

Cookbook for Kankakee School District 111

Created by HPS Menu Planner

Table of Contents

Double Hamburger w/cheese on WG Bun

PB & J Sandwich Strawberry

PB&J Sandwich-Grape

Double Hamburger w/cheese on WG Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	200 Each	Convection Oven: Preheat oven to 350 degrees F. Bake for 8-9 minutes. Microwave: Heat on HIGH power for 60-70 seconds. Appliances vary, adjust accordingly. Always heat until internal temperature reaches 165 degrees F when using a meat thermometer.	658622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each	Thaw Under Refrigeration for 24 hours	517810

Preparation Instructions

Serve:

Place 2 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

SLE Components

Amount Per Serving

Meat	4.00
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	370.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	1.00g
Cholesterol	80.00mg
Sodium	325.00mg
Carbohydrates	25.00g

Fiber		5.00g	
Sugar		3.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.24mg

PB & J Sandwich Strawberry

NO IMAGE

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