

Cookbook for Kankakee School District 111

Created by HPS Menu Planner

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Breaded Chicken Patty Sandwich-Spicy

PB & J Sandwich Strawberry

PB&J Sandwich-Grape

Breaded Chicken Patty Sandwich-Spicy

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	86 17/35 Each	Use 13 bags of hamburger buns 1 case = 120 buns (10 bags of 12) Thaw under refrigeration	676151
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.30
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		286.49	
Fat		11.30g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		412.16mg	
Carbohydrates		25.43g	
Fiber		4.46g	
Sugar		2.73g	
Protein		22.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.59mg	Iron	2.06mg

PB & J Sandwich Strawberry



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	50 Each		536012

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer on sheet tray
After thawing, sandwiches should be served within 8-10 hours. do not microwave.
Serving size is 2- 2.6 oz sandwich per student

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	600.00		
Fat	34.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	64.00g		
Fiber	8.00g		
Sugar	28.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 52.00mg **Iron** 2.00mg

PB&J Sandwich-Grape

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	50 Each		527462

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer
After thawing, sandwiches should be served within 8-10 hours
Do not microwave
Serve 2- 2.6 ounce Sandwich per student

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Gram

Amount Per Serving	
Calories	600.00
Fat	34.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	560.00mg
Carbohydrates	64.00g
Fiber	8.00g
Sugar	28.00g
Protein	18.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg