Item.

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## Utensil Free Menu

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Range Total (Day 1 - Day 7)</b>						
Breakfast	140	\$255.89	\$1.83	-	-	(\$255.89)
Lunch	140	\$275.30	\$1.97	-	-	(\$275.30)
Dinner	140	\$378.46	\$2.70	-	-	(\$378.46)
<b>Range Total</b>	<b>420</b>	<b>\$909.65</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$909.65)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Range Average (Day 1 - Day 7)</b>						
Breakfast	20	\$36.56	\$1.83	-	-	(\$36.56)
Lunch	20	\$39.33	\$1.97	-	-	(\$39.33)
Dinner	20	\$54.07	\$2.70	-	-	(\$54.07)
<b>Daily Average</b>	<b>60</b>	<b>\$129.95</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$129.95)</b>

\* Indicates the Menu Item is a Main Item.

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## Report Summary

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>Utensil Free Menu - Range Total (Day 1 - Day 7)</b>						
Breakfast	140	\$255.89	\$1.83	-	-	(\$255.89)
Lunch	140	\$275.30	\$1.97	-	-	(\$275.30)
Dinner	140	\$378.46	\$2.70	-	-	(\$378.46)
<b>Range Total</b>	<b>420</b>	<b>\$909.65</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$909.65)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>All Menus Range Total (Sunday - Saturday)</b>						
Breakfast	140	\$255.89	\$1.83	-	-	(\$255.89)
Lunch	140	\$275.30	\$1.97	-	-	(\$275.30)
Dinner	140	\$378.46	\$2.70	-	-	(\$378.46)
<b>Menu Total</b>	<b>420</b>	<b>\$909.65</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$909.65)</b>

	Meal Forecast	Cost Analysis			Revenue Analysis	
		Menu Cost	Avg Cost Per Meal	Food Cost %	Revenue	Gross Profit Margin
<b>All Menus Range Average (Sunday - Saturday)</b>						
Breakfast	140	\$255.89	\$1.83	-	-	(\$255.89)
Lunch	140	\$275.30	\$1.97	-	-	(\$275.30)
Dinner	140	\$378.46	\$2.70	-	-	(\$378.46)
<b>Daily Average</b>	<b>420</b>	<b>\$909.65</b>	<b>\$2.17</b>	<b>-</b>	<b>-</b>	<b>(\$909.65)</b>

\* Indicates the Menu Item is a Main Item.

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Nutrient Analysis By: Main Items

List: All Items

**Cover page**

Cycle Day(s) Included: Week 1 - 1, Sunday - Saturday

Date(s) Included:

Menu(s) Included: Utensil Free Menu

**Week 1: Nutrient Analysis Weekly Average**  
**Utensil Free Menu**

	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+TransFAT (g)	P (mg)
<b>Daily Value</b>	2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>Daily Average for Week 1</b>	1991.2	68	283.1	70	203.9+	27.4+	3353.9	3264.9+	914.2+	12+	22.5+	972+
<b>% Daily Value Average for Week 1</b>	100%	105%	94%	140%	68+%	110+%	140%	93+%	91+%	67+%	-	97+%

NOTES:

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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Menu Planning Evaluation Checklist for the Menu Project

Intern Name: Maria Daw

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Date: 10/10/201

Location: Navicent Health

Care \_\_\_\_\_

Menu Planning Considerations	Describe how your menu meets the considerations
<b>Nutrition Requirements</b> <ul style="list-style-type: none"> <li>Does the menu illustrate the general principles for the population it is serving, i.e., DRI, nutrient modifications, health criteria?</li> <li>Does the menu promote healthy eating practices?</li> </ul>	<p><u>My utensil-free/finger-food menu meets the principles for the patient population of psychiatric patients on suicide watch and prisoner patients. The goal was to meet 2,000 calories per day.</u></p> <p><u>It was a challenge to find food in Webtrition that met the criteria of being a finger-food, was agreed upon that these patient populations would eat, and promoted healthy eating practices while staying near \$2.00 per meal.</u></p> <p><u>A variety of fruits, vegetables, and sandwiches are offered to provide a well-balanced meal.</u></p> <p><u>Beverages were left off the menu with the exception of skim milk at breakfast. The focus for this menu was to primarily focus on food for each meal and to include milk at breakfast.</u></p>
<b>Cost</b> <ul style="list-style-type: none"> <li>Does the menu use tested and approved recipes for account?</li> <li>Does the menu meet the food cost expectations of the director and client? (include food cost parameters obtained from your preceptor)</li> <li>Are portion sizes and serving utensils <del>are</del> included with each menu item?</li> </ul>	<p><u>All menu items are from Webtrition recipes.</u></p> <p><u>The cost expectations was set at \$2.00, but stated to be okay if I go a little over. The average meal cost came to \$2.17. It was stated that this amount is fine and within reasonable limits.</u></p> <p><u>Portion sizes and serving utensils are noted in the menu and on report.</u></p>
<b>Food Availability</b> <ul style="list-style-type: none"> <li>Is the food on the menu readily available to the operation through the account's managed order guide (MOG) selection?</li> </ul>	<p><u>All finger food ingredients and food items are readily available to the operation through the account's MOG.</u></p>

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<p><b>Sustainability</b></p> <ul style="list-style-type: none"> <li>Does the menu make full use of local products?</li> <li>Does the menu include plant based proteins?</li> <li>Are the menu items seasonally based?</li> </ul>	<p><a href="#">Fresh fruits and vegetables can be obtained seasonally through Common Market (locally).</a></p> <p><a href="#">The menu includes plant-based protein for Wednesday dinner in a bean burrito. This was a challenge, as I was instructed that these patient populations will not eat the healthier plant-based protein entrees typically, and to not include them. The bean burrito included was okayed to leave on.</a></p>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>Does the unit have the equipment necessary to execute the menu?</li> </ul>	<p><a href="#">Yes.</a></p>
<p><b>Labor</b></p> <ul style="list-style-type: none"> <li>Is there enough labor with the sufficient skill set available to execute the menu?</li> </ul>	<p><a href="#">Yes.</a></p>
<p><b>Production</b></p> <ul style="list-style-type: none"> <li>Are the menu items mixed to vary production needs?</li> </ul>	<p><a href="#">Yes. Upon review of patient and retail menus, I included menu items that are readily available.</a></p>
<p><b>Customer/Patient Population and cultural/religious needs, Preference and Diversity</b></p> <ul style="list-style-type: none"> <li>Does the menu reflect known customer/ patient population needs and cultural, religious needs, customer preference and ethnic diversity?</li> </ul>	<p><a href="#">The menu reflects the recommended preferences for patient populations stated earlier. The recommendations received: more comfort foods; try to keep as healthy as I can; they don't like too many vegetables, but will eat vegetable sticks alone or with ranch dressing; and they like fruit.</a></p>
<p><b>Flavor and Aroma</b></p> <ul style="list-style-type: none"> <li>Do the menu items have flavor? Are the menu items flavorful to the patients (if patient menu)?</li> <li>Will the aroma attract customers to the café( if retail menu)?</li> </ul>	<p><a href="#">The meals were created to include color and flavor. When I thought the entrée may be lacking some flavor, I added a dip for vegetables and plenty of fruit.</a></p> <p><a href="#">This menu is for specific patients and not for retail.</a></p>
<p><b>Texture</b></p> <ul style="list-style-type: none"> <li>Is the texture of each meal varied?</li> </ul>	<p><a href="#">Although the menu includes a large variety of sandwiches and folds, items such as fish sticks and a variety of animal protein has been included to keep the textures, flavors, and colors varied.</a></p>
<p><b>Color</b></p> <ul style="list-style-type: none"> <li>Is the color of each meal varied?</li> </ul>	<p><a href="#">Yes. Fruits and entrees were varied to provide different colors at different meals. Raw vegetable colors were more limiting since most are green, but I included carrots and cherry tomatoes, along with mixing up fruit</a></p>

	<a href="#"><u>colors to keep the meal appearing interesting, fresh, and flavorful.</u></a>
<b>Variety</b> <ul style="list-style-type: none"> <li>Is there enough variety in the menu and limited repetition?</li> </ul>	<a href="#"><u>In order to keep the calories down, the desserts were not at every meal, but at most. Due to the calories in desserts, I found it necessary to become a little repetitious with cookies.</u></a>
<b>Creativity</b> <ul style="list-style-type: none"> <li>Does the menu reflect current food trends?</li> <li>Is the menu a good marketing tool attracting customers to participate or patients to desire?</li> </ul>	<a href="#"><u>I was a bit more liberal at breakfast time to include breakfast items in Webtrition that I wouldn't serve at breakfast, but something these populations may like.</u></a> <a href="#"><u>Lunch and dinner meals included variety that are common and liked by the Macon community overall (comfort foods), while keeping the meal as healthy as I can.</u></a> <a href="#"><u>I feel these patients populations in which this menu is for will like the menu planned in regards to appearance, color, texture, flavor, and variety.</u></a>

## Menu Nutrient Analysis Report

Report Run: Oct 10, 2018

Cycle day(s) Included: Week 1 - 1, Sunday - Saturday

Nutrient Analysis by: Main Items

Date(s) Included:

List: All Items

Menu(s) Included: Utensil Free Menu

### Utensil Free Menu

#### Breakfast

Week 1 - Sunday

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Ingredient: Egg, Hard Boiled (69542)	1 ea	44	68.2	4.7	0.5	5.5	164.1	0	54.6	55.4	22	0.5	1.4+	75.7
*OBuy Turkey Sausage Links (5828.5)	2 ea	57	113.4	8.8	0	7.6	50.4	0	541.8	-	-	-	3.1	-
*Whole Wheat Toast (1129)	1 slice	25	63	0.9	10.7	3.1	0	1.5	113.7	63.5	40.2	0.6	0.2	53
*Margarine, Smart Balance, 5g, PC (104683)	1 ea	5	28.4	3.2	0	0	0	0	30.5	1.5	0.1	0	1.2	-
*Jam, Grape, .5 oz, PC (108427)	1 ea	14	39.4	0	9.8	0.1	0	0.2	4.5	10.9	2.8	0.1	0+	2.7
*Ingredient: Banana, Fresh (40362)	1 ea	118	105	0.4	27	1.3	0	3.1	1.2	422.4	5.9	0.3	0.1	26
*Fresh Cut Cantaloupe, Outtakes (MMS) (30664)	1 ea	240	81.6	0.5	19.6	2	0	2.2	38.4	640.8	21.6	0.5	0.1	36
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			582.3	18.6	79.6	27.8	219.4	6.9	887.6	1576.7+	391.6+	2.1+	6.3+	440.8+

### Utensil Free Menu

#### Lunch

Week 1 - Sunday

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Cali Chicken Sliders (73939.4)	1 ea	128	232.1	10.2	19.4	15.1	70	1.8	317.5	314.2+	56	2	3.2+	43.1+
*Lettuce and Tomato Slices (1451)	1 plate	44	7.7	0.1	1.6	0.4	0	0.5	4	101.2	6.4	0.2	0	11
*Tater Tots (1178)	1/2 cup	91	168.7	8.6	20.5	2.3	0	2.1	356.5	345.6	8.2	0.8	2.4	-
*Fresh Dill Pickle Spears (112543.1)	1 ea	45	6.8	0	1.5	0.3	0	0.2	266.8	62	7.1	0.1	0	10.2
*Fresh Cherry Tomatoes & Broccoli Flo... (12125)	1 plate	133	130.1	11.1	6.5	1.6	8.7	1.6	261.1	265.1+	23.1	0.4	1.9	33.7+
*Red Seedless Grapes* (1112)	1/2 cup	92	54.9	0.2	14.2	0.7	0	1	2.8	183.9	12.8	0.4	0	19.9
*Crackers, Graham, 3 Ct, PC (1911)	1 ea	21	91.4	2.3	16.5	1.4	0	0.7	97.6	36.1	16.4	0.8	0.4	39.3
<b>Lunch Totals</b>			691.8	32.5	80.3	21.8	78.7	8	1306.2	1308.1+	130	4.8	8+	157.2+

### Utensil Free Menu

#### Dinner

Week 1 - Sunday

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Ham Sandwich (Wheat), 2 oz (1942.5)	1 sandwich	118	225.8	5.3	27	17.7	30.6	3.7	948.2	333	103.7	2	1.5	281.8
*Lettuce and Tomato Slices (1451)	1 plate	44	7.7	0.1	1.6	0.4	0	0.5	4	101.2	6.4	0.2	0	11
*Mayonnaise, Light, .44 oz, PC (3814)	1 ea	12	30.7	3.1	0.6	0.1	4.1	0	84.5	-	0.7	0	0.5	-

\* Indicates main item

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**Utensil Free Menu**

**Dinner**

**Week 1 - Sunday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Mustard, Dijon, PC (9466)	1 ea	12	17.5	1	1	0.9	-	0.4	286	25.2	13.1	0.3	0+	22.3
*Baked Sweet Potato Fries (24924)	1/2 cup	85	150.5	4.6	26.3	1	0	3	116.5	233	20.3	0.4	0.5	-
*Cucumber Slices and Celery Sticks (5152)	1 serving	52	7.1	0.1	1.3	0.3	0	0.6	17.7	97.2	12.8	0.1	0	11.6
*Salad Dressing, Ranch, Low Sodium, 1... (110712)	1 ea	28	70.1	6	5	0	5	0	125.2	115.2	20	0	1	-
*Ingredient: Plums, Damson, Fresh (44283.5)	1 ea	62	28.5	0.2	7.1	0.4	0	0.9	0	97.4	3.7	0.1	0	9.9
*Snickerdoodles (5691)	2 ea	46	195.3	8.2	29.4	1.9	35.7	0.8	144.3	66.6	14.8	0.7	5.3+	24.6
<b>Dinner Totals</b>			733.4	28.4	99.4	22.8	75.4+	9.9	1726.4	1068.8+	195.5	3.8	8.9+	361.1+
<b>Daily Totals for Day 1</b>			2007.5	79.6	259.3	72.5	373.5+	24.8	3920.2	3953.6+	717.2+	10.7+	23.2+	959.1+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			100%	122%	86%	145%	125+%	99%	163%	113+%	72+%	60+%	-	96+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Monday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Breakfast Sandwich on Wheat Bun (111915)	1 sandwich	142	256.9	9.2	25.9	15.2	7.1	0.9	462.7	217.1	145.1	2.6	2.5+	98.9
*Ingredient: Grapes, Green Seedless, ... (63376.2)	1/4 cup	40	27.6	0.1	7.2	0.3	0	0.4	0.8	76.4	4	0.1	0	8
*Ingredient: Banana, Fresh (40362)	1 ea	118	105	0.4	27	1.3	0	3.1	1.2	422.4	5.9	0.3	0.1	26
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			472.8	9.8	72.2	25	12	4.3	567.5	1098.2	453.9	3.1	2.7+	380.3

**Utensil Free Menu**

**Lunch**

**Week 1 - Monday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Classic BLT, Turkey Bacon, Tomato an... (71007.31)	1 sandwich	212	357.4	16.9	36.4	14.8	53.2	2.8	1080.8	484.4+	147	3.3	3.7	200.7+
*Potato Wedges, Spicy Baked, Kosher (6509)	1/2 cup	92	65.8	0.2	14.9	1.8	0	1.7	174	424.1	11.1	0.7	0+	57.7
*Cucumber Slices and Celery Sticks (5152)	1 serving	52	7.1	0.1	1.3	0.3	0	0.6	17.7	97.2	12.8	0.1	0	11.6
*Apple and Orange Slices (4759.1)	4 ea	104	47.8	0.2	12.7	0.5	0	2.2	4.3	129.8	15	0.1	0	11.9
*Chocolate Chip Cookies (using Frz Do... (80257)	1 ea	38	166.2	7.5	23.6	1.7	11	0.8	122.3	42.4	6.6	1.1	4	26.1
*Ketchup, French's, 9 g, PC (116120)	1 ea	9	10.3	0	2.4	0.2	0.1	0.2	102.6	36.7	1.3	0	0	-
<b>Lunch Totals</b>			654.5	24.8	91.3	19.3	64.3	8.3	1501.7	1214.6+	193.8	5.4	7.9+	308+

\* Indicates main item

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**Utensil Free Menu**

**Dinner**

**Week 1 - Monday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Chicken Salad Sandwich (Wheat Roll) (3626)	1 sandwich	128	272.1	10.7	19.1	23.5	65.7	1.1	347.6	164.4+	17.6	1.7	2.4+	131.3+
*Lettuce and Tomato Slices (1451)	1 plate	44	7.7	0.1	1.6	0.4	0	0.5	4	101.2	6.4	0.2	0	11
*Broccoli and Carrot Crudit� (63098)	1 ea	88	44.9	1.7	6.5	1.7	0.7+	1.7	252.8	205.7+	34.1	0.4	0.3+	39.1+
*Red Seedless Grapes* (1112)	1/2 cup	92	54.9	0.2	14.2	0.7	0	1	2.8	183.9	12.8	0.4	0	19.9
*Garnish - Cantaloupe Wedge (2) (2127)	1 ea	138	46.9	0.3	11.3	1.2	0	1.2	22.1	368.5	12.4	0.3	0.1	20.7
*Sugar Cookies, Outtakes (MMS) (4736.2)	3 ea	117	577.1	34.1	63.9	3.7	17.6	1	652	-	16.2	1.9	13.7	-
<b>Dinner Totals</b>			1003.7	46.9	116.6	31.2	83.9+	6.6	1281.2	1023.7+	99.5	4.9	16.5+	222+
<b>Daily Totals for Day 2</b>			2131	81.6	280.1	75.5	160.2+	19.2	3350.4	3336.5+	747.3	13.5	27.2+	910.2+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			107%	125%	93%	151%	53+%	77%	140%	95+%	75%	75%	-	91+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Tuesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Eggless Breakfast: Rooted: Sweet Pot... (71291)	1 sandwich	265	468.1	12.6	76.6	12.9	0	8.8	975.3	447.2+	277.7	4.6	3.9	82.3+
*Ingredient: Banana, Fresh (40362)	1 ea	118	105	0.4	27	1.3	0	3.1	1.2	422.4	5.9	0.3	0.1	26
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			656.5	13.2	115.7	22.5	4.9	11.8	1079.4	1251.9+	582.5	5	4.2+	355.7+

**Utensil Free Menu**

**Lunch**

**Week 1 - Tuesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
**Grandma" Pie Sicilian Pizza (82234.1)	1 slice	117	334.4	12.9	40.5	14	21	1.8	765.6	142.3	250.9	2.7	4.7+	187.7+
*Fresh Cherry Tomatoes & Broccoli Flo... (12125.1)	1 plate	105	22.1	0.2	4.6	1.3	0	1.5	10.9	265.1	18	0.4	0	33.7
*Honeydew and Cantalope (5251.4)	1/2 cup	41	14.4	0.1	3.6	0.3	0	0.3	7	101.8	3.1	0.1	0	5.3
*Sugar Cookie (using Frz Dough, 1.5 o... (4736)	1 ea	39	192.4	11.4	21.3	1.2	5.9	0.3	217.3	-	5.4	0.6	4.6	-
<b>Lunch Totals</b>			563.4	24.5	70	16.8	26.8	4	1000.8	509.2+	277.4	3.8	9.3+	226.7+

**Utensil Free Menu**

**Dinner**

**Week 1 - Tuesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Big Daddy Carolina BBQ Pulled Pork S... (62391.3)	1 sandwich	183	333.2	8.2	38.2	25.7	65.6	3.5+	599.2	366.5+	159.4	3.7	3	6.2+

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**Utensil Free Menu**

**Dinner**

**Week 1 - Tuesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Tater Tots (25891)	1/2 cup	85	158.2	8.1	19.2	2.1	0	2	334.2	324	7.7	0.7	2.3	-
*Ingredient: Broccoli, Florets, Fresh (10959)	1/4 cup	18	6	0.1	1.2	0.5	0	0.5	5.9	56.2	8.4	0.1	0	11.7
*Salad Dressing, Ranch, Low Sodium, 1... (110712)	1 ea	28	70.1	6	5	0	5	0	125.2	115.2	20	0	1	-
*Snickerdoodles (5691)	2 ea	46	195.3	8.2	29.4	1.9	35.7	0.8	144.3	66.6	14.8	0.7	5.3+	24.6
<b>Dinner Totals</b>			762.9	30.6	93	30.3	106.3	6.7+	1208.8	928.5+	210.3	5.3	11.6+	42.5+
<b>Daily Totals for Day 3</b>			1982.7	68.3	278.6	69.6	138	22.6+	3289	2689.6+	1070.1	14	25.1+	62.5+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			99%	105%	93%	139%	46%	90+%	137%	77+%	107%	78%	-	62+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Wednesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*CTW Farmhouse Breakfast Fold (84148.13)	1 ea	168	273.4	5	39.9	17.2	7.4	5.8	470.6	124.9+	93.6	0.1	1.8	32.1+
*Blueberry Muffin (3 oz) (4043)	1 ea	102	270.5	7.4	47	3	7.3	1	409.7	6.2+	31	1.1	2.2+	1.9+
*Ingredient: Orange, Mandarin, Fresh (20257.11)	1 ea	65	34.5	0.2	8.7	0.5	0	1.2	1.3	108.1	24.1	0.1	0	13
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			661.6	12.7	107.8	29	19.6	8	984.4	621.3+	447.5	1.3	4.1+	294.5+

**Utensil Free Menu**

**Lunch**

**Week 1 - Wednesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Tomato and Bean Burrito (1358)	2 ea	386	414.2	13.7	58.4	16.8	13.1	9.8	798.6	891.8	264.8	5.1	4.7+	339.1
*Carrots & Celery Sticks with Ranch (27447)	1 serving	107	58.8	0.4	13.3	0.7	0.2	1.7	229.2	193.2+	28	0.4	0.1	20.1+
*Red Seedless Grapes^ (1112)	1/2 cup	92	54.9	0.2	14.2	0.7	0	1	2.8	183.9	12.8	0.4	0	19.9
*Chocolate Chip Cookies (using Frz Do... (80257)	1 ea	38	166.2	7.5	23.6	1.7	11	0.8	122.3	42.4	6.6	1.1	4	26.1
<b>Lunch Totals</b>			694.2	21.7	109.5	20	24.2	13.4	1152.9	1311.3+	312.2	7	8.9+	405.3+

**Utensil Free Menu**

**Dinner**

**Week 1 - Wednesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Tuna Salad Sandwich Plate (Whole Whe... (884)	1 plate	299	256.1	7.9	31.4	15.5	19.4	7	529.1	703.9+	140.4	2.4	1.5+	223.3+
*Cucumber Slices and Celery Sticks (5152)	1 serving	52	7.1	0.1	1.3	0.3	0	0.6	17.7	97.2	12.8	0.1	0	11.6

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**Utensil Free Menu**

**Dinner**

**Week 1 - Wednesday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Salad Dressing, Ranch, Low Sodium, 1... (110712)	1 ea	28	70.1	6	5	0	5	0	125.2	115.2	20	0	1	-
*Chips, Potato, Baked, 1.12 oz, PC (7779)	1 ea	32	137.6	3.8	24.4	2	0	1.6	178.5	253.8	6.3	0.3	0.7	45.5
*Ingredient: Orange, Clementine, Fres... (20257.10)	1 ea	57	26.8	0.1	6.8	0.5	-	1	0.6	100.9	17.1	0.1	0+	12
*Apple Slices (4759)	1 serving	436	79.5	0.3	21.7	0.7	0	3.7	25.2	223.5	23.8	0.3	0.1	22.1
*Ingredient: Nutella (63112)	1 tbsp	18	100.1	5.5	11.5	1	0	1	7.6	75.3	20	0.8	5.3+	28.1
<b>Dinner Totals</b>			677.3	23.7	102.1	20	24.4+	14.8	883.9	1569.8+	240.5	4	8.5+	342.6+
<b>Daily Totals for Day 4</b>			2033.1	58.2	319.3	69	68.3+	36.1	3021.2	3502.5+	1000.2	12.3	21.5+	1042.4+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			102%	89%	106%	138%	23+%	145%	126%	100+%	100%	69%	-	104+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Thursday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Breakfast: Multigrain Waffles (36845.11)	1 serving	260	443.8	7.6	82	11.9	1	11.9	811.6	1.4+	494.7	4.9	1.3	0+
*Syrup, Pancake, 1.4 oz, PC (14589)	1 ea	40	92.9	0	24.4	0	0	0	32.5	6	1.2	0	0+	3.6
*OBuy Turkey Sausage Links (5828.5)	1 ea	28	56.7	4.4	0	3.8	25.2	0	270.9	-	-	-	1.6	-
*Mixed Berries (5443)	1/2 cup	108	54.2	0.4	13.2	0.6	0	2.8	1.1	121.6	14.1	0.4	0	19.8
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			730.9	12.6	131.8	24.6	31.1	14.8	1219	511.1+	808.9+	5.4+	3+	270.8+

**Utensil Free Menu**

**Lunch**

**Week 1 - Thursday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Ham Sandwich (Whole Grain) (1942)	1 sandwich	151	269.4	7.6	26	24.4	51	4.2	1332.2	427.2	67.2	2.2	2.2	382.6
*Tomato Soup ( Bean Puree) (27562)	1 ladle6oz	165	35.3	0.6	7	1.6	0	2.8	47.1	261.7+	46	0.8	0.1	34+
*Crackers, Saltine, 2 Ct, PC (1909)	1 ea	6	23.7	0.5	4.2	0.5	0	0.2	53.4	8.6	1.1	0.3	0.1	5.8
*Vegetable Crudite (10604.2)	4 oz	113	26.1	0.2	5.6	0.8	0	1.9	57.1	270.6	32.9	0.3	0	30.2
*Ingredient: Apple, Fuji, Fresh (1638.6)	1 ea	141	88.6	0.3	21.4	0.3	-	3	1.4	153.3	9.8	0.1	0+	18.3
*Snickerdoodles (5691)	2 ea	46	195.3	8.2	29.4	1.9	35.7	0.8	144.3	66.6	14.8	0.7	5.3+	24.6
<b>Lunch Totals</b>			638.4	17.3	93.5	29.6	86.7+	12.8	1635.4	1188.1+	171.8	4.5	7.7+	495.5+

