This resource guide is designed to help home economics teachers in Montana to develop occupational programs for food service. It provides resources that can be used with the "Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics." The guide contains 13 sections. The first section explains the core concepts for HERO (Home Economics Related Occupations) in food service programs, while the second section contains an activity (job sheet) for evaluating the competencies, skills, and abilities needed in different food service careers. The third and fourth sections provide forms for student application to the program and samples of student individualized training plans. The fifth section is an employer evaluation form. Tests for equipment and safety and preparation, with answers, make up the sixth section. Recipes and instructions for various restaurant stations are described in the seventh section, while the following section provides sample instruments for restaurant service performance and schedules. A sample order form for "front-of-the-house" use is provided in the ninth section. The tenth section covers advertising for restaurants, including flyers, business cards, and stationery. Funding sources, sources for recipes and product information, and a bibliography complete the guide. (KC)
RESOURCES FOR TEACHING

Angelina O. Parsons, Ph.D.
Project Director

Pamela R. Harris, R.D., M.S.
Food Systems Management Coordinator

Department of Home Economics
Montana State University
Bozeman, MT 59717

Office of Public Instruction
Helena, MT 59601

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INTRODUCTION

According to the Bureau of Labor Statistics' employment projections, jobs in foodservice will jump 32 percent between 1982 and 1995, compared with a slower 25 percent average gain for all occupations. Economic and lifestyle trends will also affect employment trends during the next decade. Service industries, such as foodservice, should prosper as personal income rises with the growth of two-income families and as consumers place increasing emphasis on convenience. This trend will help boost foodservice industry sales and increase the number of foodservice employees.

HERO Home Economics programs on the secondary level can equip Montana students with entry-level skills and attitudes required for success in food service occupations. This resource guide is designed to aid teachers in developing occupational programs. It provides resources that can be used with the Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics.

The resources compiled in this supplement were obtained from Regional Occupational Programs in California. Individuals are credited for their contribution.
CORE CONCEPTS FOR HERO:
FOOD SERVICE PROGRAMS

The following scope and sequence provides the core concepts for teaching food service. For an in-depth scope and sequence refer to Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics.
ACTIVITY FOR EVALUATING THE COMPETENCIES, SKILLS, AND ABILITIES NEEDED IN DIFFERENT FOOD SERVICE CAREERS:

(1) Job Sheet
Job Title:

Company:

Education Requirements:

Training:

Skills:

Abilities:

Dexterity and Accuracy:

Oral Communication Skills:

Written Skills:

Math Skills:

Computer Skills:

Promotion Opportunities/Upward Mobility:

Salary Range:

Employment Opportunities/Montana:

Resource:

Date: _______________
STUDENT INFORMATION AND APPLICATION

CLASSROOM/COMMUNITY

(1) Application Form for Enrolling in Program

(2) Interview Report (Teacher/Counselor/or Business)
# CONTRA COSTA REGIONAL OCCUPATIONAL PROGRAM -- RESTAURANT OCCUPATIONS

## STUDENT INFORMATION AND APPLICATION

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<td>PREVIOUS WORK EXPERIENCE:</td>
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<td>WHAT DO YOU HOPE TO GAIN FROM THIS EXPERIENCE?</td>
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- INTERVIEW REPORT -

TO: ____________________________
FROM: __________________________
APPLICANT NAME: ____________________________ FOR: ____________________________
INTERVIEWER: ______________________ AT: _______________ DATE: _____________
ADDRESS: ____________________________ PHONE: _______________

Rating Scale: 1=Low  3=Average  5=High  6=Not Observable (Circle No.)

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Comments:

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SAMPLES OF STUDENT
INDIVIDUALIZED TRAINING PLANS

CLASSROOM:

(1) Restaurant Occupations
(2) Introduction to Baking

COMMUNITY:

(1) Community Classroom Individualized Training Plan
STUDENT INDIVIDUALIZED TRAINING PLAN

COURSE: Restaurant Occupations  LOCATION: Mt. Diablo High  INSTRUCTOR: Jannett Moor

Student's Name __________________________ Date Enrolled __________________________ School __________________________

Address __________________________ City __________________________ Date Terminated __________________________ Training Site/Community Classroom __________________________

Telephone __________________________ Training Site Contact __________________________ Enrollment Limit __________________________

Previous Employment or Training: ____________________________________________________________

Special Considerations Affecting Student Training: _______________________________________________________________________________________

Class □

Student's Goal: (1) Bus Person 311.878-010 □  (2) Waiter/Waitress 311.878-058 □
(3) Host/Hostess 310.868 □  (4) Cashier 211.368 □  (5) Kitchen Helper 318.887 □
(6) Cook, Helper 529.887 □  (7) Cook, Short Order 314.381 □  (8) Cook 313.381 □
(9) Baker 526.781 □  (10) Pantry 317.884-018 □

Student's employment goal should be completed within 540 hrs. or less of instruction.

ACHIEVEMENT LEVEL:

"3" The student has outstanding chances for successful employment. Attitude, accuracy and productivity are at the 90% level or above.

"2" The student has good chances for successful employment. Attitude, accuracy and productivity are at the 80% level or above.

"1" The student may succeed with employment, but should seek training in another field. Alternatives may be available with the class, in other ROP or school classes, or in some other activity. Student should pursue training where his/her chances of success are good or outstanding. Attitude, accuracy and productivity are below the 80% level.
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STUDENT INDIVIDUALIZED TRAINING PLAN

COURSE: Intro to Baking  LOCATION: Mt. Diablo High  INSTRUCTOR: Judy Moon

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<th>Student's Name</th>
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Special Considerations Affecting Student Training:

___________________________________________________________

Student's Goal:

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<th>Baker 526.381-010</th>
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Student's employment goal should be completed within 360 hrs. or less of instruction.

ACHIEVEMENT LEVEL:

"3" The student has outstanding chances for successful employment. Attitude, accuracy and productivity are at the 90% level or above.

"2" The student has good chances for successful employment. Attitude, accuracy and productivity are at the 80% level or above.

"1" The student may succeed with employment, but should seek training in another field. Alternatives may be available with the class, in other ROP or school classes, or in some other activity. Student should pursue training where his/her chances of success are good or outstanding. Attitude, accuracy and productivity are below the 80% level.
### Student's Accomplishments

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<th>Max Hrs</th>
<th>Skill Level</th>
<th>Job Titles and Skills Objectives</th>
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<th>Achievement Level (Circle)</th>
<th>Date Completed</th>
<th>Signed Off By:</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3 2 1</td>
<td>BAKER</td>
<td>3 2 1</td>
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<tr>
<td>3 2 1</td>
<td>Weighs &amp; measures ingredients</td>
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<td>3 2 1</td>
<td>on baker's scale</td>
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<td>3 2 1</td>
<td>Mix and bake ingredients</td>
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<td>3 2 1</td>
<td>according to recipes</td>
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<td>3 2 1</td>
<td>Proper use &amp; understanding of</td>
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<td>3 2 1</td>
<td>mixer</td>
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<td>ovens &amp; controls</td>
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<td>proof cabinet</td>
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<tr>
<td>3 2 1</td>
<td>Rolls, cuts, and shapes dough</td>
<td>3 2 1</td>
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<tr>
<td>3 2 1</td>
<td>Applies icing, glaze, or other toppings</td>
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<td>3 2 1</td>
<td>Vocabulary, ingredients, and procedures applicable to the baking industry</td>
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<td>3 2 1</td>
<td>Skill in proper use of sheeter &amp; products produced</td>
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<tr>
<td>3 2 1</td>
<td>Keeps work areas clean at all times</td>
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</table>
CONTRA COSTA REGIONAL OCCUPATIONAL PROGRAM--RESTAURANT OCCUPATIONS

- COMMUNITY CLASSROOM INDIVIDUAL STUDENT TRAINING PLAN -

STUDENT: ________________________ TRAINING SITE: ________________________ SITE SUPERVISOR: ________________________

ROP INSTRUCTOR: ________________________ ROP COORDINATOR: ________________________

Training under the direction of the site supervisor, the student will learn to perform the objectives checked below in the environment of different local, commercial and institutional food establishments.

- Bus Person 311.678-010
- Host/Hostess 313.868
- Kitchen Helper 318.887
- Cook, Short-Order 314.381
- Cook 313.381
- Waiter/Waitress 311.678-058
- Cashier 211.368
- Baker 526.781
- Pantry 317.884-018
- Panty 317.884-018
- Baker 526.781
- Kitchen Helper 311.878
- Cook 313.381
- Waiter/Waitress 311.678-058
- Cashier 211.368
- Cook 313.381
- Waiter/Waitress 311.678-058
- Cashier 211.368
- Cook 313.381

At the conclusion of the training, the site supervisor will evaluate the student's performance of the selected objectives in the column marked "Achievement Level" and the student's work personality development in the space provided on the last page of this training plan using the following scale:


<table>
<thead>
<tr>
<th>Objectives</th>
<th>Objective</th>
<th>Specific Details</th>
<th>Achievement Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sanitation:</td>
<td>Given instruction in the classroom, the student will demonstrate knowledge of sanitation, safety, and personal hygiene by passing a test with 70% accuracy or better.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Sanitation:</td>
<td>The student will demonstrate the importance of proper sanitation within the food service establishment by practicing acceptable procedures according to the expectations of the employer.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Hours Complete: 0
- Estimated Hours to Complete: 0
- Achievement Level: 0
## OBJECTIVES

<table>
<thead>
<tr>
<th>Check Objectives</th>
<th>Required Hours to Complete</th>
<th>Expected Hours to Complete</th>
<th>3. Safety: The student will demonstrate the importance of proper safety by practicing acceptable procedures according to the expectations of the employer.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Personal Hygiene: The student will demonstrate proper personal hygiene practices on a daily basis.</td>
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<tr>
<td>5. Courtesy: The student will demonstrate acceptable manners and courtesy toward fellow students, instructors, employers, and the general public.</td>
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<tr>
<td>6. BUS PERSON:</td>
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<tr>
<td>(a) Given instruction, the student will demonstrate the proper and acceptable way to set a table according to the standards of that establishment.</td>
<td></td>
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<tr>
<td>(b) Given instruction, the student will demonstrate the proper and acceptable way to clear dirty dishes from a table and/or in front of a customer.</td>
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<tr>
<td>(c) Given instruction, the student will demonstrate his ability to properly carry dirty dishes from the table to the bus station and/or dishroom.</td>
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</tr>
<tr>
<td>(d) Given instruction, the student will demonstrate with 100% accuracy how to clean and replenish the necessary items located in an adequately supplied bus station.</td>
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<td></td>
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</tr>
</tbody>
</table>
### OBJECTIVES

<table>
<thead>
<tr>
<th>Check Objectives Required</th>
<th>Expected Hours to Complete</th>
<th>Student Instructor Signature</th>
<th>Date Completed to Complete</th>
<th>Achievement Level</th>
</tr>
</thead>
</table>

#### 7. WAITER/WAITRESS:
The student should be allowed to observe the proper techniques for the following:

- (a) Presenting menu to customer.
- (b) Writing out the order.
- (c) Relaying the order to the kitchen.
- (d) Serving the order properly.
- (e) Observing guest needs.
- (f) Totaling and presenting check.
- (g) (Hopefully, the student will be given the opportunity to assist another waiter/waitress. If the student shows adequate capabilities, he will be given an opportunity to actually wait on customers.)

#### 8. HOST/HOSTESS/CASHIER:
The student will be given an opportunity to observe the proper techniques on:

- (a) How to welcome and seat patrons.
- (b) Direct waiters and waitresses.
- (c) Direct bus persons.
### OBJECTIVES

8. **HOST/HOSTESS/CASHIER (cont'd.)**
   - (d) Direct proper operation of the dining room.
   - (e) Receive guest check and money from customer.
   - (f) Verify the tallies.
   - (g) Compute sales tax.
   - (h) Operate cash register.
   - (i) Make correct change.
   - (j) Count change back to patron.

9. **DISH MACHINE:** Given proper instruction, the student will demonstrate proper dish machine washing technique. (Speed/accuracy will be evaluated by supervisor.)
   - (a) Scrape food from dishes.
   - (b) Place dishes in racks.
   - (c) Correct operation of machine.
   - (d) Put dishes away properly.
   - (e) Proper maintenance of machine and area.
<table>
<thead>
<tr>
<th>No.</th>
<th>Objective</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Sandwiches: Given instruction, the student will be able to prepare with 100% accuracy a variety of different sandwiches that are served in that particular restaurant.</td>
</tr>
<tr>
<td>11.</td>
<td>Dish-Up: Given instruction, the student will be able to dish-up and garnish a variety of sandwiches, salads, entrees, and/or meals with 100% accuracy.</td>
</tr>
<tr>
<td>12.</td>
<td>Vegetable Preparation: Given instruction, the student will be able to properly clean, wash, and store fresh product with 100% accuracy.</td>
</tr>
<tr>
<td>13.</td>
<td>Vegetable Preparation: Given instruction, the student will be able to properly prepare fresh produce for salads, salad bars, hors d'ouvres, or determine cooking time with 100% accuracy.</td>
</tr>
<tr>
<td>14.</td>
<td>Salad Preparation: Given instruction, the student will be able to properly prepare and garnish with 100% accuracy salads commonly used in restaurants.</td>
</tr>
<tr>
<td>15.</td>
<td>Salad Preparation: Given instruction, the student will be able to prepare with 100% accuracy the various salad dressings used in a restaurant.</td>
</tr>
<tr>
<td>16.</td>
<td>Breakfast Cookery: Given instruction, the student should be able to prepare and cook the various breakfast menu items with 100% accuracy.</td>
</tr>
<tr>
<td>17.</td>
<td>Short-Order Cook: Given instruction, the student should be able to prepare the various short-order items served in the fast-foods restaurants with 100% accuracy.</td>
</tr>
<tr>
<td>Check Objectives</td>
<td>Expected Hours to Complete</td>
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</tr>
<tr>
<td><strong>OBJECTIVES</strong></td>
<td></td>
</tr>
<tr>
<td>18. Baking:</td>
<td>Given proper instruction, the student will be able to weigh and measure ingredients with 100% accuracy.</td>
</tr>
<tr>
<td>19. Baking:</td>
<td>Given instruction, the student will be able to mix and bake with 100% accuracy various products produced in a bakery.</td>
</tr>
<tr>
<td>20. Baking:</td>
<td>Given instruction, the student will be able to properly frost a cake.</td>
</tr>
<tr>
<td>21. Baking:</td>
<td>Given instruction, the student will be able to roll, cut, and scale dough with 100% accuracy.</td>
</tr>
<tr>
<td>22. GENERAL:</td>
<td>Given instruction, the student will be able to demonstrate with 100% accuracy his knowledge of the proper use and maintenance of the following pieces of equipment:</td>
</tr>
<tr>
<td></td>
<td>(a) Dish machine</td>
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<td></td>
<td>(b) Slicer</td>
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<td></td>
<td>(c) Grill</td>
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<td>(d) Char-Broiler</td>
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<td></td>
<td>(e) Convection Oven</td>
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<td></td>
<td>(f) Deep-Fat Fryer</td>
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<td></td>
<td>(g) Baker's Scale</td>
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<tr>
<td>OBJECTIVES</td>
<td>COMMENTS</td>
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<tr>
<td>(h) Hobart Mixer (or equivalent)</td>
<td></td>
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<tr>
<td>(i) Bread Slicer</td>
<td></td>
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<tr>
<td>(j) Cash Register</td>
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<tr>
<td>(k) Can Opener</td>
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<tr>
<td>(l) Proofing Cabinet (or equivalent)</td>
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<tr>
<td>(m) Microwave Oven</td>
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<tr>
<td>(n) Vegetable Dicer</td>
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<tr>
<td>(o) Various knives and small kitchen equipment</td>
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<td>(p) Coffee Urn</td>
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<tr>
<td>(q) Miscellaneous other items and equipment</td>
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</tbody>
</table>

**22. GENERAL (cont'd.)**

*Check Objectives Required and Expected Hours to Complete*
EMPLOYER EVALUATION
# Employer Evaluation of Student

**Student's Name:** ________________________________  **Name of Firm:** ________________________________

**Type of Work Student Performed/Job Station:** ________________________________

**Name of Person Completing This Form:** ________________________________  **Title:** ________________________________

<table>
<thead>
<tr>
<th>JOB PERFORMANCE:</th>
<th>OUTSTANDING</th>
<th>MORE THAN SATISFACTORY</th>
<th>SATISFACTORY</th>
<th>NEEDS IMPROVEMENT</th>
<th>UNSATISFACTORY</th>
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<tbody>
<tr>
<td>Punctuality in arriving for work</td>
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<td>Regular daily attendance</td>
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<td>Ability to follow instructions</td>
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<td>Quality of work</td>
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<td>Judgment</td>
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<td>Ability to work with others</td>
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**Attitude on the Job:** ________________________________

**Interest in work** ________________________________

**Courtesy** ________________________________

**Ability to accept criticism** ________________________________

**Compliance with company rules** ________________________________

**Cooperation** ________________________________

**Personal Appearance** ________________________________

**Appropriate dress** ________________________________

**Cleanliness/Neatness** ________________________________

**Student's Strengths:** ________________________________  **Student's Weaknesses:** ________________________________
TESTS

(1) Equipment and Safety Test

(2) Preparation Test
EQUIPMENT AND SAFETY TEST

NAME: ____________________________

All students who work in the Serendipity Kitchen must pass this Equipment and Safety Test with a 70% or better. If the question is a TRUE or FALSE question, please use a PLUS (+) for TRUE and please use a ZERO (0) for FALSE. If you do not follow these instructions, your answers will be marked wrong. If the question is a MULTIPLE CHOICE, place the letter of the correct answer on the line in front of the question. Read all questions carefully -- and GOOD LUCK. Double-check your answers before turning in your test to be graded.

HOBART MIXERS:

_____ (1) TRUE-FALSE: The Hobart mixer bowl should be locked into position before using.

_____ (2) TRUE-FALSE: You should not change gears on the Hobart mixer while it is running.

_____ (3) TRUE-FALSE: It is impossible to put the mixing bowl on incorrectly.

_____ (4) TRUE-FALSE: When the dial is turned to hold, the machine is set for manual operation.

_____ (5) When the Hobart mixer will not run after pushing the start button, what is wrong with the mixer?
   (a) The machine is unplugged.
   (b) The machine is set on timer operation.
   (c) A fuse has been blown which turns off the machine at the fuse box.
   (d) All of the above choices could be the problem.

BAKERY OVENS:

_____ (1) The ovens in the bakery are known as:
   (a) conventional ovens.
   (b) convection or air-flow ovens.
   (c) microwave ovens.
   (d) rotating ovens.

_____ (2) These ovens are more efficient because they:
   (a) have fans that circulate the heat.
   (b) have timers so nothing burns.
   (c) have lights so you can see inside.
   (d) all of the above.

_____ (3) In order to turn these ovens on, you should:
   (a) turn on the gas.
   (b) select the temperature.
   (c) turn on the fan.
   (d) all of the above.

_____ (4) These special ovens cook in 2/3 the time of a regular oven and at:
   (a) 25 degrees lower temperature.
   (b) 100 degrees lower temperature.
   (c) 50 degrees lower temperature.
   (d) the same temperature.
BAKERY OVENS (cont'd.):

____(5) When you are finished using the ovens, you should:
(a) turn off the gas and temperature selector, but leave the fans running to cool the ovens down.
(b) open the door so cold air can get inside.
(c) turn off the temperature but leave the gas on.
(d) none of the above.

____(6) The person putting bakery items into the ovens to bake:
(a) is responsible for telling another student to take them out.
(b) is responsible for setting the time and removing the items when done.
(c) standing by the ovens to watch them bake.
(d) telling the instructor to remove the items.

____(7) If a regular cookie recipe calls for baking at 350°F, at what temperature should the bakery ovens be set?
(a) 275°
(b) 150°
(c) 400°
(d) 300°

____(8) Two of the ovens have a self-cleaning interior. This indicates that:
(a) extra-strong oven cleaner is needed.
(b) they clean themselves as the baking is done and no oven cleaner is used.
(c) baking soda should be used to clean them every day.

____(9) The lights in these ovens are not used on a constant basis because:
(a) they are burned out.
(b) they are too bright.
(c) they might explode and get into the food.
(d) they require too much energy.

____(10) The purpose of the timer on these ovens is:
(a) to tell you when class is over.
(b) to indicate when the product should be done.
(c) to let you know the product is burned.

BAKER'S SCALE:

____(1) TRUE-FALSE: You must use the correct counter-balance when using a scoop to weigh a product.

____(2) TRUE-FALSE: The weights are placed on the left-hand side of the scale when weighing a product.

____(3) TRUE-FALSE: You always have to use a counter-balance when weighing any product.

____(4) TRUE-FALSE: The baker's scale should be wiped clean after each usage.

____(5) TRUE-FALSE: The instructor prefers that students do not unscrew the weighing platforms of the scale.

____(6) TRUE-FALSE: The baker's scale always weighs accurately.
BAKER'S SCALE (cont'd.):

_____ (7) TRUE-FALSE: The sliding weighing scale on the front will weigh up to two pounds.

_____ (8) TRUE-FALSE: Each ounce on the sliding scale is divided into four equal parts.

_____ (9) TRUE-FALSE: When not in use, the sliding weight balance should be left on zero.

_____ (10) TRUE-FALSE: Scoops are a dime a dozen, so it isn't important to treat them with care.

PROOF CABINET:

_____ (1) TRUE-FALSE: You should always have water in the pan located in the bottom of the proof cabinet.

_____ (2) TRUE-FALSE: Turning on the time on the proof cabinet is the only way to start the heating process.

_____ (3) The normal temperature for proofing a yeast dough is:
   (a) 50°F  (b) 20°F  (c) 90°F

DEEP FAT FRYER:

_____ (1) TRUE-FALSE: Turning the temperature control knob on the fryer also automatically turns on the gas.

_____ (2) TRUE-FALSE: All food particles should be skimmed out of the hot oil at the end of the cooking session or period to prevent burning and clogging.

_____ (3) The normal frying temperature for most foods that we cook in the deep fat fryer in our lab is:
   (a) 300°F  (b) 350°F  (c) 375°F  (d) 400°F

_____ (4) The gas control knob is a flat, brace-colored knob located under the fryer:
   (a) on the left side.
   (b) on the right side.
   (c) in the center.

_____ (5) The large green-colored handle controls:
   (a) the temperature.
   (b) the gas.
   (c) draining the fryer.

CHAR-BROILER AND GRILL:

_____ (1) The most correct piece of equipment that should be used to turn products on both the char-broiler and the grill is:
   (a) pancake turner.
   (b) offset spatula.
   (c) straight-edge spatula.
EQUIPMENT AND SAFETY TEST (4)

CHAR-BROILER AND GRILL (cont'd.):

(2) In order to produce the most correct cooking temperature on the char and the grill, the gas knobs should be turned how?
   (a) 90° angle or vertical.
   (b) horizontal.
   (c) 45° angle, or approximately 2 o'clock

(3) The cleaning tools and equipment used to clean the char and the grills are located:
   (a) under the grill.
   (b) under the char.
   (c) under the fryer.

(4) The wire brush is used to clean:
   (a) the grill.
   (b) the char-broiler.
   (c) the deep-fat fryer.

(5) The pumice stone is used by some people to clean:
   (a) the grill.
   (b) the char-broiler.
   (c) the deep-fat fryer.

(6) The fine mesh screen is used to clean:
   (a) the grill.
   (b) the char-broiler.
   (c) the deep-fat fryer.

(7) TRUE-FALSE: It is impossible for flames to extend above the char-grids when cooking hamburgers on the char-broiler.

(8) TRUE-FALSE: The grids on the char-broiler can be placed flat or at an angle to change the cooking speed of the food.

(9) TRUE-FALSE: The grease catcher on the grill should be checked and emptied regularly and frequently.

(10) TRUE-FALSE: You shouldn't clean the char-broiler or grill until they both have been completely cooled down.

REFRIGERATORS AND FREEZERS:

(1) TRUE-FALSE: Refrigerators should be cleaned inside weekly with a solution of hot water and baking soda.

(2) TRUE-FALSE: Always cover food that is to be kept in the refrigerators.

(3) TRUE-FALSE: Eggs and fats can absorb odors, so they should be kept in containers or wrapped.

(4) TRUE-FALSE: It is extremely important to check the temperature of the freezer and refrigerators in order to prevent spoilage and contamination.

(5) TRUE-FALSE: It is not necessary to leave room for cold air to circulate around the food in a refrigerator or freezer.
EQUIPMENT AND SAFETY TEST (5)

MICROWAVE OVENS:

____(1) TRUE-FALSE: To cook food in the microwave oven, it must always be on or in a dish of some kind.

____(2) TRUE-FALSE: You can cook foods in the microwave oven in or on metal or aluminum containers without any concern.

____(3) TRUE-FALSE: The microwave oven should be wiped out after each usage.

CAN OPENERS:

____(1) When trying to insert the cutting blade of the can opener into a can, the handle should be:
   (a) vertical (up and down).
   (b) horizontal (sideways).

____(2) TRUE-FALSE: It isn't necessary to over-clean the cutting blade on the can opener.

____(3) TRUE-FALSE: Cut can lids should be completely removed from the can and thrown away before removing the contents from the can to prevent injury to yourself.

____(4) When opening a can, you should turn the handle in which direction?
   (a) clockwise.
   (b) counter-clockwise.

DICER:

____(1) TRUE-FALSE: The dicer should always be left clean.

____(2) TRUE-FALSE: Bacteria left on the food dicer can contaminate other food.

____(3) TRUE-FALSE: It is impossible to put the cutting blades into the dicer improperly.

____(4) TRUE-FALSE: The "pusher" located on the handle should be removed at the end of each usage to be cleaned properly.

____(5) TRUE-FALSE: Dropping the handle of the dicer can cause no harm or damage to you or the dicing machine.

SLICERS--VERTICAL AND GRAVITY-FED:

____(1) TRUE-FALSE: The tray which holds the food to be sliced should be taken off and cleaned thoroughly after each usage.

____(2) TRUE-FALSE: It is impossible to attach the slicing tray on either slicer incorrectly.

____(3) TRUE-FALSE: Never clean the slicer blade while the machine is turning.

____(4) TRUE-FALSE: It isn't wise to take your eyes away from the slicing blade while the machine is running.

____(5) TRUE-FALSE: It is OK to catch the sliced food in your left hand without fear of being cut.
EQUIPMENT AND SAFETY TEST (6)

SLICERS (cont'd.):

____ (6) TRUE-FALSE: It is perfectly OK to joke and tease with other members of the class while you are slicing on either slicer.

____ (7) TRUE-FALSE: The gravity-fed slicer is more dangerous than the vertical-blade slicer.

____ (8) TRUE-FALSE: All blade guards must be taken off and cleaned thoroughly after each usage.

____ (9) When either slicer is not in use, the number on which the dial should be placed is:
(a) 50  (b) 10  (c) zero  (d) none of these answers

____ (10) Which blade guard on the vertical blade slicer goes on the top?
(a) the one which has a protrusion with a hole.
(b) the one without the protrusion.
(c) It doesn't make any difference.

DISHWASHER:

____ (1) TRUE-FALSE: The water to the pre-rinse faucet would be turned off before leaving at the end of the day.

____ (2) TRUE-FALSE: The red light and buzzer that come on at the very start while you are filling the machine with water indicates the dispenser is feeding soap.

____ (3) TRUE-FALSE: Make sure the drain valve is open when you are filling the machine with hot wash water.

____ (4) TRUE-FALSE: The exhaust fan at the dishwashing area is of no real value and doesn't need to be turned on while operating the machine.

____ (5) TRUE-FALSE: Turning the control knobs on the dish machine to whatever you want or any combination can do no harm to the machine.

____ (6) The temperature of the water in the wash cycle should be:
(a) 150°-160°F  (b) 160°-165°F  (c) 180°-190°F

____ (7) The temperature of the water of the final rinse should be:
(a) 150°-160°F  (b) 160°-165°F  (c) 180°-190°F

____ (8) The bottle containing the green liquid is:
(a) soap  (b) rinse solution  (d) disinfectant

____ (9) To set up the machine at the start of the day you must:
(a) close the drain valve.
(b) fill the washing tank.
(c) turn on the heat for the washing water.
(d) all of the above.
EQUIPMENT AND SAFETY TEST (7)

MACHINE DISHWASHING AREA:

(For questions #1 through #6, indicate by letters A, B, C, D, E, and F the proper sequence order for closing down the machine dishwashing area at the end of the day.)

___(1) Open drain valve.
___(2) Turn off machine.
___(3) Remove and clean rinse and wash arms.
___(4) Clean screens.
___(5) Wipe off excess water on stainless steel surfaces.
___(6) Polish stainless steel area; leave door of machine open to air out.

MISCELLANEOUS:

___(1) TRUE-FALSE: Silverware should be pre-soaked before washing in the dishwashing machine.
___(2) TRUE-FALSE: All dishes should have left-over food and garbage removed before stacking.
___(3) TRUE-FALSE: The dishwasher must pre-rinse the dishes before stacking them into the wash trays.
___(4) TRUE-FALSE: It is not important if the dishwasher handles the eating portion of the clean silverware with his hands.
___(5) TRUE-FALSE: The silverware should be placed vertically into the green compartmented container before washing.
___(6) TRUE-FALSE: It is a good practice to wash wooden dishes, such as our dust boards, in the dish machine.
___(7) TRUE-FALSE: Cups and glasses should be placed in the rack upside-down for washing in the dish machine.
___(8) TRUE-FALSE: Cups and glasses should be stored right-side-up after washing so the waiters and waitresses will know that they are clean.
___(9) TRUE-FALSE: It is not necessary to dry the dishes after they have been washed in the dish machine.
___(10) TRUE-FALSE: It is OK to put toothpicks and scraps of paper into the garbage disposal because it helps to sharpen the blades.
EQUIPMENT AND SAFETY TEST (8)

MATCHING: Place the letter of the correct drawing on the line in front of the correct name:

____ (1) dough hook
____ (2) flat beater
____ (3) mixer whip
____ (4) off-set spatula
____ (5) dough cutter
____ (6) stock pot
____ (7) sauce pan
____ (8) skimmer
____ (9) French knife
____ (10) boning knife
____ (11) liquid measure
____ (12) double boiler
____ (13) ladle
____ (14) scoop
____ (15) dry measure
____ (16) strainer
____ (17) colander
____ (18) China cap
____ (19) cooling rack
____ (20) spatula
____ (21) hand-wire whip
____ (22) cooking fork
____ (23) baking sheet pan
____ (24) sandwich spreader
____ (25) slotted cooking screen
ABBREVIATIONS AND EQUIVALENTS:

(1) Write the correct abbreviation for cup.
(2) Write the correct abbreviation for quart.
(3) Write the correct abbreviation for pint.
(4) Write the correct abbreviation for ounce.
(5) Write the correct abbreviation for pound.
(6) Write the correct abbreviation for gallon.
(7) Write the correct abbreviation for teaspoon.
(8) Write the correct abbreviation for degrees Fahrenheit.
(9) Write the correct abbreviation for fluid ounces.
(10) Write the correct abbreviation for tablespoon.
(11) Write the correct abbreviation for hour.
(12) Write the correct abbreviation for minute.
(13) Write the correct abbreviation for dozen.
(14) Write the correct symbol for percent.
(15) How many seconds are there in one minute?
(16) How many cups are there in one pint?
(17) How many cups are there in one quart?
(18) How many cups are there in one gallon?
(19) How many ounces are there in one pound?
(20) How many teaspoons are there in one tablespoon?
(21) How many tablespoons are there in one cup?
(22) How many fluid ounces are there in one cup?
(23) How many quarts are there in one gallon?
(24) How many pints are there in one quart?
(25) How many minutes are there in one hour?

ESSAY: This question is worth 5 points and your answer should be written on the back of this page. Explain the different types of injury that can result from students joking, teasing, and playing games in the kitchen. Why are teachers against the use of drugs before working in a kitchen?
EQUIPMENT AND SAFETY TEST (10)

GENERAL:

(1) If you should burn yourself in the foods lab (kitchen), what should you put onto the burn?
   (a) butter.
   (b) oil.
   (c) ice or cold water.
   (d) Place your mouth over burned area.

(2) If a grease fire should start in the lab and the fire extinguisher can't be used, what should you do to put out the fire?
   (a) Pour water onto the fire.
   (b) Pour salt onto the fire.
   (c) Pour baking soda onto the fire.
   (d) Pour flour onto the fire.

(3) TRUE-FALSE: All spills on the floor should be wiped up immediately.

(4) TRUE-FALSE: All dirty French knives should be put into the pot sink wash water immediately so they can be washed.

(5) TRUE-FALSE: The side towel is part of the proper uniform in this foods lab.

(6) TRUE-FALSE: You don't have to be concerned about plugging in electrical appliances with wet hands or feet because nothing could possibly happen to you.

(7) TRUE-FALSE: All chipped or cracked dishes or glasses should be thrown away and not used.

(8) TRUE-FALSE: A hot pan or pot should never be left at the pot sink without being placed in the water to cool down or informing the pot washer.

(9) TRUE-FALSE: All production areas should be kept neat, clean, and well organized at all times.

(10) TRUE-FALSE: It is alright to sit on the tops of the cooking preparation or eating surfaces without any concerns for sanitation.

(11) TRUE-FALSE: Bleach is a good example of a disinfectant.

(12) TRUE-FALSE: All hot foods should be kept at a temperature above 210°F to prevent bacterial growth.

(13) TRUE-FALSE: All cold foods should be kept at a temperature below 40°F to prevent bacterial growth.

(14) TRUE-FALSE: People handling food should make sure that their hands and personal being and clothes are clean before they handle food.

(15) TRUE-FALSE: One should always wash the flour sifter in the pot sink after each use.
EQUIPMENT AND SAFETY TEST (11)

GENERAL (cont'd.):

___(16) TRUE-FALSE: The wooden rolling pins should be washed in the pot sink before putting them away.

___(17) TRUE-FALSE: A dull knife is considered to be more dangerous than a sharp one.

___(18) TRUE-FALSE: The pan and cutting blades on the large "dough cutter" which divides dough into 36 equal parts should be washed after each use.

___(19) TRUE-FALSE: It is alright to chew gum in the foods lab and while waiting on customers in the dining room.

___(20) TRUE-FALSE: There is no correct way to remove a lid from a steaming pot.

___(21) TRUE-FALSE: Open-toed shoes or sandals are perfectly alright to be worn in the foods lab.

___(22) TRUE-FALSE: The temperature of the wash and rinse water in the pot sink is not important.

___(23) TRUE-FALSE: No one ever gets hurt in a foods lab or kitchen.

___(24) TRUE-FALSE: When carrying a knife, the point of the knife should be carried facing down and the blade of the knife should be protected.

(25) The three things that bacteria need in order to grow are: (a) food, (b) moisture, and (c) ____________. (Fill in the blank.)

SOURCE: Ardis J. Jarrett, Mt. Diablo High School, Concord, CA
# Answer Sheet

## For Equipment and Safety Test

### Hobart Mixers:
- (1) +  
- (2) +  
- (3) 0  
- (4) +  
- (5) D

### Deep Fat Fryer:
- (1) +  
- (2) +  
- (3) C  
- (4) B  
- (5) C

### Can Openers:
- (1) A  
- (2) 0  
- (3) +  
- (4) A

### Bakery Ovens:
- (1) B  
- (2) A  
- (3) D  
- (4) C  
- (5) A  
- (6) B  
- (7) D  
- (8) B  
- (9) C  
- (10) B

### Char-Broiler & Grill:
- (1) B  
- (2) C  
- (3) B  
- (4) B  
- (5) A  
- (6) A  
- (7) 0  
- (8) +  
- (9) +  
- (10) 0

### Dicer:
- (1) +  
- (2) +  
- (3) 0  
- (4) +  
- (5) 0

### Slicers—Vertical & Gravity-Fed:
- (1) +  
- (2) 0  
- (3) +  
- (4) +  
- (5) +  
- (6) 0  
- (7) 0  
- (8) +  
- (9) C  
- (10) A

### Baker's Scale:
- (1) +  
- (2) 0  
- (3) 0  
- (4) +  
- (5) +  
- (6) 0  
- (7) 0  
- (8) +  
- (9) +  
- (10) 0

### Refrigerators & Freezers:
- (1) +  
- (2) +  
- (3) +  
- (4) +  
- (5) 0

### Microwave Ovens:
- (1) 0  
- (2) 0  
- (3) +

### Dishwasher:
- (1) +  
- (2) +  
- (3) 0  
- (4) 0  
- (5) 0  
- (6) A  
- (7) C  
- (8) B  
- (9) D

---

55
ANSWER SHEET--EQUIPMENT & SAFETY TEST (cont'd.):

MACHINE DISHWASHING AREA:

(1) 2
(2) 1
(3) 3
(4) 4
(5) 5
(6) 6

MISCELLANEOUS:

(1) +
(2) +
(3) 0
(4) 0
(5) +
(6) 0
(7) +
(8) 0
(9) +
(10) 0

ABBREVIATIONS & EQUIVALENTS:

(1) c. (14) \$
(2) qt. (15) 60
(3) pt. (16) 2
(4) oz. (17) 4
(5) lb. (18) 16
(6) gal. (19) 16
(7) t. (20) 3
(8) of (21) 16
(9) fl.oz. (22) 8
(10) T (23) 4
(11) hr. (24) 2
(12) min. (25) 60
(13) doz.

GENERAL:

(1) C
(2) C
(3) +
(4) 0
(5) +
(6) 0
(7) +
(8) 0
(9) +
(10) 0
(11) +
(12) 0
(13) +
(14) +
(15) 0
(16) 0
(17) +
(18) 0
(19) 0
(20) 0
(21) 0
(22) 0
(23) 0
(24) +
(25) oxygen

MATCHING:

(1) I (23) V
(2) F (24) A
(3) H (25) U
(4) D
(5) E
(6) M
(7) L
(8) N
(9) G
(10) 0
(11) Q
(12) W
(13) J
(14) S
(15) P
(16) R
(17) C
(18) B
(19) Y
(20) X
(21) K
(22) T
PREPARATION TEST

Ray Leong, of Monte Vista High School, Danville, California, suggests the following pre-test:

STEP I:
Student is given a recipe and a cook-book picture.

STEP II:
Student is to read the recipe to the instructor out loud.

STEP III:
Student prepares the recipe according to instruction.
RECIPES AND INSTRUCTIONS

(Used by Ardis J. Jarrett, Mt. Diablo High School, Concord, CA)

Crepe/Omelet Station:
- Crepes Diablo
- Crepes Stroganoff
- Denver Omelet
- Spanish Omelet

Cold Sandwich Station:
- Duet Board
- Triple-Decker or Club Sandwich
- Cold Turkey Sandwich
- Serendipity Sandwich

Deep-Fat Fryer Station:
- Monte Cristo Sandwich
- Onion Rings
- French-Fried Potatoes
- Chicken Burger

Char-Broiler Station:
- Hamburger
- Patti-Melt
- Steak Sandwich
- Steak 'n Stuff

Grill Station:
- Grilled Ham & Cheese
- Pastrami & Cheese on Rye
- Turkey Supreme

Salad Station:
- Dinner Salad
- Spinach Salad
- Seafood Salad
- Chef Salad
RECIPES AND INSTRUCTIONS (cont'd.)

South-of-the-Border Station:
- Tosturitto
- Taco Salad

Bakery Station:
- Croissant Dough
- Apple Pie
- Crazy Chocolate Cake
- Cheesecake Crust
- Serendipity Cheesecake
CREPE/OMELET STATION

CREPES DIABLO:

(1) Two dinner crepes filled with 2 scoops (orange handle - #30) of the Diablo mixture.
(2) Roll crepes and place on 8" sandwich plate.
(3) Place crepes and plate into microwave and cook on #4.
(4) Remove from oven and spread curry wine sauce over the top.
(5) Garnish with tomato wedges (2) and parsley.

* Diablo mixture is equal parts of diced ham, turkey, cheese, and celery.

CREPES STROGANOFF:

(1) Two dinner crepes filled with 2 scoops (orange handle - #30) of the hamburger stroganoff mixture.
(2) Roll crepes and place on 8" sandwich plate.
(3) Place crepes and plate into microwave oven and cook on #3.
(4) Remove from oven and spread mushroom sauce over the top.
(5) Garnish with parsley.

* Mix stroganoff mixture, cooked hamburger which has been drained, diced onions, stroganoff seasoning, sherry, and water. Simmer approximately 15 minutes. Add sour cream before serving.

DENVER OMELET:

(1) Ladle 4 oz. of egg mixture* into hot omelet or crepe pan.
(2) Sprinkle Diablo mixture in straight line in the center of the omelet.
(3) Cover with lid and cook. Turn and continue to cook if necessary.
(4) Roll cooked omelet and place in a Rankin dish which is then placed onto an 8" sandwich plate.
(6) Serve with toasted English muffin which has been buttered and cut in half.

SPANISH OMELET:

(1) Ladle 4 oz. of egg mixture into hot omelet or crepe pan.
(2) Place 1/2 of green chili on 1/2 of the semi-cooked omelet.
(3) Place one slice of Monterey Jack cheese on top of green chili.
(4) Cover and continue to cook. When cooked, fold uncovered half over cheese and chili. Place in Rankin dish.
(5) Garnish with 1 to 1 1/2 oz. chili sauce and sprig of parsley.
(6) Serve on 8" sandwich plate with a hot, rolled flour tortilla.
DINNER CREPES:

2 c all-purpose flour
¼ t salt
6 eggs
2 T melted margarine
1½ c canned milk
1½ c water

Directions: Mix all ingredients together with wire hand-whip. Cook approximately 2 oz. of mixture per crepe in hot crepe pan. Cook on both sides.

DESSERT CREPES:

Same as above plus the addition of ¼ cup sugar. Generally we cook less batter and make the crepes smaller for dessert.

CREPES DIABLO and DENVER OMELET FILLING:

Equal parts of:
(1) chopped ham
(2) chopped turkey
(3) chopped American cheese
(4) chopped celery

SCRAMBLED EGGS:

Beat together 6-8 eggs with approximately ¼ cup water. Instead of using whole eggs, use 1½ to 2 cups bulk egg mixture (4 oz. per omelet).

STROGANOFF MIXTURE:

Brown hamburger. Drain off excess fat or grease. Return mixture to pan. Add commercial Stroganoff seasonings and water; continue to simmer. Add sour cream before serving.

HAMBURGER SET-UPS:

(1) one leaf of red-leaf or butter lettuce
(2) slice of onion which has been cut on #12
(3) slice of tomato cut on #18
(4) slice of dill pickle
(5) black olive
(6) All the above is held together with a fancy toothpick.

* These are made on tan tray ... 3 across and 4 down.
COLD SANDWICH STATION

DUET BOARD:

(1) Cut pocket bread in half.  
(2) Put into the pocket bread the following:  
   (a) two slices of turkey  
   (b) one triangle slice of American cheese  
   (c) one tomato slice  
   (d) approximately 1 oz. of Hollandaise sauce  
(3) Cook in microwave on #3.  
(4) Remove from microwave and add alfalfa sprouts and 2 slices avocado.  
(5) Place on wooden cutting board.  

* Waiter/waitress will add the bowl of soup before serving.  

TRIPLE-DECKER or CLUB SANDWICH:

(1) Toast 3 slices of bread.  
(2) Spread toasted bread with a thin layer of mayonnaise.  
(3) Put sandwich together in the following order:  
   (a) toasted bread with mayonnaise  
   (b) lettuce leaf  
   (c) slice of turkey  
   (d) toasted bread with mayonnaise  
   (e) 3 slices of tomato  
   (f) one slice of ham  
   (g) toasted bread with mayonnaise  
(4) Place 4 fancy toothpicks into sandwich and cut corner-to-corner.  
(5) Place lettuce leaf in center of 8" plate; then place a #8 scoop (grey handle) of potato salad in the center of lettuce leaf topped with a black olive.  
(6) Place cut sandwich around the potato salad with the "points" up.  

COLD TURKEY SANDWICH:

(1) Two pieces of whole-wheat bread spread with a thin layer of mayonnaise.  
(2) Put the sandwich together as follows:  
   (a) whole-wheat bread with mayonnaise  
   (b) 2 slices of turkey  
   (c) 2 slices of tomato  
   (d) one lettuce leaf  
   (e) whole-wheat bread spread with mayonnaise  
(3) Cut sandwich in half before placing onto an 8" plate.  
(4) Garnish with the garnish of the day.
**SERENDIPITY SANDWICH:**

(1) Two slices of whole-wheat bread spread with a thin layer of mayonnaise.
(2) Put sandwich together as follows:
   (a) whole-wheat bread with mayonnaise
   (b) several spinach leaves
   (c) 2 slices of Monterey Jack cheese
   (d) alfalfa sprouts
   (e) whole-wheat bread with mayonnaise
(3) Cut and serve same as cold turkey sandwich.

**DEEP-FAT FRYER STATION**

**MONTE CRISTO SANDWICH:**

(1) Two slices of white bread spread with a thin layer of mayonnaise.
(2) Put sandwich together as follows:
   (a) slice of ham
   (b) slice of Swiss cheese
   (c) slice of turkey
   (d) bread with mayonnaise
(3) Cut sandwich diagonally in half.
(4) Dip into batter*; deep-fat fry at 375°F until golden brown.
(5) Place sandwich onto 8" sandwich plate. Sprinkle with powdered sugar.
(6) Garnish with the garnish of the day.

**ONION RINGS:**

(1) Slice onions so slices are approximately 1/4" wide ... or slice at #18 on slicer.
(2) Separate onion slices into rings.
(3) Dip individual onion rings into Monte Cristo batter and deep-fat fry at 375°F until golden brown.
(4) Serve on 8" plate.

* The remaining smaller center of the onion slices can then be chopped fine for saute ... to be used on the Patty Melt.

** Waiter/waitress will serve with catsup packets.
FRENCH-FRIED POTATOES:

(1) Deep-fat fry frozen potatoes, using fryer basket for approximately 3-5 minutes at 375°F, or until golden brown.
(2) Drain.
(3) An average serving is between 8-10 ounces.
(4) Place on 8" plate for serving.

* Waiter/waitress will serve with catsup packets.

CHICKEN BURGER:

(1) Place frozen chicken burger into frying basket.
(2) Deep-fry in fryer at 375°F for approximately 3-5 minutes.
(3) Place on grilled hamburger bun ... open-faced.
(4) Serve on 8" plate garnished with a 'Hamburger Set-Up' and a small container of mayonnaise.

RECIPES

MONTE CRISTO BATTER:

<table>
<thead>
<tr>
<th>4</th>
<th>8</th>
<th>egg whites beaten stiff</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>8</td>
<td>egg yolks</td>
</tr>
<tr>
<td>1 1/2 c</td>
<td>2 1/2 c</td>
<td>canned milk</td>
</tr>
<tr>
<td>1 1/2 c</td>
<td>2 1/2 c</td>
<td>water</td>
</tr>
<tr>
<td>2 1/2 c</td>
<td>5 c</td>
<td>flour</td>
</tr>
<tr>
<td>3/4 t</td>
<td>1 1/4 t</td>
<td>salt</td>
</tr>
<tr>
<td>1 1/2 t</td>
<td>1 T</td>
<td>baking powder</td>
</tr>
</tbody>
</table>

Beat together. Then fold in stiffly beaten egg whites. Don't over-mix!

BASIC WHITE SAUCE:

<table>
<thead>
<tr>
<th>1/4 c</th>
<th>1/4 lb.</th>
<th>1 lb.</th>
<th>margarine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 c</td>
<td>1 c</td>
<td>2 c</td>
<td>flour</td>
</tr>
<tr>
<td>1 1/2 t</td>
<td>1 T</td>
<td>2 T</td>
<td>salt</td>
</tr>
<tr>
<td>4 c</td>
<td>2 qts.</td>
<td>1 gal.</td>
<td>milk (reconstituted powdered milk)</td>
</tr>
</tbody>
</table>

Directions:

(1) Melt margarine in a sauce pan.
(2) Stir in flour to make paste and cook approximately 2 minutes.
(3) Add salt.
(4) Slowly add milk, stirring constantly.

Curry Wine Sauce: Add curry powder, sherry, and chives.

Cheddar Cheese Sauce: Add grated cheddar cheese and Worcestershire sauce.
HOLLANDAISE SAUCE:

\[\frac{1}{4}\text{ qt.} \quad 1\text{ qt.} \quad \frac{1}{4}\text{ qts.}\]

\[\frac{1}{4}\text{ lb.} \quad 1\text{ lb.} \quad 2\text{ lbs.} \quad \text{melted real butter}\]

\[2\text{ T} \quad \frac{1}{4}\text{ c} \quad \frac{1}{4}\text{ c} \quad \text{cold water}\]

\[3 \quad 6 \quad 12 \quad \text{egg yolks}\]

\[\frac{1}{4}\text{ lemon} \quad 1\text{ lemon} \quad 2\text{ lemons} \quad \text{lemon juice}\]

Directions:

1. Whip egg yolks and water together in stainless steel bowl with wire whip.
2. Place bowl over pot of boiling water, making sure bottom of bowl doesn't touch the water.
3. Stir egg yolk mixture constantly. Cook until the egg mixture looks like the consistency of mayonnaise. Don't over-cook.
4. Remove from heat.
5. Slowly add melted butter while beating constantly with the hand-wire whip.
6. Add lemon juice and seasonings.

CHAR-BROILER STATION

HAMBURGER:

1. Place 1/4-pound hamburger patty on char.
2. Cook until edges begin to turn light brown; then turn patty 1/4 turn around to produce criss-cross design. Continue to cook.
3. Repeat same procedure on other side.
4. Spread hamburger bun with melted margarine and grill until golden brown.
5. Serve on 8" plate with "Hamburger Set-Up."
6. Add slice of American cheese to make cheeseburger.

PATTI-MELT:

1. Spread 2 slices of rye bread with melted margarine and place on the grill.
2. IMMEDIATELY top each piece of rye bread with a slice of American cheese and some sauted onions.
3. Char-broil hamburger as above.
4. Place cooked hamburger on rye bread and top with other slice of bread.
5. Remove from the grill; cut in half before placing onto 8" plate.
6. Garnish with "Hamburger Set-Up."
STEAK SANDWICH:

(1) Place steak on char-broiler. Cook approximately 3 minutes before turning 1/4 turn (similar to the hamburger) to produce the criss-cross pattern.
(2) Turn over and repeat the process on the other side.
(3) Serve on a grilled French roll (open-faced).
(4) Serve on an 8" plate with a "Hamburger Set-Up."

STEAK 'N STUFF:

(1) Place steak on the char-broiler. Cook approximately 3 minutes before turning 1/4 turn to produce the criss-cross pattern. Continue to cook.
(2) Turn steak over and repeat the same cooking process.
(3) Serve on a 10" dinner plate with a steak knife.
(4) Garnish the top of the steak with 3-5 French-fried onion rings.

* Front-of-the-House: Will serve steak with small, tossed green salad, dressing, and bread du jour with margarine.

GRILL STATION

(Responsible for grilling all hamburger buns, rye bread for patti-melts, and buns for steak sandwiches. Can help put together Monte Cristo sandwiches if not busy.)

GRILLED HAM & CHEESE:

(1) Two slices of white bread spread with a thin layer of mayonnaise.
(2) Put together as follows:
   (a) bread spread with mayonnaise
   (b) one slice American cheese
   (c) one slice ham
   (d) bread spread with mayonnaise
(3) When sandwich is together, spread the outside of the sandwich or bread with melted margarine and place on the grill.
(4) Grill until golden brown on both sides.
(5) Cut diagonally and place on 8" sandwich plate.
(6) Garnish with garnish of the day.
PASTRAMI & CHEESE ON RYE

(1) Two pieces of rye bread spread with a thin layer of mustard.
(2) Put sandwich together as follows:
   (a) rye bread spread with mustard
   (b) two pieces sliced pastrami
   (c) slice of Swiss cheese
   (d) rye bread spread with mustard
(3) Spread outside of sandwich with melted butter and grill until golden brown and cheese is melted.
(4) Cut in half before putting onto 8" sandwich plate.
(5) Garnish with garnish of the day.

TURKEY SUPREME:

(1) Two matching slices of white bread.
(2) Spread each piece of bread with cold Hollandaise sauce.
(3) Put the sandwich together as follows:
   (a) bread with Hollandaise sauce
   (b) two slices of turkey
   (c) one slice of tomato
   (d) one slice of American cheese
   (e) other slice of bread with Hollandaise sauce
(4) Spread the outside of the sandwich with melted margarine and grill until golden brown.
(5) Cut the sandwich diagonally before putting onto 8" sandwich plate.
(6) Garnish with garnish of the day.

SALAD STATION

DINNER SALAD:

(1) 8" sandwich plate.
(2) Fill plate with tossed salad mixture.
(3) Garnish with tomato wedge, cucumber slices, radish rose, and a black olive.

* Waiter/waitress responsible for dressing, bread du jour, and chilled fork.

SPINACH SALAD:

(1) Chef salad bowl.
(2) Line bowl with red-leaf lettuce, leafy salad-bowl lettuce, or Romaine lettuce leaves.
(3) Fill center of bowl with chopped, clean spinach leaves.
   (NO stems or dirt!! Don't chop too fine!! Don't wring the leaves!! Spinach leaves are to be torn carefully!!)
(4) Sprinkle spinach with chopped black olives.
(5) Spread a sliced hard-cooked egg across the top.
(6) Serve on a 10" dinner plate.
SEAFOOD SALAD:

(1) Line an 8" plate with lettuce leaves.
(2) Cut tomato only 3/4 of the way, making 8 wedges.
(3) Using a #12 scoop (green handle), place a scoop of the tuna mixture onto the cut tomato.
(4) Garnish with small lemon wedge, cucumber slices, and olive.

CHEF SALAD:

(1) Line chef salad bowl with red-leaf lettuce, leafy salad-bowl lettuce, or Romaine lettuce leaves. Iceberg leaves may also be used if nothing else is available.
(2) Fill center of the bowl with a handful of the chopped salad green mixture.
(3) Garnish the top of the salad with:
   (a) 5-8 thin strips of American cheese
   (b) 5-8 thin strips of Swiss cheese
   (c) 5-8 thin strips of ham
   (d) 5-8 thin strips of turkey
   (e) 2 tomato wedges (1/8th slice)
   (f) cucumber slices
   (g) radish rose
   (h) black olive
   (i) one hard-cooked egg sliced and spread diagonally across the top
(4) Bowl is served on a 10" chilled dinner plate.

RECIPES

BLUE CHEESE (ROQUEFORT) DRESSING:

2 qts. mayonnaise
2 t Worcestershire sauce
4 t garlic powder
4 T chopped chives
4 T coarse-ground black pepper
4 pkgs. (4 oz.) crumbled blue cheese

Blend together with a spoon or hand wire-whip.

Add and mix the following: 1 qt. sour cream and 2 cups buttermilk

THOUSAND ISLAND DRESSING:

1 qt. mayonnaise
2 c catsup
4 c dried parsley flakes
4 c dehydrated onions
1 c sweet pickle relish
to taste salt and pepper
4 chopped, hard-cooked eggs
SEAFOOD MIXTURE:
- canned tuna (drained)
- diced onion
- diced pickle relish
- diced hard-cooked eggs
- diced celery
- diced American cheese
- mayonnaise
- salt and pepper to taste

POTATO SALAD:
- peeled and diced boiled potatoes
- diced onions
- diced celery
- diced carrots (which substitute for pimiento)
- diced hard-cooked eggs
- diced pickles or sweet pickle relish
- celery seed
- salt and pepper to taste
- sour cream
- mayonnaise
- (can add dill pickle juice or mustard for tang)

TOSSED GREEN SALAD MIXTURE:

Chop into approximately 1" cubes:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4</td>
<td>iceberg or head lettuce</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>Romaine lettuce</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>bunches of spinach</td>
</tr>
<tr>
<td>½</td>
<td>½</td>
<td>head shredded and finely-chopped red cabbage</td>
</tr>
</tbody>
</table>

Mix and toss.
SOUTH-OF-THE-BORDER STATION
(covered by pot sink or back-up or salad)

TOSTURITTO:

(1) Place one flour tortilla onto a 10" dinner plate.
(2) Spread one #12 scoop (green handle) of refried beans onto the tortilla.
(3) Sprinkle one #16 scoop (blue handle) of taco hamburger mixture on top of the spread refried beans.
(4) Microwave on #2 (40 seconds).
(5) Sprinkle on the following after microwaving:
   (a) grated cheddar cheese
   (b) shredded iceberg lettuce
   (c) chopped tomatoes
   (d) chopped onions
   (e) chopped olives
   (f) chopped avocados
(6) Top with a #40 scoop of imitation sour cream

* Waiter/waitress will serve with 2 taco sauce squeeze packets.

