

APPROVED FOOD LIST



BLACK BEANS

MAX: 7 LBS

CANISTER: SM

WHEEL: 10-PADDLE

What Type Works Best: Canned black beans.

Dispensing Tips: Drain and rinse beans thoroughly; cover and allow to drain overnight in refrigerator.



BROCCOLI

MAX: 2.5 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: Mini-tree small enough to fit in the paddle wheel slot (max 1/2" long) or 3/8" diced.

Dispensing Tips: Cut by hand for best results.



CARROTS

MAX: 5 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: Shredded or 3/8" diced.

Dispensing Tips: Purchase pre-shredded or pre-diced.

Helpful Vollrath Preparation Equipment: Vollrath® InstaCut® with halved carrots and 3/8" slicing blade followed by the 3/8" dicing blade.



CAULIFLOWER

MAX: 2.5 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: Mini-tree small enough to fit in the paddle wheel slot (max 1/2" long) or 3/8" diced.

Dispensing Tips: Cut by hand for best results.



CHEESE

MAX: 5 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: Fine shredded with cellulose. Low-moisture, 1/4" cubes (use only prepackaged with cellulose).

Dispensing Tips: 1/2" will dispense if cut in half. Store cheese in freezer; defrost before use. Do not cut from block.



CHICKEN

MAX: 3 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: 3/8" diced.

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CUCUMBERS

MAX: 8 LG

CANISTER: SM

WHEEL: 6(SM) & 10-PADDLE

What Type Works Best: 3/8" diced.

Dispensing Tips: Drain diced ingredients for at least five minutes. Use 6-paddle (sm) for half moons and 10-paddle for diced.

Helpful Vollrath Preparation Equipment: Vollrath® InstaCut® with 3/8" slicing, the dicing.



DRIED FRUIT (SMALL)

MAX: 6 LBS

CANISTER: SM

WHEEL: 6(SM) & 10-PADDLE

What Type Works Best: Use bagged (rather than boxed) golden or regular raisins or cranberries. Craisans only.

Dispensing Tips: 6-paddle (sm) can be used, but requires calibration.



GARBONZO BEANS

MAX: 7 LBS

CANISTER: SM

WHEEL: 6-PADDLE

What Type Works Best: Canned garbonzo beans.

Dispensing Tips: Drain and rinse beans thoroughly; cover and allow to drain overnight in refrigerator.



LETTUCE & GREENS

MAX: 8 HEADS

CANISTER: LG

WHEEL: 6-PADDLE (LG)

What Type Works Best: Iceberg or romaine, 1" pre-cut hand or processor-chopped. Greens that aren't jagged.

Dispensing Tips: Use hand-cutter chopped vs. pre-bagged.

Helpful Vollrath Preparation Equipment: Vollrath® Lettuce King® IV



NUTS

MAX: 5 LBS

CANISTER: SM

WHEEL: 10-PADDLE

What Type Works Best: Regular or sugar-glazed whole or small chopped pecans or walnuts or whole almonds or cashews.

Dispensing Tips: If nuts have excessive dust, sift in colander.



ONIONS

MAX: 10 LG

CANISTER: SM

WHEEL: 6(SM) & 10-PADDLE

What Type Works Best: Yellow or red, 3/8" diced and sliced.

Dispensing Tips: Use 6-paddle (sm) for smile cut or 10-paddle for diced cut.

Helpful Vollrath Preparation Equipment: Vollrath® Onion King™ or InstaCut® (dicing).

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PEAS

MAX: 4 LBS

CANISTER: SM

WHEEL: 10-PADDLE

What Type Works Best: Frozen green peas.

Dispensing Tips: Thaw peas just before filling.



SEEDS

MAX: 5 LBS

CANISTER: SM

WHEEL: PORTIONING

What Type Works Best: No-shell, whole sunflower seeds.

Dispensing Tips: Portion for sunflowers seeds or chopped.



SPINACH

MAX: 4 LBS

CANISTER: LG

WHEEL: 6-PADDLE (LG)

What Type Works Best: Baby spinach, rough chopped, - few or small stems.

Dispensing Tips: Wash ingredient and spin to remove moisture.



TOMATOES

MAX: 18 MD , 32 ROMA

CANISTER: SM

WHEEL: 10-PADDLE

What Type Works Best: Roma or varieties with less juice. $\frac{3}{8}$ " diced.

Dispensing Tips: Drain diced ingredients for at least five minutes. Whole cherry or grape tomatoes will not dispense.

Helpful Vollrath Preparation Equipment: Vollrath® InstaCut® with $\frac{3}{8}$ " slicing, the dicing.



TURKEY

MAX: 3 LBS

CANISTER: SM

WHEEL: 6-PADDLE (SM)

What Type Works Best: $\frac{3}{8}$ " diced.