

Cookbook for Kankakee School District 111

Created by HPS Menu Planner

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Chicken-Mini Corn Dog Bites



Servings:	40.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	240 Piece	REHEATING FROM THAWED STATE IS RECOMMENDED MINUTES. MICROWAVE: FROZEN, 60 SECONDS. THAWED, 30 SECONDS. CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.	497360

Preparation Instructions

BAKE

REHEATING FROM THAWED STATE IS RECOMMENDED

HEAT OVEN TO 350 DEGREES F FOR (FROZEN) 15 MINUTES, THAWED (10 MINUTES)

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING TIME.

INTERNAL TEMPERATURE OF 165 DEGREES F.

K-6

6 MINI CORN DOGS PER STUDENT

Condiments Optional:

1 packet of Ketchup (25g Na)

1 packet of Mustard (85g Na)

SLE Components

Amount Per Serving

Meat	3.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		270.00	
Fat		12.00g	
SaturatedFat		3.75g	
Trans Fat		0.00g	
Cholesterol		37.50mg	
Sodium		420.00mg	
Carbohydrates		30.00g	
Fiber		4.50g	
Sugar		6.00g	
Protein		10.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.16mg

Chicken-Nuggets



Servings:	102.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	321 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

BAKE FROM FROZEN STATE PLACE ON A PERFORATED SHEET PAN

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

6-8 minutes at 375°F from frozen.

INTERNAL TEMPERATURE OF 165 DEGREE F

Serve: 4 Nuggets per student

SLE Components

Amount Per Serving

Meat	1.57
Grain	0.79

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

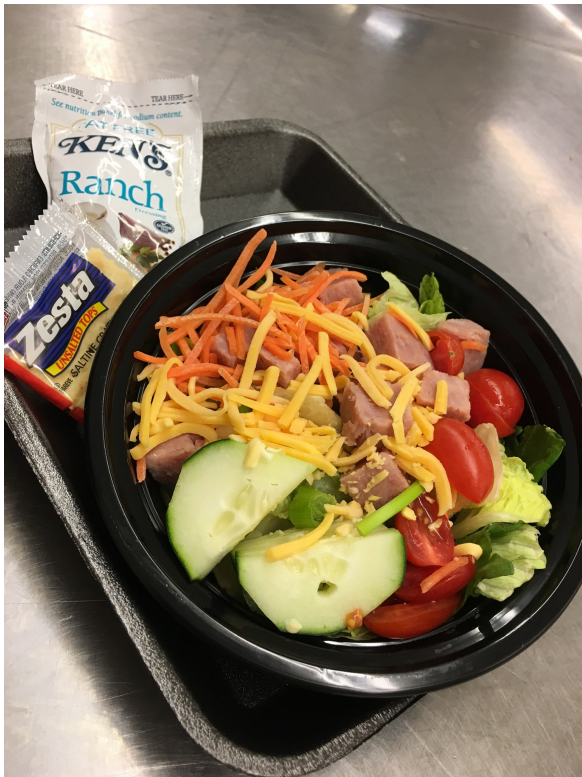
Nutrition Facts

Servings Per Recipe: 102.00
Serving Size: 5.00

Amount Per Serving

Calories	165.22		
Fat	9.44g		
SaturatedFat	1.57g		
Trans Fat	0.00g		
Cholesterol	15.74mg		
Sodium	251.76mg		
Carbohydrates	10.23g		
Fiber	1.57g		
Sugar	0.79g		
Protein	10.23g		
Vitamin A	78.68IU	Vitamin C	0.00mg
Calcium	15.74mg	Iron	1.42mg

Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	24 Each	<p>Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and/or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
TURKEY HAM DCD 2-5 JENNO	72 Ounce		202150
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	24 Ounce		359572

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
 Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)
 Add 1/4 cup -5 cherry tomatoes
 Add 1/4 cup-4 slices of cucumbers
 Add 1/4 cup 3 baby carrots
 and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

SLE Components

Amount Per Serving

Meat	2.99
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	3.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	549.11
Fat	18.73g
SaturatedFat	10.06g
Trans Fat	0.00g
Cholesterol	99.80mg
Sodium	1373.64mg
Carbohydrates	63.20g
Fiber	5.32g
Sugar	4.00g
Protein	30.91g
Vitamin A	11299.64IU
Vitamin C	75.99mg

Calcium 442.73mg **Iron** 3.81mg

Baked Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	130.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	550.00mg
Carbohydrates	29.00g
Fiber	5.00g

Sugar			10.00g
Protein			7.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

BBQ Chicken Meatball w/Ranch Rice



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	300 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
SAUCE BBQ SWEET 6-80FLZ SWTBRAY	12 1/2 Cup	READY TO USE: 12.5 C=100 Fl oz. portion size 1 Tbl (1oz)	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	25 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	02493
SEASONING NO SALT 3M PKT MDASH	2 1/2 Cup		576247
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup		513857

Description	Measurement	Prep Instructions	DistPart #
LEMON JUICE 100 12-32FLZ GFS	6 1/4 Cup		311227
DRESSING MIX RNCH 18- 3.2Z FTHLL	3/4 Cup		473308
Diced Tomatoes cnd	1 #10 CAN	Open & Drain tomatoes	100329
Vegetable broth	2 1/2 Cup	READY_TO_EAT Ready to use	Wilkens Food Service

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) Prepare Rice in 2-6" steam table pan per manufacturers instructions. Once Rice is cooked divide into two- 6" steam table pans and mix in Half of following ingredients: each; 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid.

Bake in preheated oven at 350 degrees F for 15- 20 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
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	627.47		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	718.20mg		
Carbohydrates	104.39g		
Fiber	2.26g		
Sugar	18.35g		
Protein	24.26g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	28.30mg	Iron	4.24mg

Loaded French Fries

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	1oz portion=Use #16 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	1oz portion=Use #16 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	6 1/4 Cup	1/2 oz portion=Use Tablespoon	357220
SALSA 103Z 6-10 REDG	18 3/4 Cup	READY_TO_EAT 2oz portion=Use #16 Scoop	452841
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovations 6- 5 Mcc	237 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1/2 cup french fries in boat,

top with 1/8 cup (Use #30 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce, 1.5oz use #8 scoop cup salsa, next add 2 Tbl Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

SLE Components

Amount Per Serving

Meat	0.59
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.06
Legumes	0.00
Starch	0.50

Nutrition Facts

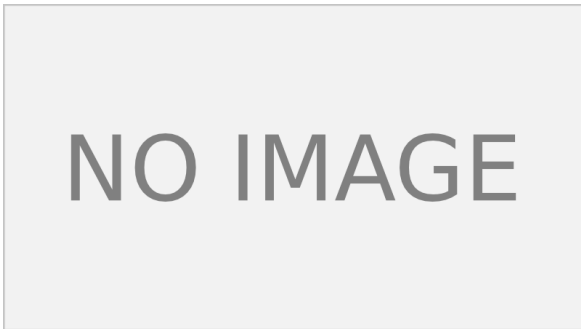
Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	269.02		
Fat	13.71g		
SaturatedFat	6.32g		
Trans Fat	0.00g		
Cholesterol	36.33mg		
Sodium	606.36mg		
Carbohydrates	24.64g		
Fiber	1.42g		
Sugar	2.46g		
Protein	9.06g		
Vitamin A	431.69IU	Vitamin C	6.41mg
Calcium	168.69mg	Iron	0.58mg

Soft Beef Tacos



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	Thaw under refrigeration for 24-48 hours	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2.03 oz per portion Use #10 scoop	674312
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	1 cs-4/5# -320 oz or 320 servings @ 1oz 1 bag =80 oz or 80 servings 2 Tbl portions Use #30 scoop 100 servgings use 1.25 bags	359572
Romaine Lettuce	12 1/2 Cup	READY_TO_EAT Place in cooler until time of preparation: DO NOT WASH UNTIL YOU ARE READY DAY OF MENUED ITEMS! Cut bottoms off lettuce- take leaves and place in salad spinner- let soak in cold water for 30 minutes. Drain water through bottom of salad spinner. place plug back in after all water is drained. spin until very little to no water remains on lettuce. For Salad bar-rough chop lettuce into bite size pieces For Tacos/Nachos cut into 1/4" strips 1/8 Cup per portion	Wilkens Food Service
Tomato, Red, ripe-med	12 1/2 Cup	READY_TO_EAT Wash and rinse tomatoes Dice into 1/4" pieces. 1 Tbl per portion Use #30 scoop	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	Add 4 Cups of taco seasoning to cooked beef tacomeat, mix thoroughly until all meat is coated.	413429

Preparation Instructions

To Assemble:

Place 6" flour tortilla on tray

Place 2.03oz of beef tacomeat in center of tortilla-Use #10 scoop

Add 1/8 Cup lettuce, 1/8 Cup diced tomatoes topped with 1oz shredded cheese-Use #30 scoop

SLE Components

Amount Per Serving

Meat	2.13
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	236.72		
Fat	10.63g		
SaturatedFat	5.25g		
Trans Fat	0.00g		
Cholesterol	28.13mg		
Sodium	691.28mg		
Carbohydrates	19.84g		
Fiber	2.25g		
Sugar	2.59g		
Protein	13.96g		
Vitamin A	1021.04IU	Vitamin C	0.00mg
Calcium	38.79mg	Iron	2.15mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

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 #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	200 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

Preparation Instructions

To assemble:

Place 2 slices of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic toast.

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

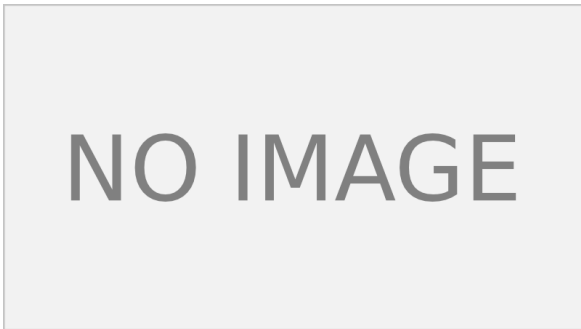
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	459.00		
Fat	24.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	71.00mg		
Sodium	533.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	22.00g		
Vitamin A	1650.00IU	Vitamin C	25.20mg
Calcium	80.00mg	Iron	4.50mg

Individual Pan Pepperoni Pizza



Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 2/5 Ounce	BAKE Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	Wilkens Food Service

Preparation Instructions

1 individual pizza per serving

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

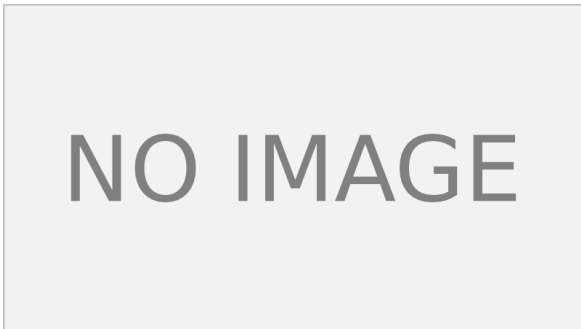
Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	3.00g

Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	36 Ounce	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	8004216

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop

5.) Add another 1/4 Cup of berries

6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro granola

7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	492.50		
Fat	11.38g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	263.75mg		
Carbohydrates	83.75g		
Fiber	7.75g		
Sugar	40.25g		
Protein	16.25g		
Vitamin A	750.00IU	Vitamin C	14.40mg
Calcium	259.00mg	Iron	11.26mg

Classic Hummus

NO IMAGE

Servings:	55.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	55 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.
Blend until creamy consistency. Transfer to 2" hotel pan
Repeat steps and add mixture to 2" hotel pan
Scoop 1/4 cup of hummus into 4oz plastic up and place lid on.
Store in in cooler overnight until serving time
Serve 1-1/2 cup hummus with 1 bag of pita chips.

SLE Components

Amount Per Serving

Meat	1.88
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		210.74	
Fat		7.61g	
SaturatedFat		1.42g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		425.36mg	
Carbohydrates		29.39g	
Fiber		6.70g	
Sugar		4.28g	
Protein		5.64g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.44mg	Iron	0.68mg

Pizza Cheese Crunchers

NO IMAGE

Servings:	71.00	Category:	Entree
Serving Size:	5.48 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25

Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 5.48 Ounce

Amount Per Serving			
Calories		448.60	
Fat		21.43g	
SaturatedFat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		898.62mg	
Carbohydrates		45.29g	
Fiber		7.43g	
Sugar		5.86g	
Protein		21.43g	
Vitamin A	277.24IU	Vitamin C	4.33mg
Calcium	11.88mg	Iron	0.10mg

Refried Beans

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.47
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	131.57
Fat	1.88g
SaturatedFat	0.47g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	498.10mg
Carbohydrates	21.62g
Fiber	5.64g
Sugar	0.94g
Protein	7.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.29mg	Iron	1.88mg

Steamed Carrots

NO IMAGE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg

Broccoli florets

NO IMAGE

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound	Place frozen broccoli in a slotted insert into 6" steam table pan and thaw under refrigeration overnight. Cover with lid. Once thawed place in steamer for 5-8 minutes until heated to 135 degrees f for 15 seconds or longer. Do not over cook. should still be bright green and slightly crisp.	110473

Preparation Instructions

1/2 cup serving per portion

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.68
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	35.53
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.07mg
Carbohydrates	6.83g
Fiber	4.10g
Sugar	1.37g
Protein	4.10g

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

Breakfast English Muffin Sandwich

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	100 Each	Keep Frozen Until ready to serve Thaw at room temperature 2-4 hours or under refrigeration for 24 hours.	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen until ready to heat. Place sausage patties in a single layer on a parchment lined sheet tray. Bake in 350 degree F oven for 3-5 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Shelf life: frozen for 180 days	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.
1 complete breakfast sandwich per serving portion

SLE Components

Amount Per Serving

Meat	2.01
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 Each

Amount Per Serving			
Calories	240.80		
Fat	8.05g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	130.15mg		
Sodium	450.00mg		
Carbohydrates	26.02g		
Fiber	1.00g		
Sugar	1.02g		
Protein	14.06g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

Assorted Cereal

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		208.83	
Fat		3.43g	
SaturatedFat		0.67g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		227.33mg	
Carbohydrates		42.67g	
Fiber		2.85g	
Sugar		14.50g	
Protein		3.02g	
Vitamin A	600.00IU	Vitamin C	56.60mg
Calcium	116.67mg	Iron	4.02mg

Mini Powdered Donut Kit

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Powdered Donuts	144 Ounce	Keep Frozen Until serving 270 oz = 48 packages	Wilkens Food Service
SourCherry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	360.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	345.00mg
Carbohydrates	63.00g
Fiber	2.00g
Sugar	40.00g
Protein	4.00g

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