TACO SALAD:

(1) Line a chef salad bowl with red-leaf lettuce (or the equivalent); then fill the bowl with chopped salad mixture from the Salad Station ... same as for chef salad.
(2) Sprinkle on the top of the lettuce mixture the following:
   (a) One #16 scoop (blue handle) of taco hamburger mixture
   (b) chopped black olives
   (c) chopped avocados
   (d) shredded cheddar cheese
(3) Place small cup of Guacamoli in center of the salad.
(4) Put 2 oz. of saulsa around outer edge of the salad.
(5) Put taco chips around outer edge (8-10 chips).
(6) Put finished salad bowl onto a 10" dinner plate.

* Waiter/waitress will serve with 2 taco sauce squeeze packets.
Bakery Station

Croissant Dough:

Oven Temperature, 375°F. Approximate baking time, 15-20 minutes.

- 5 lbs. bread flour
- 8 oz. sugar (granulated)
- 2 oz. salt
- 8 oz. shortening (primex)
- 4 oz. milk (powder-dry)
- 3 lbs. water (110)
- 2½ oz. Saf yeast

Plain Croissants = 2½ oz.; Filled Croissants = 3½ oz.

Directions:
(1) Place warm water in mixing bowl; add the remaining ingredients.
(2) Mix 2 minutes on speed #1, then 8-10 minutes on speed #2.
(3) Place dough on lightly floured sheet pan and place in refrigerator overnight.
(4) Roll in 1¼ lb. sweet butter and 1¼ lb. baker margarine (according to roll-in instructions).

Apple Pie:

Oven temperature, 325°F. Approximate baking time, 30-40 minutes.

<table>
<thead>
<tr>
<th>Yield = 4 thawed</th>
<th>Yield = 8 thawed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 #10 can</td>
<td>2 #10 cans</td>
</tr>
<tr>
<td>3 c</td>
<td>1½ qts.</td>
</tr>
<tr>
<td>1 c</td>
<td>2 c</td>
</tr>
<tr>
<td>2 t</td>
<td>4 t</td>
</tr>
<tr>
<td>2 T/pie</td>
<td>2 T/pie</td>
</tr>
<tr>
<td>canned apples, drained</td>
<td>sugar (granulated)</td>
</tr>
<tr>
<td></td>
<td>flour (A.P.)</td>
</tr>
<tr>
<td></td>
<td>nutmeg</td>
</tr>
<tr>
<td></td>
<td>cinnamon</td>
</tr>
<tr>
<td></td>
<td>butter or margarine</td>
</tr>
</tbody>
</table>

Directions:
(1) Set out of freezer.
(2) Mix apples, flour, sugar, and spices together.
(3) Brush pie shells with egg wash to seal edges.
(4) Divide filling equally into shells.
(5) Dot with butter (2 T per pie).
(6) Top with self-made pastry crust (see recipe ... 6 oz. per pie top). Seal edges.
(7) Flute edges; slit top.
(8) Brush with egg wash and top with crystal sugar. Bake.
CRAZY CHOCOLATE CAKE:

Oven temperature, 325°F. Approximate baking time, 20-30 minutes (for layers); 25-35 minutes (for full sheet).

Dry Mix:

| 6-3/4 qts. | flour |
| 4 1/2 qts. | sugar (granulated) |
| 2 1/2 c   | cocoa |
| 3 T       | salt  |
| 6 T       | soda  |

Directions:

(1) Combine all ingredients.
(2) Mix thoroughly with wire whip on mixer.
(3) Store in plastic container and label.

Cake:

| 14 c   | dry mix |
| 2 c    | oil    |
| 2 T    | vanilla|
| 6 T    | vinegar|
| 6 c    | cold water |

Directions:

(1) Measure dry mix into bowl.
(2) Add liquids and mix quickly just to blend. (Batter will be lumpy.) Do not over-mix.
(3) Scale into pans and bake.

* One batch = 1 full sheet; 16 oz. = one 8" round.

CHEESECAKE CRUST:

| 4 c         | Graham cracker crumbs |
| 1/4 c       | sugar                  |
| 1/4 c       | melted baker's margarine |

For Chocolate Crust:

| 5 c         | chocolate crumbs |
| 3/4 c       | melted margarine  |
| 1/4 c       | sugar            |

Directions:

(1) Mix together and divide among springform pans.
(2) Pat into bottoms with drinking glass until firm.
SERENDIPITY CHEESECAKE:

Oven temperature, 300°F. Approximate baking time, 35-45 minutes.

<table>
<thead>
<tr>
<th>4 lbs.</th>
<th>8 lbs.</th>
<th>cream cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/4 c</td>
<td>5 c</td>
<td>sugar (granulated)</td>
</tr>
<tr>
<td>8</td>
<td>16</td>
<td>eggs (fresh)</td>
</tr>
<tr>
<td>1/4 c</td>
<td>1/4 c</td>
<td>lemon juice</td>
</tr>
<tr>
<td>2 T</td>
<td>1/4 c</td>
<td>vanilla</td>
</tr>
</tbody>
</table>

Directions:

(1) Cream cheese until smooth. Scrape down bowl.
(2) Add sugar and beat. Scrape down bowl.
(3) Add eggs, vanilla, and lemon juice; mix well.
(4) Scale 2 1/4 lbs. to a pan. (Use a pan for counter-weight.)

* See Cheesecake Crust formula (1 1/4 cup crust mix to 8" springform pan).
(1) Back-of-the-House Student Duties and Performance Grade Records

(2) Front-of-the-House Student Schedule
## BACK-OF-THE-HOUSE DUTIES & PERFORMANCE GRADE RECORDS

<table>
<thead>
<tr>
<th>STUDENT</th>
<th>JOB POSITION</th>
<th>DAILY EXTRA DUTIES</th>
<th>FRIDAY'S CLEAN-UP</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THR</th>
<th>FRI</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>MANAGER OF KITCHEN</td>
<td>Supervision of Kitchen</td>
<td>Supervision &amp; Assist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CREPE/OMELET STATION</td>
<td>Cool down all soups, stocks, and sauces. Clean stainless steel &amp; cars.</td>
<td>Take stove apart &amp; clean stove top thoroughly!!</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>COLD SANDWICH STATION</td>
<td>Clean both slicers and assist in sweeping entire back-of-the-house.</td>
<td>Clean both small refrigerators, microwaves, &amp; stainless steel island, shelves.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DEEP-FAT FRYER STATION</td>
<td>Help at the pot sink.</td>
<td>Change oil when necessary; clean fryer, slicers; empty garbage.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHAR-BROILER STATION</td>
<td>Help in the dish room.</td>
<td>Clean char thoroughly; clean and polish hood; put back screens.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G 1/2 STATION</td>
<td>Clean all stove tops; sweep beverage area and entire kitchen.</td>
<td>Clean grill thoroughly; clean and polish hood; put back screens.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.A. BAKERY</td>
<td>Clean and organize entire bakery, refrigerator; do bakery pots and pans.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SALAD STATION</td>
<td>Clean all wooden items and tables, salad area and sink; put away pots and pans.</td>
<td>Organize walk-in; clean inside and out; bleach wooden tops.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOUTH-OF-THE-BORDER STATION</td>
<td>Check needed supplies for next day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>POT SINK &amp; SALAD-KITCHEN BACK-UP</td>
<td>Wash, clean, dry, and put away all pots, etc.; clean entire area.</td>
<td>Same as daily duty; polish at end of day.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>DISH ROOM</td>
<td>Do all dishes, silver, etc., and put away; polish.</td>
<td>Do all hood screens, dishes, etc.; clean and polish entire area.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>BEVERAGE STATION</td>
<td>Clean entire area; remake coffee, tea, etc.</td>
<td>Clean refrigerator shelves, counters, and organize entire area.</td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

**SOURCE:** Ardis J. Jarrett, Mt. Diablo High School, Concord, CA.
# Front-of-the-House Schedule

<table>
<thead>
<tr>
<th>Name</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manager</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Seat customers, make sure everything is done, check tables, check all side jobs, assign other jobs.</td>
</tr>
<tr>
<td>Head Waiter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Assist manager, side jobs for absent waiters, etc., check tables and bus stations.</td>
</tr>
<tr>
<td>Cashier</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Set up cash register, take employee orders, compile dessert sales, clean area.</td>
</tr>
<tr>
<td>Waiter #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Soup/salad area, set up/take down clean thoroughly.</td>
</tr>
<tr>
<td>Waiter #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Vacuum before and after, spot carpet.</td>
</tr>
<tr>
<td>Waiter #3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Beverage area, set-up and break-down, locker room.</td>
</tr>
<tr>
<td>Waiter #4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Northern Lights set-up, clean-up after employees' meal.</td>
</tr>
<tr>
<td>Waiter #5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Set-up bus stations, replenish bus station, sweep front area outside restaurant, vacuum.</td>
</tr>
<tr>
<td>Waiter #6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fill cream &amp; sugar containers, check salt &amp; peppers, garbage out and clean liners in.</td>
</tr>
<tr>
<td>Waiter #7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Package bakery items, fold boxes, garbage out, liners in garbage cans.</td>
</tr>
<tr>
<td>Waiter #8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dessert carts, set-up and break-down, clean.</td>
</tr>
<tr>
<td>Quad #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bakery case set-up, break-down at 1:15 and clean.</td>
</tr>
<tr>
<td>Quad #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Check restroom, clean chairs and high chairs, assist with final bussing.</td>
</tr>
<tr>
<td>Bus #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Ardis J. Jarrett, Mt. Diablo High School, Concord, CA.
FRONT-OF-THE-HOUSE

