

| <b>Station</b>  | <b>Menu Item Name</b>  | <b>Webtrition Number</b> | <b>Label Type</b> | <b>Price</b> | <b>Icon</b> | <b>Barcode</b> |
|-----------------|--|--------------------------|-------------------|--------------|-------------|----------------|
| Breakfast Bowls | Acai Smoothie Bowl with Flax Seeds   | 104877.4                 | Rectangle         | \$0.00       | EW, V       | 194306461372   |
| Breakfast Bowls | Matcha Smoothie Bowl   | 107430.2                 | Rectangle         | \$0.00       | EW, V       | 194306461327   |
| Breakfast Bowls | Muesli Bowl with Greek Yogurt and Honey  | 107427.4                 | Rectangle         | \$0.00       | V           | 194306461365   |
| Breakfast Bowls | Protein Smoothie Bowl with Greek Yogurt, Sunbutter, Fresh Fruit, and Pumpkin Seeds | 107425.4                 | Rectangle         | \$0.00       | V           | 194306461280   |
| Breakfast Bowls | Quinoa Breakfast Bowl with Banana, Blueberries, and Strawberries                   | 104878.4                 | Rectangle         | \$0.00       | V           | 194306461358   |

**CulinArt Acai Smoothie Bowl with Flax Seeds (made without nuts) (104877.4)**

Revision Date: Jul 09, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

|               |               |               |                  |             |                   |             |                  |
|---------------|---------------|---------------|------------------|-------------|-------------------|-------------|------------------|
| Energy (kcal) | Total Fat (g) | Saturates (g) | Carbohydrate (g) | Protein (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) |
| 260           | 8             | 0.5           | 41               | 13          | 9                 | 100         | 22               |

| Step | Ingredients                        |    | 12 Servings | 24 Servings | 48 Servings |
|------|------------------------------------|----|-------------|-------------|-------------|
| 1    | Acai Puree                         | AP | 2 lb, 4 oz  | 4 lb, 8 oz  | 9 lb        |
|      | Banana, Fresh, Sliced              | AP | 3 cup       | 1 qt, 2 cup | 3 qt        |
|      | Fat Free Greek Yogurt              | AP | 1 lb, 8 oz  | 3 lb        | 6 lb        |
|      | Pineapple, Fresh, Small Diced 1/4" | AP | 1 lb, 8 oz  | 3 lb        | 6 lb        |
|      | Fresh Blueberries                  | AP | 12 oz       | 1 lb, 8 oz  | 3 lb        |
|      | Fresh Raspberries                  | AP | 12 oz       | 1 lb, 8 oz  | 3 lb        |
|      | Whole Golden Flax Seeds            | AP | 3/4 cup     | 1-1/2 cup   | 3 cup       |
|      | Soy Milk, Plain                    | AP | 1 qt, 2 cup | 3 qt        | 1 gal, 2 qt |

| Step | Method   |
|------|--|
| 1    | <p><u>Prepare Acai Bowl</u><br/>Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br/>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.</p> <p>In a blender, combine Greek yogurt, acai puree, sliced bananas, soy milk and pineapple.<br/>Blend on high speed until consistency is smooth. Transfer smoothie into a bowl. Sprinkle top of the bowl with blueberries, raspberries, and flax seeds (golden or brown).<br/>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F.</p> |



**CulinArt Matcha Smoothie Bowl (made without nuts)  
(107430.2)**

Revision Date: Jul 09, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

|               |               |               |                  |             |                   |             |                  |
|---------------|---------------|---------------|------------------|-------------|-------------------|-------------|------------------|
| Energy (kcal) | Total Fat (g) | Saturates (g) | Carbohydrate (g) | Protein (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) |
| 320           | 4.5           | 1.5           | 62               | 13          | 11                | 85          | 34               |

| Step | Ingredients                |    | 12 Servings | 24 Servings | 48 Servings |
|------|----------------------------|----|-------------|-------------|-------------|
| 1    | Soy Milk, Plain            | AP | 1 qt, 2 cup | 3 qt        | 1 gal, 2 qt |
|      | Banana, Fresh, Sliced      | EP | 12 ea       | 24 ea       | 48 ea       |
|      | 2% Greek Yogurt            | AP | 1 lb, 8 oz  | 3 lb        | 6 lb        |
|      | Ginger Root, Fresh, Minced | EP | 2 tbsp      | 1/4 cup     | 1/2 cup     |
|      | Matcha Green Tea Powder    | AP | 1/4 cup     | 1/2 cup     | 1 cup       |
|      | Fresh Blackberries         | EP | 1 lb, 2 oz  | 2 lb, 4 oz  | 4 lb, 8 oz  |
|      | Fresh Raspberries          | EP | 1 lb, 2 oz  | 2 lb, 4 oz  | 4 lb, 8 oz  |

| Step | Method  |
|------|---|
| 1    | <p><u>Blend Ingredients, Assemble Bowl</u><br/>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.</p> <p>Combine Greek yogurt, soy milk, banana, ginger, and matcha in blender. Blend on high speed until consistency is smooth. Transfer smoothie into a bowl. Sprinkle top of bowl with blackberries and raspberries.<br/>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F.</p> |



# CulinArt Muesli Bowl with Greek Yogurt and Honey (made without nuts) (107427.4)

Revision Date: Jul 09, 2024


Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

| Energy (kcal) | Total Fat (g) | Saturates (g) | Carbohydrate (g) | Protein (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) |
|---------------|---------------|---------------|------------------|-------------|-------------------|-------------|------------------|
| 540           | 20            | 4.5+          | 68               | 28          | 10                | 210         | 40+              |

+ Indicates partial nutritional value

| Step | Ingredients   |    | 12 Servings | 24 Servings | 48 Servings |
|------|---|----|-------------|-------------|-------------|
| 1    | Blackberries, Frozen IQF  | AP | 1 qt, 2 cup | 3 qt        | 1 gal, 2 qt |
|      | 2% Greek Yogurt   | AP | 3 lb        | 6 lb        | 12 lb       |
|      | Honey   | AP | 1/4 cup     | 1/2 cup     | 1 cup       |
|      | Soy Milk, Plain   | AP | 2 qt        | 1 gal       | 2 gal       |
|      |  CulinArt Nutritious Muesli (made without nuts) (107428.1) |    | 3 cup       | 1 qt, 2 cup | 3 qt        |

| Step | Method  |
|------|---|
| 1    | <p>Assemble Bowl</p> <p>Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.</p> <p>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.</p> <p>Prepare Nutritious Muesli according to recipe.</p> <p>Place muesli and almond milk in bowl, for service. Top with blackberries, yogurt, and honey.</p> <p>Serve Immediately.</p> <p>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F.</p> |



**CulinArt Nutritious Muesli (made without nuts)  
(107428.1)**

Revision Date: Jul 09, 2024

| Sub Recipe For  |                             |                                   |                            |
|---|-----------------------------|-----------------------------------|----------------------------|
| CulinArt Muesli Bowl with Greek Yogurt and Honey (made without nuts) (107427.4) | <b>12 Servings</b><br>3 cup | <b>24 Servings</b><br>1 qt, 2 cup | <b>48 Servings</b><br>3 qt |

**Minimum Batch:**

**Maximum Production:**

**Portion: 1/4 cup**

| Step | Ingredients                        |    | 12 Servings | 24 Servings | 48 Servings   |
|------|------------------------------------|----|-------------|-------------|---------------|
| 1    | Pumpkin Seeds, Hulled              | AP | 1 cup       | 2 cup       | 1 qt          |
|      | Sunflower Seeds, Unsalted, Roasted | AP | 1/2 cup     | 1 cup       | 2 cup         |
|      | Whole Brown Flax Seeds             | AP | 1/4 cup     | 1/2 cup     | 1 cup         |
|      | Golden Raisins                     | AP | 1 cup       | 2 cup       | 1 qt          |
|      | Ground Cinnamon                    | AP | 1 tsp       | 2 tsp       | 1 tbsp, 1 tsp |
|      | Imitation Vanilla Extract          | AP | 1 tsp       | 2 tsp       | 1 tbsp, 1 tsp |
|      | Dark Brown Sugar                   | AP | 1 tbsp      | 2 tbsp      | 1/4 cup       |
|      | Ground Nutmeg                      | AP | <1/8 tsp    | <1/8 tsp    | 1/4 tsp       |
|      | Kosher Salt                        | AP | 1/2 tsp     | 1 tsp       | 2 tsp         |
|      | Quick Oatmeal Cereal, Dry          | AP | 3 cup       | 1 qt, 2 cup | 3 qt          |
|      | Cranberries, Dried                 | AP | 1/2 cup     | 1 cup       | 2 cup         |

| Step | Method   |
|------|--|
| 1    | <p><u>Combine Ingredients</u><br/>Refer to HACCP Plan Form HFS# 007: Non-Refrigerated Mixes.<br/>Coarsely chop the dried cranberries into small pieces. In a large bowl, combine all ingredients. Stir until everything is evenly distributed within the mix.<br/>Store in a dry area in and airtight container for service.<br/>Portion Size: 1/4 cup</p> |

# CulinArt Protein Smoothie Bowl with Greek Yogurt (made without nuts) (107425.4)

Revision Date: Jul 09, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

|               |               |               |                  |             |                   |             |                  |
|---------------|---------------|---------------|------------------|-------------|-------------------|-------------|------------------|
| Energy (kcal) | Total Fat (g) | Saturates (g) | Carbohydrate (g) | Protein (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) |
| 680           | 30            | 8             | 79               | 33          | 10                | 210         | 50               |

| Step | Ingredients                      |    | 12 Servings | 24 Servings | 48 Servings |
|------|----------------------------------|----|-------------|-------------|-------------|
| 1    | 2% Greek Yogurt                  | AP | 4 lb, 8 oz  | 9 lb        | 18 lb       |
|      | Soy Milk, Plain                  | AP | 1 lb, 8 oz  | 3 lb        | 6 lb        |
|      | Pineapple, Fresh                 | EP | 1 qt, 2 cup | 3 qt        | 1 gal, 2 qt |
|      | Banana, Fresh, Sliced            | EP | 12 ea       | 24 ea       | 48 ea       |
|      | Honey                            | AP | 1/4 cup     | 1/2 cup     | 1 cup       |
|      | Cacao Nibs                       | AP | 1/4 cup     | 1/2 cup     | 1 cup       |
|      | Sunflower Seed Butter, SunButter | AP | 1-1/2 cup   | 3 cup       | 1 qt, 2 cup |
|      | Pumpkin Seeds, Hulled            | AP | 3/4 cup     | 1-1/2 cup   | 3 cup       |

| Step | Method  |
|------|---|
| 1    | <p><u>Blend Ingredients</u><br/>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br/>Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br/>Combine Greek yogurt, sunbutter, soy milk, honey, pineapple and 1/2 of the banana into a blender. Blend on high speed until consistency is smooth.<br/>Transfer smoothie into a bowl. Sprinkle top of bowl with pumpkin seeds, cocoa nibs and remaining banana.<br/>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F.</p> |



# CulinArt Quinoa Breakfast Bowl with Banana, Blueberries, and Strawberries (made without nuts) (104878.4)


Revision Date: Jul 09, 2024

Portion: 1 serving(s)

Minimum Batch:

Maximum Production:

|                                       |               |               |                  |             |                   |             |                  |
|---------------------------------------|---------------|---------------|------------------|-------------|-------------------|-------------|------------------|
| Energy (kcal)                         | Total Fat (g) | Saturates (g) | Carbohydrate (g) | Protein (g) | Dietary Fiber (g) | Sodium (mg) | Total Sugars (g) |
| 340                                   | 4             | 0.5           | 71               | 9           | 7                 | 45          | 32+              |
| + Indicates partial nutritional value |               |               |                  |             |                   |             |                  |

| Step | Ingredients  |    | 12 Servings | 24 Servings | 48 Servings |
|------|--|----|-------------|-------------|-------------|
| 1    |  CulinArt Honey Quinoa (104876) |    | 2 lb, 10 oz | 5 lb, 4 oz  | 10 lb, 8 oz |
|      | Banana, Fresh, Sliced  | EP | 6 ea        | 12 ea       | 24 ea       |
|      | Fresh Blueberries  | EP | 12 oz       | 1 lb, 8 oz  | 3 lb        |
|      | Strawberries, Fresh, Capped, 1/4" Sliced   | EP | 12 oz       | 1 lb, 8 oz  | 3 lb        |
|      | Soy Milk, Plain  | AP | 1 qt        | 2 qt        | 1 gal       |

| Step | Method  |
|------|---|
| 1    | <p><u>Prepare Quinoa Bowl</u></p> <p>Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br/>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br/>Cut 1/2 of a banana into 1/4" slices.<br/>Place soy milk in bowl.<br/>Mound separately the quinoa, banana, blueberries, and strawberries on top of the soy milk.<br/>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F.</p> |





## CulinArt Honey Quinoa (104876)

Revision Date: May 15, 2024


**Sub Recipe For**

|  |                                   |                                  |                                   |
|--|-----------------------------------|----------------------------------|-----------------------------------|
| CulinArt Quinoa Breakfast Bowl with Banana, Blueberries, and Strawberries (made without nuts) (104878.4) | <b>12 Servings</b><br>2 lb, 10 oz | <b>24 Servings</b><br>5 lb, 4 oz | <b>48 Servings</b><br>10 lb, 8 oz |
|--|-----------------------------------|----------------------------------|-----------------------------------|

**Minimum Batch:**

**Maximum Production:**

**Portion: 1/2 cup**

| Step | Ingredients   | 10 Servings     | 19 Servings       | 38 Servings          |
|------|---|-----------------|-------------------|----------------------|
| 1    |  Quinoa, Red, Cooked (73825.1) | 1 qt, 3-1/2 cup | 3 qt, 2-1/4 cup   | 1 gal, 3 qt, 1/2 cup |
|      | Honey AP  | 1/2 cup, 2 tbsp | 1 cup, 3 tbsp     | 2-1/3 cup, 2 tsp     |
|      | Fresh Orange, Zested AP   | 1 tbsp, 3/4 tsp | 2 tbsp, 1-1/8 tsp | 1/4 cup, 2-1/4 tsp   |
|      | Ground Nutmeg AP  | 3/4 tsp         | 1-1/4 tsp         | 2-1/2 tsp            |
|      | Ground Cinnamon AP  | 1-1/4 tsp       | 2-1/2 tsp         | 1 tbsp, 1-3/4 tsp    |

| Step | Method  |
|------|---|
| 1    | <p><u>Combine Ingredients</u><br/>Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.<br/>Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.<br/>Cook quinoa according to recipe.<br/>Combine the cooked quinoa with honey, orange zest, nutmeg, and cinnamon. Mix well.<br/>Hold at or below 41 degrees F for service.<br/>Portion Size: 6oz.</p> |





# Quinoa, Red, Cooked (73825.1)

Revision Date: May 15, 2024

**Sub Recipe For**

|                                |                                       |                                       |  |
|--------------------------------|---------------------------------------|---------------------------------------|--|
| CulinArt Honey Quinoa (104876) | <b>10 Servings</b><br>1 qt, 3-1/2 cup | <b>19 Servings</b><br>3 qt, 2-1/4 cup | <b>38 Servings</b><br>1 gal, 3 qt, 1/2 cup |
|--------------------------------|---------------------------------------|---------------------------------------|--|

**Minimum Batch:**

**Maximum Production:**

**Portion: 1/4 cup**

| Step | Ingredients     |    | 30 Servings           | 57 Servings    | 114 Servings   |
|------|-----------------|----|-----------------------|----------------|----------------|
| 1    | Red Quinoa, Dry | AP | 1 lb, 1 oz            | 2 lb, 1/2 oz   | 4 lb, 1 oz     |
|      | Tap Water       | AP | 2 qt, 1/2 cup, 1 tbsp | 1 gal, 1/4 cup | 2 gal, 1/2 cup |

| Step | Method   |
|------|--|
| 1    | Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.<br>Place quinoa in a pot with water and bring to a boil; lower heat to simmer and cook until tender and outer ring is visible, about 15 - 20 minutes. Drain and chill. Portion Size: 1/4 cup. Hold Cold for Cold Service. |



Cooked Red Quinoa