**Profile Summary**

* 19 years of food service industry experience.
* Worked as a short-order cook, prep cook, fry cook, and dishwasher.
* Can operate and clean commercial grills, fryers, ovens, and dish machines.
* Understands how to work as a team to reach goals.
* Driven and motivated to learn new skills while applying previously learned skills.

**Skills Summary**

* Cooking
* Cleaning
* Dishwashing
* Food prep
* Expediting
* Multitasking
* Knife skills
* Stocking/rotating
* Safety conscious
* Attention to detail
* Service oriented
* Physical stamina

**Career History**

*Cook* **Aramark** Winfield, KS 1/2017-Present

* Prepare and cook large quantities of food for institution cafeterias.
* Clean, cut, and cook meat, fish, or poultry.
* Follow menu specifications, special dietary or nutritional restrictions, and numbers of portions to be served.
* Clean and inspect equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.

*Prep Cook* **Heart of Dixie** Salina, KS 7/2014-1/2015

* Followed daily prep lists created by back-of-house managers and supervisors.
* Labeled and dated all prepared ingredients for cold and dry storage.
* Measured ingredients and seasonings to be used in recipes.
* Prepared cooking ingredients by washing and cutting meats and vegetables.

*Fry Cook* **Longhorn Steakhouse** Salina, KS 6/2014-10/2014

* Checked all orders for completion prior to delivery.
* Selected exact portions to be cooked according to order.
* Stocked and organized fry station with prepared food for cooking.

**Additional Experience**

*Crew Member* **McDonalds** Salina, KS ????-????

*Pizza Maker* **Casey’s General Store** Lindsborg, KS ????-????