(1) Order Form
ORDER FORM:
TO ASSIST WAITER/WAITRESS

<table>
<thead>
<tr>
<th>A la CARTE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup du jour</td>
<td>.50</td>
</tr>
<tr>
<td>Bread du jour</td>
<td>.20</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>.75</td>
</tr>
<tr>
<td>French Fries</td>
<td>.75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SALADS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Salad</td>
<td>.50</td>
</tr>
<tr>
<td>Dinner Salad</td>
<td>.75</td>
</tr>
<tr>
<td>Chef Salad</td>
<td>2.25</td>
</tr>
<tr>
<td>Seafood Salad</td>
<td>2.25</td>
</tr>
<tr>
<td>Spinach Salad</td>
<td>2.00</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SANDWICHES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serendipity</td>
<td>1.50</td>
</tr>
<tr>
<td>Club</td>
<td>1.75</td>
</tr>
<tr>
<td>Cold Turkey</td>
<td>1.50</td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>1.75</td>
</tr>
<tr>
<td>Ham and Cheese</td>
<td>1.25</td>
</tr>
<tr>
<td>Hamburger</td>
<td>1.75</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>1.85</td>
</tr>
<tr>
<td>Patty Melt</td>
<td>2.00</td>
</tr>
<tr>
<td>Monte Cristo</td>
<td>2.00</td>
</tr>
<tr>
<td>Pastrami &amp; Rye</td>
<td>1.75</td>
</tr>
<tr>
<td>Turkey Supreme</td>
<td>1.75</td>
</tr>
<tr>
<td>Steak Sandwich</td>
<td>3.00</td>
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<table>
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<tr>
<th>SPECIALTIES</th>
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<tr>
<td>Entree of the Day</td>
<td>( )</td>
</tr>
<tr>
<td>Steak n' Stuff</td>
<td>3.50</td>
</tr>
<tr>
<td>Denver Omelette</td>
<td>1.75</td>
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<tr>
<td>Tosturito</td>
<td>2.00</td>
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<tr>
<td>Spanish Omelett</td>
<td>1.75</td>
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<tr>
<td>Lunch on the Run</td>
<td>1.00</td>
</tr>
<tr>
<td>Crepes Diablo</td>
<td>2.00</td>
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<tr>
<td>Crepes Stroganoff</td>
<td>2.00</td>
</tr>
<tr>
<td>Duet Board</td>
<td>1.75</td>
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<tr>
<th>BEVERAGES</th>
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<tr>
<td>Coffee</td>
<td>.40</td>
</tr>
<tr>
<td>Decaf Coffee</td>
<td>.25</td>
</tr>
<tr>
<td>Tea (hot or iced)</td>
<td>.25</td>
</tr>
<tr>
<td>Coke, Tab, Root Beer, Sprite</td>
<td>.40</td>
</tr>
<tr>
<td>Milk</td>
<td>.25</td>
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<tr>
<td>Hot Chocolate</td>
<td>.25</td>
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<tr>
<td>Dessert Cart</td>
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<td>TAX</td>
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</table>

Grand Total

Thank you for your patronage!
ADVERTISING

FLYERS:
(1) Serendipity Restaurant Occupations
(2) F.E.A.S.T.
(3) Food Service -- A Regional Occupational Program

BUSINESS CARDS:
(1) Examples (instructor and business)

STATIONERY:
(1) Ardis Jarrett (example)
SERENDIPITY
Contra Costa
Regional Occupational Program

~ RESTAURANT OCCUPATIONS ~

Where?
Mt. Diablo High School
2450 Grant Street, Concord, CA 94520 or
2611 East Street, Concord, CA 94520

When?
10:20 a.m. - 1:35 p.m. - Monday through Friday

Who?
High School students 16 years of age or older and adults
interested in developing a career in the hotel, restaurant,
and hospitality fields.

What?
SERENDIPITY is a student-operated restaurant established to
provide training for young men and women in the field of
commercial foods. This program provides extensive training
in many areas of commercial foods including on-the-job
experiences. One unit of high school credit may be earned
for every 16 hours of productive time spent in the class.

What
Training?
"Back-Of-The-House"
Grill, char-broiler, microwave, hot and cold
sandwiches, soups, salads, sauces, garnishes,
desserts and bakery.

"Front-Of-The-House"
Bus person, waiter, waitress, host, hostess,
cashier, beverage

How?
Call: Contra Costa Regional Occupation Program Office
75 Santa Barbara Road
Pleasant Hill, CA 94523
Phone: (415) 944-3445 or 944-3465 (Registrar)
for an interview appointment and application.

or...see your counselor

or...contact Miss Jarrett or Mrs. Moon
Mt. Diablo High School
2450 Grant Street, Concord, CA 94520
Phone: (415) 682-4030

or
SERENDIPITY Restaurant
2611 East Street, Concord, CA 94520
Phone: (415) 798-0882
FEAST

Vocational Education
Mt. Diablo Unified School District

FOODS EDUCATION AND SERVICE TRAINING

Where? Mt. Diablo High School
2450 Grant Street, Concord, CA 94520

When? 8:20 a.m. - 10:05 a.m. - Monday through Friday

Who? Any high school student in the district, preferably Juniors. Sophomores and Seniors who have had other foods courses or with teacher's approval will be accepted.

What? FEAST is a course designed to introduce the student to large quantity food preparation and production. This year class is a feeder to the ROP Restaurant Occupations, which runs the SERENDIPITY Restaurant, 2611 East Street, Concord, CA 94520.

What Training? "Bakery"
Danish yeast breads, quick breads, cakes, cookies, pies and other dessert items

"Main Kitchen"
Soups, sauces, salads, sandwiches, garnishes, dressings, entree specials and breakfast foods.

How? See your counselor

or... contact Miss Jarrett or Mrs. Noon
Mt. Diablo High School
2450 Grant Street or 2611 East Street
Concord, CA 94520
Phone: (415) 682-4036 or (415) 798-0882

~PROJECT~
FEAST
Food Service

A REGIONAL OCCUPATIONAL PROGRAM

Morning Session: Period 2 & 3
(Two hour class) Emphasis in basic food preparation, operating an actual restaurant and serving food to the public.

Afternoon Session: Period 4, Lunch, 5 (3 hour class)
Waiter/Waitress service and chef skills are emphasized. Free Lunches.

Space is Limited!!! Sign up now in Counseling Office.
Juniors and Seniors Only!!!

WHERE: ENCINAL HIGH SCHOOL
New Lab Facilities

*** LAB ***
INSTRUCTION

**COMMUNITY**
CLASSROOM

TRAINING for entry level jobs:
- Cooks
- Caterers
- Caterer's Helpers
- Kitchen Supervisors
- Kitchen Helpers
- Buspersons
- Dishwashers
- Waiter
- Waitress
- Hostess
- Host

For Further Info:
Terry Brandon
Instructor
521-6175
HOME ECONOMICS
TEACHING ESSENTIAL LIVING SKILLS FOR ALL STUDENTS
A MEMO FROM THE CLASSROOM OF

Ardis Jarrett

85

798-0882
Mt. Diablo High School
2450 Grant St. Concord, CA 94520
FUNDING SOURCES

(1) Suggestions for Funding and Equipment Sources
SUGGESTIONS FOR FUNDING
AND EQUIPMENT SOURCES

(1) Use fundraisers.
(2) Obtain grants from private, state, and federal agencies.
(3) Contact State Professional Chef's Association.
(4) Contact National Restaurant Association.
(5) Look for donated equipment from businesses.
(6) Contact large chain grocery stores.
(7) Contact War Surplus Agency for used equipment.
(8) Attend equipment auctions.
SOURCES FOR RECIPES
AND PRODUCT INFORMATION
A-1 Steak Sauce
P. O. Box 1523-C
Dallas, TX 75221

Almond Board of California
P. O. Box 15920
Sacramento, CA 95813

Alaska Longline Fisherman's Assn.
P. O. Box 2234
Sitka, AK 99835

Alaska Seafood
1005 Tieton Drive
Yakima, WA 98902

Alaska Seafood Marketing Institute
526 Main Street
Juneau, AK 99801

Alex Foods
P. O. Box 3129
Anaheim, CA 92803

Allen Canning Company
P. O. Box 250
Siloam Springs, AR 72761

American Egg Board
205 Touhy Avenue
Park Ridge, IL 60068

American Dairy Assn.
6300 North River Road
Rosemont, IL 60018

American Gas Assn.
Dept. 004, 1515 Wilson Blvd.
Arlington, VA 22209

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348

American Soybean Assn.
P. O. Box 27300
St. Louis, MO 63141

Apollo Strudel Leaves Co.
P. O. Box 153
Fair Lawn, NJ 07410

Archer Daniels Midland
P. O. Box 1470
Decatur, IL 62525

Armanino Farms
100 Pine Street
San Francisco, CA 94111

Aunt Jane Foods
20800 Center Ridge Rd., Suite 211
Rocky River, OH 44116

The Banana Bunch
40 West 57th Street
New York, NY 10019

Blue Water
88 Rogers Street
Gloucester, MA 01930

Bridgeford Food Corp.
P. O. Box 3773
Anaheim, CA 92803

Best Foods
International Plaza
Englewood Cliffs, NJ 07632

Beef Industry Council
444 N. Michigan Ave.
Chicago, IL 60611

Bil-Mar Foods, Inc.
8300 - 96th Avenue
Zeeland, MI 49464

Beans of the West
300 Elliott Ave. W., Suite 260
Seattle, WA 98119

Batter-Lite Foods
P. O. Box 476
Beloit, WI 53511

Baker's Chocolate & Coconut
P. O. Box 600
Dover, DE 19901

Bonner Packing Company
P. O. Box 12148
Fresno, CA 93776

Bryan Foods
P. O. Box 1177
West Point, MS 39773

Baker Canning Company
P. O. Box 248
Theresa, WI 53091

California Kiwi Fruit Commission
1540 River Park Dr., Suite 120
Sacramento, CA 95815

Cheese & Specialty Foods
P. O. Box 3115
Stamford, CT 06905
Fishery Products, Inc.
18 Electronics Avenue
Danvers, MA 01923

The R. T. French Company
P. O. Box 22338
Rochester, NY 14692

State of Florida
Department of Citrus
Lakeland, FL 33802

Florida Tomato Exchange
P. O. Box 20635
Orlando, FL 32814

Florida Celery Commission
P. O. Box 20067
Orlando, FL 32814

Mrs. Friday's Fish Products
P. O. Box 21385
Los Angeles, CA 90021

Gourmet Fresh
8701 W. Gage Blvd.
Kinnewich, WA 99336

Gold Medal Products
1826 Freeman Avenue
Cincinnati, OH 45214

General Mills, Inc.
P. O. Box 1113
Minneapolis, MN 55440

General Foods
250 North Street
White Plains, NY 10625

Hershey Foods Corp.
19 E. Chocolate Avenue
Hershey, PA 17033

Hidden Valley Ranch
P. O. Box 24305
Oakland, CA 94623

Harkers
521 - 8th Avenue S.W.
LeMars, IA 51031

Heublein, Inc.
4 Ferm Springs Drive
Farmington, CT 06032

Halibut Assn. of North America
309 Maritime Bldg., 911 Western Ave.
Seattle, WA 98104

Idaho Bean Commission
P. O. Box 9433
Boise, ID 83707

ID-WA Dry Pea & Lentil Commission
P. O. Box 8566
Moscow, ID 83843

Idaho Fresh Pak
P. O. Box 130
Lewisville, ID 83431

International Apple Institute
1. O. Box 1137
McLean, VA 22101

Iowa Corn Promotion Board
200 West Towers, 1200 - 35th St.
West Des Moines, IA 50265

Jasper Wyman & Sons
Milbridge
Maine 04658

The Johnston Company
P. O. Box 691
Milwaukee, WI 53201-0691

Kellogg Company
235 Porter Street
Battle Creek, MI 49016

Kronos Foods, Inc.
4501 W. District Blvd.
Chicago, IL 60632

Kitchens of Sara Lee
500 Waukegan Road
Deerfield, IL 60015

Keebler Foodservice
One Hollow Tree Lane
Elmhurst, IL 60126

Kikkoman International, Inc.
P. O. Box 784
San Francisco, CA 94115

Lamb Education Center
200 Clayton Street
Denver, CO 80206

Land-O-Lakes
P. O. Box 116
Minneapolis, MN 55440

Lea & Perrins
Poleett Drive
Fair Lawn, NJ 07410
Thomas J. Lipton Co.
800 Sylvan Avenue
Englewood, NJ 07632