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**Utensil Free Menu**

**Dinner**

**Week 1 - Thursday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Mini Beef Sliders (69620)	2 ea	139	431.9	24.4	30.7	18.6	64.2	0	776.9	18.7+	148.1+	0.1+	9.7	90.9+
*Lettuce and Tomato Slices (1451)	1 plate	44	7.7	0.1	1.6	0.4	0	0.5	4	101.2	6.4	0.2	0	11
*Grill Station: Baked Sweet Potato Fr... (38544)	3 oz	85	150.5	4.6	26.3	1	0	3	116.5	233	20.3	0.4	0.5	-
*Carrot and Celery Sticks (1270)	1 plate	192	69.1	0.5	15.4	1.6	0.1	4	211.1	516.1+	68	0.5	0.1	53.5+
*Salad Dressing, Ranch, Low Sodium, 1... (110712)	1 ea	28	70.1	6	5	0	5	0	125.2	115.2	20	0	1	-
<b>Dinner Totals</b>			729.3	35.5	79	21.6	69.3	7.6	1233.7	984.2+	262.8+	1.2+	11.3	155.3+
<b>Daily Totals for Day 5</b>			2098.6	65.4	304.3	75.7	187+	35.2	4088.1	2683.3+	1243.5+	11+	22.1+	921.6+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			105%	101%	101%	151%	62+%	141%	170%	77+%	124+%	61+%	-	92+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Friday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*18853 - Cinnamon French Toast (63131)	3 half	136	164.3	3.2	25.4	8.4	26	1.5	239.9	189.3	49.8	1	0.5+	50.1
*Syrup, Pancake, 1.5 oz (43 ml), PC (7513)	1 ea	43	99.5	0	26.1	0	0	0	34.9	6.4	1.3	0	0+	3.8
*OBuy Turkey Sausage Links (5828.5)	1 ea	28	56.7	4.4	0	3.8	25.2	0	270.9	-	-	-	1.6	-
*On the Go Snack: Hard Boiled Egg (27251)	1 ea	44	62.9	4.2	0.3	5.5	163.7	0	62.5	60.7	24.6	0.8	1.4	87.1
*Honeydew and Cantalope (5251.4)	1/2 cup	41	14.4	0.1	3.6	0.3	0	0.3	7	101.8	3.1	0.1	0	5.3
*Ingredient: Banana, Fresh (40362)	1 ea	118	105	0.4	27	1.3	0	3.1	1.2	422.4	5.9	0.3	0.1	26
*Garnish - Orange Slices (3) (2130)	1 ea	66	31	0.1	7.8	0.6	0	1.6	0	119.5	26.4	0.1	0	9.2
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			617.2	12.6	102.3	28.2	219.8	6.5	719.2	1282.3+	410+	2.3+	3.7+	429.1+

**Utensil Free Menu**

**Lunch**

**Week 1 - Friday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Carne Tacos (73939.6)	2 ea	258	344	18.4	33.3	14.1	50.8+	6+	540.8	494.2+	189.8	2.2	7.2+	281.6+
*Fresh Green Beans (21354.2)	1/2 cup	70	36.3	1.6	5.4	1.3	0	2.2	30.2	99.3	30	0.4	0.2	19.7
*DOC - Tortilla Chips with Salsa (5802.1)	1 serving	93	165.5	7.7	22	2.9	0	2.6	610.6	178.1+	35.6	0.7	3.3+	21.4+
*Cucumber Slices and Celery Sticks (5152)	1 serving	52	7.1	0.1	1.3	0.3	0	0.6	17.7	97.2	12.8	0.1	0	11.6
*Ingredient: Apple, Fuji, Fresh (1638.6)	1 ea	141	88.6	0.3	21.4	0.3	-	3	1.4	153.3	9.8	0.1	0+	18.3
<b>Lunch Totals</b>			641.6	28	83.3	19	50.8+	14.2+	1200.7	1022.1+	278.1	3.5	10.6+	352.6+

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**Utensil Free Menu**

**Dinner**

**Week 1 - Friday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Fish Sticks (8131)	6 ea	179	354.2	15.4	36.8	17	51.7	0.9	585.5	239.1	26.5	2.1	2.4+	510.7
*Sauce, Tartar, 12gm, PC (19478)	1 serving	12	42.2	3.8	1.9	0.1	6.9	0	105.1	4.3	1.2	0	0.7	-
*Potato Wedges, Spicy Baked, Kosher (6509)	1/2 cup	92	65.8	0.2	14.9	1.8	0	1.7	174	424.1	11.1	0.7	0+	57.7
*Carrot and Celery Sticks (1270)	1 plate	192	69.1	0.5	15.4	1.6	0.1	4	211.1	516.1+	68	0.5	0.1	53.5+
*Ingredient: Grapes, Green Seedless, ... (63376.2)	1/4 cup	40	27.6	0.1	7.2	0.3	0	0.4	0.8	76.4	4	0.1	0	8
*Ingredient: Honeydew Melon, Cubed, F... (1117)	1/4 cup	42	15.3	0.1	3.9	0.2	0	0.3	7.6	96.9	2.5	0.1	0	4.7
<b>Dinner Totals</b>			574.1	20	80.1	21	58.7	7.4	1084.1	1356.9+	113.4	3.6	3.3+	634.5+
<b>Daily Totals for Day 6</b>			1832.9	60.6	265.7	68.1	329.3+	28.2+	3004	3661.3+	801.5+	9.4+	17.6+	1416.2+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			92%	93%	89%	136%	110+%	113+%	125%	105+%	80+%	52+%	-	142+%

**Utensil Free Menu**

**Breakfast**

**Week 1 - Saturday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Philly Steak Breakfast Flatbread Fol... (10851)	1 ea	108	303	16.1	25.2	14.2	85.5	1	451.6	98+	132.7	2	6.4+	135.3+
*Apple Bran Muffin 2 oz (1287.5)	1 ea	53	140.2	3.9	24	2.5	4.1	2.6	23.3	11.3+	64.6	1.7	1.4+	7.5+
*Ingredient: Grapes, Red Seedless, Fr... (63376)	1/4 cup	39	27.1	0.1	7.1	0.3	0	0.4	0.8	75.1	3.9	0.1	0	7.9
*Beverage: Juice, Orange, 100% (63589)	8 floz	249	117	0.4	27.4	1.7	0	0.7	10	458.2	24.9	0.2	0	42.3
*Milk, Skim/Nonfat, 8 floz, PC (3874)	1 ea	245	83.3	0.2	12.2	8.3	4.9	0	102.9	382.2	298.9	0.1	0.1+	247.5
<b>Breakfast Totals</b>			670.6	20.5	95.9	26.9	94.5	4.8	588.6	1024.8+	525	4.1	7.9+	440.4+

**Utensil Free Menu**

**Lunch**

**Week 1 - Saturday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Turkey Caesar Wrap (5817)	1 ea	194	263.6	11.6	27.8	12.1	33.5	2.9	949	303+	97	2.4	3.7+	172.4+
*Potato Wedges, Spicy Baked, Kosher (6509)	1/2 cup	92	65.8	0.2	14.9	1.8	0	1.7	174	424.1	11.1	0.7	0+	57.7
*Garden Vegetable Crudite with Orange... (19663.1)	1 plate	119	59	2.4	8	2	3.3	2.3	183.8	299.4+	58.3	0.7	0.4+	56.8+
*Ingredient: Grapes, Red Seedless, Fr... (63376)	1/4 cup	39	27.1	0.1	7.1	0.3	0	0.4	0.8	75.1	3.9	0.1	0	7.9
*Rice Krispie Treats - 3 X 3 (4431.4)	1 3x3	48	188.8	7.7	30.7	0.7	0	0	105.3	2.3	1.2	0.1	1.5+	3.6
<b>Lunch Totals</b>			604.2	21.9	88.5	16.8	36.8	7.3	1412.7	1103.9+	171.6	4	5.7+	298.3+

\* Indicates main item  
 (+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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**Utensil Free Menu**

**Dinner**

**Week 1 - Saturday**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	PRO (g)	CHOL (mg)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Sat+Trans FAT (g)	P (mg)
*Bistro Beef Sandwich with Charred Ve... (61832.2)	1 sandwich	225	256.9	12.3	29.3	12.5	28.8	7.7	509.4	501.3+	82.3	2.8	3.2+	118.3+
*Sweet Potato Wedges (63058)	3 oz	85	66.5	0.2	15.4	1.2	0	2.2	170.2	202.2	24.8	0.7	0	28
*Ingredient: Apple, Fuji, Fresh (1638.6)	1 ea	141	88.6	0.3	21.4	0.3	-	3	1.4	153.3	9.8	0.1	0+	18.3
*Chocolate Chip Cookies (using Frz Do... (80257)	1 ea	38	166.2	7.5	23.6	1.7	11	0.8	122.3	42.4	6.6	1.1	4	26.1
<b>Dinner Totals</b>			578.1	20.2	89.7	15.7	39.8+	13.7	803.3	899.1+	123.5	4.7	7.3+	190.8+
<b>Daily Totals for Day 7</b>			1853	62.6	274.1	59.4	171.1+	25.8	2804.7	3027.8+	820	12.8	20.9+	929.5+
<b>Daily Value</b>			2000	65	300	50	300	25	2400	3500	1000	18	-	1000
<b>% Daily Value</b>			93%	96%	91%	119%	57+%	103%	117%	87+%	82%	71%	-	93+%
<b>Daily Average for Week 1</b>			1991.2	68	283.1	70	203.9+	27.4+	3353.9	3264.9+	914.2+	12+	22.5+	972+
<b>% Daily Value Average for Week 1</b>			100%	105%	94%	140%	68+%	110+%	140%	93+%	91+%	67+%	-	97+%
<b>Daily Average for Days (1 - 7)</b>			1991.2	68	283.1	70	203.9+	27.4+	3353.9	3264.9+	914.2+	12+	22.5+	972+
<b>% Daily Value Average for Day Range (1 - 7)</b>			100%	105%	94%	140%	68+%	110+%	140%	93+%	91+%	67+%	-	97+%

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