Louis Rich Company
P. O. Box 288
West Liberty, IA 52776

Lindsey International, Inc.
P. O. Box 278
Lindsey, CA 93247

Michigan Fruit Canners
P. O. Box 156
Benton Harbor, MI 49022

Mrs. Smith's Frozen Foods
P. O. Box 298
Pottstown, PA 19464

McCarty - State Pride Foods
P. O. Box 2718
Jackson, MS 39207

Moore's Food Products
P. O. Box 24305
Oakland, CA 94623

The Michigan Bean Commission
P. O. Box 22037
Lansing, MI 48909

Mann Packing Company
P. O. Box 908
Salinas, CA 93902

McCormick & Company
11350 McCormick Road
Hunt Valley, MD 21031

National Pasta Association
P. O. Box 1008
Palatine, IL 60067

Wheat Industry Council
1333 H Street NW, Suite 1200
Washington, DC 20005

Washington Asparagus Growers
P. O. Box 150
Sunnyside, WA 98944

Welch Foods
2 South Portage
Westfield, NY 14787

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837

C. G. Whillock Process Co.
P. O. Box 259
Springfield, IL 62705

Yohay Baking Company
75 Grand Avenue
Brooklyn, NY 11205

Young Pecan Sales
P. O. Box 5779
Florence, SC 29502

American Meat Institute
59 E. Van Buren Street
Chicago, IL 60605

Florida Lime Administration Commis.
18710 Southwest 288th Street
Homestead, FL 33030

Idaho Potato Commission
P. O. Box 1068
Boise, ID 83701

The Peach Patch
RD #1, Box 398
Glassboro, NJ 08028-9603

Washington Apple Commission
P. O. Box 18
Wenatchee, WA 98801

Wild Blueberry Association
18 Floral Avenue
Fredericton, N.B, CANADA E3A 1K7

Ardmore
P. O. Box 183
Deland, FL 32720

Armour
Greyhound Tower, Station 1017
Phoenix, AZ 85077

Awrey Bakeries
12301 Farmington Rd.
Livonia, MI 48150

Bama Pies
2747 East 11th Street
Tulsa, OK 74104

Food Service Marketing
2132 Fordham Avenue
Madison, WI 53704

Foodservice Product News, Circ. Dept.
104 Fifth Avenue
New York, NY 10011
Booth Fisheries
2 N. Riverside Plaza
Chicago, IL 60606

Borden Foodservice
180 E. Broad Street
Columbus, OH 43215

Boyle's Famous Corned Beef
416 E. Third Street
Kansas City, MO 64106

Butcher Boy Food Products
3 Metro Sq., Ste. 122, 1220 Ford Rd.
Dallas, TX 75234

CFS Continental
2550 Clybourn Avenue
Chicago, IL 60614

California Almond Growers Exchange
P. O. Box 1768
Sacramento, CA 95808

Canned Salmon Institute
300 Elliott Ave. W., Suite 260
Seattle, WA 98119

Caribou Fisheries
301 Northern Avenue
Boston, MA 02210

Ralston Purina/Checkerboard
P. O. Box 1501
St. Louis, MO 63188

Chef Francisco
P. O. Box 1187
Eugene, OR 97440

Chef Reddy
P. O. Box 607
Othello, WA 99344

Clorox
1221 Broadway
Oakland, CA 94623

CODE
H.H. Robertson Bldg., Suite 250
Pittsburgh, PA 15220

Colorado Beef Board
328 Livestock Exchange Bldg.
Denver, CO 80216

Dannon
22-11 - 38th Avenue
Long Island City, NY 11101

Dean Foods
3600 N. River Road
Franklin Park, IL 60131

Folgers for Foodservice
P. O. Box 599
Cincinnati, OH 45201

Food Producers International
10505 Wayzata Blvd.
Minnetonka, MN 55343

Fred's Frozen Foods
1300 Fort Wayne Bank Building
Fort Wayne, IN 46801-1400

Frionov Frozen Fish
P. O. Box A-2087
New Bedford, MA 02741

Frozen Vegetable Council
1836 E. Cameloya Rd., Suite 202
Burlingame, CA 94010

Golden Dipt
100 E. Washington Street
Millstadt, IL 62260

Heinz USA
1062 Progress Street
Pittsburgh, PA 15212

Hillshire Farms
P. O. Box 227
New London, WI 54961

George A. Hormel
P. O. Box 800
Austin, MN 55912

Hunt-Wesson
1645 W. Valencia Drive
Fullerton, CA 92634

Iceland Seafood
1250 Slate Hill Rd., Box K
Camp Hill, PA 17011

Kraft
One Kraft Court
Glenview, IL 60025

Lawry's Foods
570 W. Avenue 26
Los Angeles, CA 90065

L. J. Minor
436 Bulkley Building
Cleveland, OH 44115
Nabisco Brands  
100 De Forest Avenue  
East Hanover, NJ 07936

National Peach Council  
P. O. Box 1085  
Martinsburg, WV 25401

National Red Cherry Institute  
Front Street  
Grand Rapids, MI 49504

North American Blueberry Council  
P. O. Box 166  
Marmora, NJ 08223

National Pecan Marketing Council  
1800 Peachtree Road NW  
Suite 516  
Atlanta, GA 30309

National Kraut Packers Assn.  
Burson-Marsteller  
866 Third Avenue  
New York, NY 10022

National Fructose Center  
200 W. Towers  
1200 - 35th Street  
West Des Moines, IA 50265

National Marine Fisheries Service  
Washington, DC 20235

National Cherry Growers  
Sweet Cherry Information Division  
1005 Tieton Drive  
Yakima, WA 98902

National Livestock & Meat Board  
444 N. Michigan Avenue  
Chicago, IL 60611

National Turkey Federation  
Reston International Center  
11800 Sunrise Valley Drive  
Reston, VA 22090

North Pacific Canners & Packers  
4350 Southwest Galewood  
Lake Oswego, OR 97134

North Atlantic Seafood Assn.  
1220 Huron Road  
Cleveland, OH 44115

Near-East Food Products  
Jytek Drive  
Leomminster, MA 01453

The Nestle Company  
P. O. Box 3115  
Stamford, CT 06905

ORL-IDA Foods  
220 W. Park Center Blvd.  
Boise, ID 83707

Oscar Mayer  
P. O. Box 7188  
Madison, WI 53707

Ocean Garden Products  
P. O. Box 81227  
San Diego, CA 92138-1227

Ocean Spray  
Hanson, MA 02341

OR-WA-CA Pear Bureau  
601 Woodlark Building  
Portland, OR 97205

Ocean Canning Company  
P. O. Box 156  
Shelby, MI 49455

Pacific Coast Canned Pear Service  
P. O. Box 7111  
San Francisco, CA 94120

The Potato Board  
1385 S. Colorado Blvd., Suite 512  
Denver, CO 80222

The Pillsbury Company  
608 Second Avenue South  
Minneapolis, MN 55402

The Peanut Advisory Board  
P. O. Box 2329  
New York, NY 10163

Provimi, Inc.  
Brookfield, WI 53005

PYA/Monarch, Inc.  
Greenville, SC 29602

Quaker Oats  
Merchandise Mart Plaza  
Chicago, IL 60654

Rice Council  
P. O. Box 22802  
Houston, TX 77027
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<tr>
<th>Company Name</th>
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<tr>
<td>Randall Food Products</td>
<td>8060 Montgomery Road, Cincinnati, OH 45236</td>
</tr>
<tr>
<td>Robinson Canning Company</td>
<td>P.O. Box 4248, New Orleans, LA 70178</td>
</tr>
<tr>
<td>Rich Products</td>
<td>P.O. Box 245, Buffalo, NY 14240</td>
</tr>
<tr>
<td>Riceland Foods</td>
<td>1 Financial Center, Little Rock, AR 72211</td>
</tr>
<tr>
<td>Readi-Bake, Inc.</td>
<td>1.0 - 28th Street SE, Grand Rapids, MI 49510</td>
</tr>
<tr>
<td>The Sugar Association</td>
<td>1511 K Street NW, Washington, DC 20005</td>
</tr>
<tr>
<td>Suter Company</td>
<td>P.O. Box 188, Sycamore, IL 60178</td>
</tr>
<tr>
<td>J.R. Simplot Company</td>
<td>P.O. Box 1059, Caldwell, ID 83605</td>
</tr>
<tr>
<td>Searle Food Resources</td>
<td>P.O. Box 1111, Skokie, IL 60076</td>
</tr>
<tr>
<td>Star-Kist</td>
<td>582 Tuna Street, Terminal Island, CA 90731</td>
</tr>
<tr>
<td>Stouffers</td>
<td>5750 Harper Road, Salon, OH 44139</td>
</tr>
<tr>
<td>Soy Protein Council</td>
<td>1800 M Street NW, Washington, DC 20036</td>
</tr>
<tr>
<td>San Giorgio-Skinner</td>
<td>1 Chocolate Avenue, Hershey, PA 17033</td>
</tr>
<tr>
<td>Sugar Foods Corporation</td>
<td>P.O. Box 300, New York, NY 10005</td>
</tr>
<tr>
<td>Swift Edible Oil Company</td>
<td>115 W. Jackson Boulevard, Chicago, IL 60604</td>
</tr>
<tr>
<td>Sunkist Growers</td>
<td>14130 Riverside Drive, Sherman Oaks, CA 91423</td>
</tr>
<tr>
<td>Simplot Company</td>
<td>P.O. Box 1059, Caldwell, ID 83605</td>
</tr>
<tr>
<td>Tastybird Foods</td>
<td>P.O. Box 847, Russellville, AR 72801</td>
</tr>
<tr>
<td>Tupperware Educational Service</td>
<td>P.O. Box 2353, Orlando, FL 32802</td>
</tr>
<tr>
<td>Universal Foods Corporation</td>
<td>433 E. Michigan, Milwaukee, WI 53201</td>
</tr>
<tr>
<td>Uncle Ben's Foods</td>
<td>P.O. Box 1752, Houston, TX 77251-7752</td>
</tr>
<tr>
<td>United Fruit &amp; Vegetable Growers</td>
<td>N. Washington at Madison, Alexandria, VA 22314</td>
</tr>
<tr>
<td>Wholesum Foods</td>
<td>P.O. Box 218, Waukesha, WI 53186</td>
</tr>
<tr>
<td>Wilson Foodservice</td>
<td>4545 Lincoln Boulevard, Oklahoma City, OK 73105</td>
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(Source: Creative Foods)
BIBLIOGRAPHY
BIBLIOGRAPHY

American Technical Publishers, Inc., 1223 E. S. Laramie Avenue, Alsip, IL 60658:

- Harms, Robert. *Food Preparation for Hotels, Restaurants and Cafeterias*.

California Culinary Institute, 625 Polk Street, San Francisco, CA 94102 (telephone 415/771-3536):

- "California Culinary Academy," videotape, VHS (17-minute career information).

CBI Publishing Company, Inc., 286 Congress Street, Boston, MA 02210:

BIBLIOGRAPHY (cont'd.):

Chevron Chemical Company, Ortho Books, 742 Bancroft Way, Berkeley, CA 94710:

- Affordable Elegant Meals.

Colman Publishers, 1147 Elmwood, Stockton, CA 95204:


National Restaurant Association, 311 First Street, N.W., Washington, DC 20001:

- Sanitation Self-Inspection Program.
- How to Prepare a Restaurant Operations Manual.
- NRA News (monthly publication).

Publisher of Institutions, 89 Franklin Street, Boston, MA 02116:

- Crawford and McDowell. Math Workbook: Land Service/Lodging.

(John) Wiley & Sons, Inc., 605 Third Avenue, New York, NY 10158: