# Cookbook for Kankakee High School-Main

**Created by HPS Menu Planner** 

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# **Breakfast Anytime K-12**

# NO IMAGE

| Servings:     | 100.00       | Category:             | Entree           |
|---------------|--------------|-----------------------|------------------|
| Serving Size: | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:            | R-4530           |

### Ingredients

| Description                           | Measurement | Prep Instructions   | DistPart # |
|---------------------------------------|-------------|---|------------|
| FRENCH TST STIX CINN<br>WGRAIN 17677Z | 400 Piece   | Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production   | 611201     |
| SAUSAGE PTY TKY CKD<br>1Z 10.25 JENNO | 100 Each    | Keep Frozen:  Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer.  Shelf life: Frozen = 180 days | 184970     |

#### **Preparation Instructions**

4 Stick and 1 patty per serving portion

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 1.00 |
| Grain                             | 1.00 |
| Fruit                             | 0.00 |
| GreenVeg                          | 0.00 |
| RedVeg                            | 0.00 |
| OtherVeg                          | 0.00 |
| Legumes                           | 0.00 |
| Starch                            | 0.00 |

| Nutrition Facts      |  |  |
|----------------------|--|--|
| .00                  |  |  |
|                      |  |  |
|                      |  |  |
| 270.00               |  |  |
| 8.50g                |  |  |
| 1.50g                |  |  |
| 0.00g                |  |  |
| 45.00mg              |  |  |
| 770.00mg             |  |  |
| Carbohydrates 53.00g |  |  |
| 2.00g                |  |  |
|                      |  |  |

| Sugar     |         | 12.00g    |        |
|-----------|---------|-----------|--------|
| Protein   |         | 14.00g    |        |
| Vitamin A | 0.00IU  | Vitamin C | 0.00mg |
| Calcium   | 80.00mg | Iron      | 3.42mg |

# **KHS-Cheeseburger Flatbread mixture**



| Servings:     | 50.00      | Category:      | Entree            |
|---------------|------------|----------------|-------------------|
| Serving Size: | 1.00 Slice | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch      | Recipe ID:     | R-10026           |

## Ingredients

| Description                                  | Measurement       | Prep Instructions  | DistPart # |
|--|-------------------|--|------------|
| BEEF CRMBL CKD 6-5<br>SMRTPCKS               | 100 Ounce         | To thaw: product must be heated from thawed state; thaw under refrigeration 24-48 hours Cook in 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.  100 OZ = 1 1/4 BAG OF BEEF CRUMBLES 20z of beef crumble per flatbread | 674312     |
| SPICE GARLIC POWDER<br>6 TRDE                | 12 1/2 Tablespoon |  | 513857     |
| SPICE ONION POWDER<br>19Z TRDE               | 12 1/2 Tablespoon |  | 126993     |
| SPICE PEPR BLK 30<br>MESH REG GRIND 5        | 6 1/4 Teaspoon    |  | 225045     |
| OIL BLND<br>CNOLA/XVRGN 90/10 6-<br>1GAL GFS | 6 1/4 Tablespoon  |  | 732900     |
| Shredded Cheddar redu fat/sodium             | 12 1/2 Cup        | 1/4 CUP OF SHREDDED CHEESE PER FLATBREAD   | 344721     |

| Description                             | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BREAD ULTRA LOCO<br>SQUARED 12-12CT TFT | 50 Each     | READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 220462     |
| Lettuce Chopped<br>Romaine 6/2#         | 6 1/4 Cup   | 1/8 cup per flatbread   | 2783       |

#### **Preparation Instructions**

Mix thoroughly garlic powder, onion powder, black pepper with beef crumbles and oil. Heat in steamer until internal temperature reaches 165 degrees for 15 seconds or longer.

1 serving is 2oz of beef crumble mixture & 1/4 CUP SHREDDED CHEESE

TO ASSEMBLE ONE CHEESEBURGER FLATBREAD

- 1) BE SURE TO HAVE PICKLED JALAPENO PICKLE RELISH MIXED AND DRAINED AND CHILLED\*\*\*\*SEE RECIPE
- 2) BE SURE TO HAVE CHEESEBURGER SAUCE MIXED AND CHILLED \*\*\*SEE RECIPE
- 3) PLACE FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED SHEET TRAYS
- 4) PLACE 1/4 CUP OF SHREDDED CHEDDAR CHEESE TOP WITH 2OZ OF SEASONED BEEF CRUMBLES ON FLATBREAD
- 5) BAKE FOR 2-4 MINUTES UNTIL CHEESE IS MELTED
- 6) PLACE 2/3RD CUP (5OZ) USE #6 SCOOP OF RELISH ON TOP OF WARM CHEESEBURGER MIXTURE
- 7) TOP WITH 1/8 CUP SHREDDED ROMAINE LETTUCE
- 8) 1/4 CUP OF CHEESEBURGER SAUCE (SEE RECIPE)
- 1 COMPLETE FLATBREAD PER SERVING.

| SLE Components     |      |  |  |
|--------------------|------|--|--|
| Amount Per Serving |      |  |  |
| Meat               | 3.00 |  |  |
| Grain              | 1.75 |  |  |
| Fruit              | 0.00 |  |  |
| GreenVeg           | 0.00 |  |  |
| RedVeg             | 0.00 |  |  |
| OtherVeg           | 0.00 |  |  |
| Legumes            | 0.00 |  |  |
| Starch             | 0.00 |  |  |
|                    |      |  |  |

| Nutrition Fac                               | ts       |
|---|----------|
| Servings Per Recipe<br>Serving Size: 1.00 S |          |
| <b>Amount Per Servir</b>                    | ng       |
| Calories                                    | 365.00   |
| Fat   | 18.75g   |
| SaturatedFat                                | 7.63g    |
| Trans Fat                                   | 0.00g    |
| Cholesterol                                 | 40.00mg  |
| Sodium                                      | 420.00mg |
| Carbohydrates                               | 29.00g   |
| Fiber                                       | 3.00g    |

| Sugar     |          | 1.00g     |        |
|-----------|----------|-----------|--------|
| Protein   |          | 20.50g    |        |
| Vitamin A | 300.00IU | Vitamin C | 0.00mg |
| Calcium   | 280.00mg | Iron      | 2.52mg |

## KHS-Italian Supreme Sub Sandwich



| Servings:     | 100.00    | Category:      | Entree           |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch     | Recipe ID:     | R-9978           |

### Ingredients

| Description                              | Measurement | Prep Instructions   | DistPart<br># |
|--|-------------|---|---------------|
| TURKEY ITAL<br>COMBO SLCD 12-1<br>JENNO  | 300 Ounce   | 192oz/case<br>3oz per serving<br>100 servings needs 1.5 cases   | 199721        |
| CHEESE MOZZ<br>LMPS SHRD FTHR<br>4-5#    | 6 1/4 Cup   | 320oz per case-80oz per bag<br>1/2oz (1 Tablespoon)per sandwich   | 265041        |
| SAUCE MARINARA<br>A/P 6-10 REDPK         | 6 1/4 Cup   | READY_TO_EAT<br>None<br>1/2 oz (1 Tablespoon) per serving   | 592714        |
| OLIVE RIPE SLCD<br>BLK SPAIN 6-10<br>GFS | 1/2 #10 CAN | 4 tsp per serving (.66oz)<br>1/2 can per 100 servings<br>#10 can (110.3oz)  | 324531        |
| PEPPERS GREEN<br>DCD 1/4 2-3 RSS         | 1/2 #10 CAN | 4 tsp per serving (.66oz)<br>1 1/2 trays per 100 servings<br>2/3# tray (96oz)   | 198331        |
| BREAD PANINI 192-<br>.82Z PILLS          | 100 Piece   | Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours. | 831161        |

#### **Preparation Instructions**

- 1) Place Panini bread grill side down on parchment lined sheet pan
- 2) Arrange sliced deli meat(1 slice Turkey salami & 1 slice Turkey Ham) on bread and drizzle with 1 tablespoon

#### marinara sauce

- 3) Add 1 slice Turkey Pepperoni, 4tsp diced green peppers & 1/2 oz (1 Tbl) moz. cheese.
- 4) Top with Paninis with grill mark facing up
- 5) Heat in a 350 degree oven for 7-10 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.
- 6) keep warm

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 0.06 |
| Grain                             | 0.50 |
| Fruit                             | 0.00 |
| GreenVeg                          | 0.00 |
| RedVeg                            | 0.09 |
| OtherVeg                          | 0.00 |
| Legumes                           | 0.00 |
| Starch                            | 0.00 |
|                                   |      |

| Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each |           |           |        |  |
|---|-----------|-----------|--------|--|
| Amount Pe   | r Serving |           |        |  |
| Calories  |           | 281.62    |        |  |
| Fat   |           | 11.83g    |        |  |
| SaturatedFa   | at        | 3.21g     |        |  |
| Trans Fat   |           | 0.00g     |        |  |
| Cholestero  |           | 58.94mg   |        |  |
| Sodium  |           | 784.16mg  | _      |  |
| Carbohydra  | ates      | 22.10g    |        |  |
| Fiber   |           | 1.36g     |        |  |
| Sugar   |           | 6.22g     | _      |  |
| Protein   |           | 17.30g    |        |  |
| Vitamin A   | 69.82IU   | Vitamin C | 4.39mg |  |
| Calcium   | 42.87mg   | Iron      | 2.42mg |  |

# KHS-Big Kay's Burger



| Servings:     | 100.00       | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-6226           |

### Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---|------------|
| CHEESE CHED SLCD<br>8-1.5# BONGARDS | 100 Slice   | Keep in cooler<br>Shelf life of 150 days in cooler<br>1 slice per serving   | 534040     |
| BACON TKY CKD 12-<br>50CT JENNO     | 200 Slice   | Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.   | 834770     |
| BEEF STKBRGR PTY<br>40-4Z THE PUB   | 100 Each    | PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case | 753760     |
| Pretzel Roll, 2.7oz WG              | 100 Serving | READY_TO_EAT Ready to Eat Keep frozen- Pre-heat oven to 375 - 400 degrees F, bake for 1-2 minutes just to warm  | 8888       |

#### **Preparation Instructions**

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
- 2) place 1 slice of cheddar cheese
- 3) add 2 slices of bacon

- 4) Place top of bun on to complete the burger
- 1 complete burger per student

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 5.75 |
| Grain                             | 2.50 |
| 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                | e: 1.00 Serving | g         |        |  |
| Amount Pe                   | r Serving       |           |        |  |
| Calories                    |                 | 620.00    |        |  |
| Fat                         |                 | 36.00g    |        |  |
| SaturatedF                  | at              | 15.00g    |        |  |
| Trans Fat                   |                 | 0.00g     |        |  |
| Cholestero                  | I               | 120.00mg  |        |  |
| Sodium                      |                 | 760.00mg  |        |  |
| Carbohydra                  | ates            | 38.00g    |        |  |
| Fiber                       |                 | 3.00g     |        |  |
| Sugar                       |                 | 5.00g     | _      |  |
| Protein                     |                 | 40.00g    |        |  |
| Vitamin A                   | 200.00IU        | Vitamin C | 0.00mg |  |
| Calcium                     | 150.00mg        | Iron      | 0.00mg |  |

# KHS-Smoky BBQ Pulled Pork Burger

# NO IMAGE

| Servings:     | 100.00    | Category:             | Entree            |
|---------------|-----------|-----------------------|-------------------|
| Serving Size: | 1.00 Each | <b>HACCP Process:</b> | Complex Food Prep |
| Meal Type:    | Lunch     | Recipe ID:            | R-10079           |

#### Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| 3.5 WG Hamburger Bun                  | 100 Each    | READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or at room temperature 1-2 hours   | 3354       |
| BEEF STKBRGR PTY 40-<br>4Z THE PUB    | 100 Each    | Keep frozen until ready to use: FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 40 patties per case 1-4oz patty per serving Shelf Life:FROZEN= 365 DAYS FROM PRODUCTION DATE                                | 753760     |
| PORK PULLED BBQ LO<br>SOD 4-5 BROOKWD | 100 Ounce   | 4/5# bags per case=320oz USE 2/3RD BAG PER 50 SERVINGS- Place frozen pulled pork in a 6" steam table pan and bake at 350 degrees F for 30 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 1oz - use #30 scoop per burger Shelf life: 365 days from date of production. | 498702     |
| CHEESE AMER/PEPR JK                   | 100 Slice   | Keep in cooler until ready to use<br>Shelf life of 150 days or follow "use by date"<br>1 slice per serving   | 257271     |

#### **Preparation Instructions**

#### TO ASSEMBLE BURGER

- 1) Place warm bottom of hamburger bun on parchment lined sheet tray
- 2) Add 1 cooked hamburger patty, then Add 1 slice of pepper jack cheese to top of warm pub burger patty
- 3) Top with 1 oz of bbq pulled pork Use #30 scoop to the top of burger and top with top of hamburger bun

4) Optional add 2 slices of tomato and 1/4 cup coleslaw

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 4.75 |
| 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: 100.00 |                         |           |        |  |
| Serving Size                | Serving Size: 1.00 Each |           |        |  |
| Amount Pe                   | r Serving               |           |        |  |
| Calories                    |                         | 564.75    |        |  |
| Fat                         |                         | 34.75g    |        |  |
| SaturatedF                  | at                      | 14.00g    |        |  |
| Trans Fat                   |                         | 0.00g     |        |  |
| Cholestero                  | l                       | 122.75mg  |        |  |
| Sodium                      |                         | 858.25mg  |        |  |
| Carbohydra                  | ates                    | 26.25g    |        |  |
| Fiber                       |                         | 2.00g     |        |  |
| Sugar                       |                         | 8.00g     |        |  |
| Protein                     |                         | 37.50g    |        |  |
| Vitamin A                   | 612.50IU                | Vitamin C | 6.30mg |  |
| Calcium                     | 122.00mg                | Iron      | 8.77mg |  |

# **KHS-Grape PB & J Bento Box**

# NO IMAGE

| Servings:     | 72.00        | Category:             | Entree           |
|---------------|--------------|-----------------------|------------------|
| Serving Size: | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:            | R-10277          |

### Ingredients

| Description                             | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| Diced Peaches in Juice                  | 72 Cup      | READY_TO_EAT 72 count per case 1/2 cup per serving   | 9999       |
| SAND UNCRUST PB&J GRP WGRAIN<br>72-5.3Z | 72 Each     | Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. 1-5.3oz uncrustable per serving 72 count/case | 516761     |

#### **Preparation Instructions**

No Preparation Instructions available.

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 2.00 |
| Grain                             | 2.00 |
| Fruit                             | 1.00 |
| GreenVeg                          | 0.00 |
| RedVeg                            | 0.00 |
| OtherVeg                          | 0.00 |
| Legumes                           | 0.00 |
| Starch                            | 0.00 |

| Nutrition Facts Servings Per Recipe: 72.00 Serving Size: 1.00 Serving |          |  |
|---|----------|--|
| Amount Per Serving  |          |  |
| Calories  | 740.00   |  |
| Fat   | 34.00g   |  |
| SaturatedFat  | 6.00g    |  |
| Trans Fat   | 0.00g    |  |
| Cholesterol   | 0.00mg   |  |
| Sodium  | 560.00mg |  |
| Carbohydrates   | 100.00g  |  |
| Fiber   | 7.00g    |  |
| Sugar   | 61.00g   |  |
| Protein   | 20.00g   |  |

| Vitamin A | 0.00IU  | Vitamin C | 0.00mg |
|-----------|---------|-----------|--------|
| Calcium   | 78.00mg | Iron      | 3.00mg |
|           |         |           |        |
|           |         |           |        |

# **KHS-Strawberry PB & J Bento Box**

# NO IMAGE

| Servings:     | 72.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-10274          |

### Ingredients

| Description             | Measurement | Prep Instructions   | DistPart #           |
|-------------------------|-------------|---|----------------------|
| Uncrustables-Strawberry | 72 Serving  | READY_TO_EAT Keep Frozen until ready to use. Thaw under refrigeration for 24-48 hours | Wilkens Food Service |
| Diced Peaches in Juice  | 72 Cup      | READY_TO_EAT 72 count per case  | 9999                 |

#### **Preparation Instructions**

No Preparation Instructions available.

| 2.00 |
|------|
| 2.00 |
| 1.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
| 0.00 |
|      |

| Nutrition                  | Nutrition racis    |           |        |  |
|----------------------------|--------------------|-----------|--------|--|
| Servings Per Recipe: 72.00 |                    |           |        |  |
| Serving Size               | : 1.00 Serv        | ing       |        |  |
| Amount Per                 | Serving            |           |        |  |
| Calories                   |                    | 740.00    |        |  |
| Fat                        |                    | 34.00g    |        |  |
| SaturatedFa                | SaturatedFat 6.00g |           |        |  |
| Trans Fat                  |                    | 0.00g     |        |  |
| Cholesterol                |                    | 0.00mg    |        |  |
| Sodium                     |                    | 560.00mg  |        |  |
| Carbohydrates 100.00g      |                    |           |        |  |
| Fiber                      |                    | 7.00g     |        |  |
| Sugar                      |                    | 61.00g    |        |  |
| Protein                    |                    | 20.00g    |        |  |
| Vitamin A                  | 0.00IU             | Vitamin C | 0.00mg |  |
|                            |                    |           |        |  |

Nutrition Facts

Calcium 0.00mg Iron 0.00mg

#### **KHS-Classic Hummus Bento Box**



| Servings:     | 50.00        | Category:      | Entree            |
|---------------|--------------|----------------|-------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type:    | Lunch        | Recipe ID:     | R-10281           |

#### Ingredients

| Description                 | Measurement | Prep Instructions  | DistPart #           |
|-----------------------------|-------------|--|----------------------|
| Classic Hummus              | 18 Ounce    | RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans           | Wilkens Food Service |
| BEAN GARBANZO 6-10 GFS      | 2 #10 CAN   | Drain and rinse  | 118753               |
| Original with Sea Salt Wave | 50 Bag      | READY_TO_EAT<br>Ready to Eat   | Wilkens Food Service |
| Baby Carrots                | 25 Cup      | UNSPECIFIED<br>None<br>1/2 cup of baby carrots (2oz)                               |                      |
| Grapes                      | 25 Cup      | UNSPECIFIED NONE Rinse and take grape off stem 1/2 cup of grapes per serving (2oz) |                      |

#### **Preparation Instructions**

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistancy. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz 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, 1/2 cup of grapes and 1/2 cup carrots sticks

| SLE Components                        |      |  |
|---------------------------------------|------|--|
| Amount Per Serving                    |      |  |
| Meat                                  | 0.00 |  |
| Grain                                 | 1.00 |  |
| 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: 1.00 Serving

| Amount Pe        | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 215.41    |        |
| Fat              |           | 7.23g     |        |
| SaturatedFa      | at        | 1.38g     |        |
| <b>Trans Fat</b> |           | 0.00g     |        |
| Cholestero       |           | 0.00mg    |        |
| Sodium           |           | 444.60mg  |        |
| Carbohydra       | ates      | 30.98g    |        |
| Fiber            |           | 7.17g     |        |
| Sugar            |           | 4.46g     |        |
| Protein          |           | 6.21g     |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 62.08mg   | Iron      | 0.74mg |
|                  |           |           |        |

# KHS-Hot Dog Bar-chili cheese dog



| Servings:     | 80.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-10598          |

### Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart #              |
|---|-------------|--|-------------------------|
| SAUCE CHS CHED<br>POUCH 6-106Z LOL        | 80 Ounce    | UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR<br>STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH"<br>HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER<br>METHOD: 12-15 MIN. DO NOT MICROWAVE             | 135261                  |
| CHILI BEEF W/BEAN 6-<br>5 COMM            | 80 Ounce    | KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.          | 344012                  |
| Hot dog Bun, Whole<br>Wheat White         | 80 Each     | READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.   | Wilkens Food<br>Service |
| FRANKS BF BLK<br>ANGUS NAN 8/ 2-5<br>GCHC | 80 Each     | Thaw under refrigeration for approximately 72 hours. Shelf life:Frozen = 210 days from date of production Heat in steamer: Heat to an internal temperature of 160 degrees F. 5-10 minutes from thawed. | 140572                  |

#### **Preparation Instructions**

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

# SLE Components Amount Per Serving Meat 2.79 Grain 2.00

| Fruit    | 0.00 |
|----------|------|
| GreenVeg | 0.00 |
| RedVeg   | 0.07 |
| OtherVeg | 0.00 |
| Legumes  | 0.00 |
| Starch   | 0.00 |

#### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 1.00 Serving

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 361.22    |        |
| Fat        |           | 20.52g    |        |
| SaturatedF | at        | 8.32g     |        |
| Trans Fat  |           | 0.50g     |        |
| Cholestero | l         | 49.35mg   |        |
| Sodium     |           | 670.04mg  |        |
| Carbohydra | ates      | 30.93g    |        |
| Fiber      |           | 3.69g     |        |
| Sugar      |           | 4.86g     |        |
| Protein    |           | 15.49g    |        |
| Vitamin A  | 214.75IU  | Vitamin C | 3.26mg |
| Calcium    | 108.50mg  | Iron      | 1.31mg |

# KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

# NO IMAGE

| Servings:     | 50.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-10600          |

#### Ingredients

| Description                                  | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| SAUSAGE CHIX MLD<br>ITAL NAT 2.5Z 4-2.5      | 50 Each     | THAW UNDER REFRIGERATION 24-48 hours FULLY COOKED - JUST HEAT AND SERVE. Place thawed sausage in steam table pan in a single layer and heat for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. | 223240     |
| PEPPERS RED<br>DOMESTIC 23 MRKN              | 12 1/2 Cup  | if using whole peppers rinse and slice to 1/4" pieces   | 560715     |
| ONION RING 1/4 2-5 RSS                       | 6 1/4 Cup   |   | 542326     |
| OIL BLND<br>CNOLA/XVRGN 90/10 6-<br>1GAL GFS | 1/2 Cup     |   | 732900     |
| 6" Whole Grain Rich Hot<br>Dog Bun           | 50 Each     |   | 3709       |

#### **Preparation Instructions**

To Sautee red peppers and onions: Place sliced peppers and sliced onions in a large mixing bowl add 1/2 cup olive oil and 1/4 cup Italian seasoning mix thoroughly. Heat skillet to med temperature, add seasoned peppers & onion. cook until tender and light brown (caramelized).

Place 1 chicken sausage on hot dog bun top with 2oz of pepper/onion mixture, use #16 scoop

| <b>SLE Components</b> |      |
|-----------------------|------|
| 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: 50.00 Serving Size: 1.00 Serving

| Amount Pe  | er Serving |           |         |
|------------|------------|-----------|---------|
| Calories   |            | 229.95    |         |
| Fat        |            | 8.29g     |         |
| SaturatedF | at         | 0.66g     |         |
| Trans Fat  |            | 0.00g     |         |
| Cholestero | l          | 50.00mg   |         |
| Sodium     |            | 660.70mg  |         |
| Carbohydra | ates       | 23.88g    |         |
| Fiber      |            | 0.40g     |         |
| Sugar      |            | 4.63g     |         |
| Protein    |            | 16.30g    |         |
| Vitamin A  | 1299.94IU  | Vitamin C | 59.34mg |
| Calcium    | 3.94mg     | Iron      | 0.16mg  |

#### **Broccoli florets**

# NO IMAGE

| Servings:     | 120.00   | Category:             | Vegetable        |
|---------------|----------|-----------------------|------------------|
| Serving Size: | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch    | Recipe ID:            | R-8583           |

#### Ingredients

| Description                        | Measurement | Prep Instructions   | DistPart # |
|------------------------------------|-------------|---|------------|
| Broccoli, No salt added,<br>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

| <b>SLE Compo</b> | nents |
|------------------|-------|
|------------------|-------|

| 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     |
|                    | <u> </u> |

#### **Nutrition Facts**

**Protein** 

Vitamin A

Servings Per Recipe: 120.00

0.00IU

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

4.10g

Vitamin C

0.00mg

Calcium 0.00mg Iron 0.00mg

# **KHS-Cheeseburger Sauce**



| Servings:     | 50.00      | Category:      | Condiments or Other |
|---------------|------------|----------------|---------------------|
| Serving Size: | 1.00 Ounce | HACCP Process: | Complex Food Prep   |
| Meal Type:    | Lunch      | Recipe ID:     | R-10020             |

### Ingredients

| Description                           | Measurement  | Prep Instructions   | DistPart # |
|---------------------------------------|--------------|---|------------|
| DRESSING SALAD LT 4-1GAL GFS          | 3 Cup        |   | 429422     |
| SAUCE SRIRACHA CHILI 12-17Z<br>ROLAND | 2 Tablespoon | READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze. | 246911     |
| MUSTARD VOL PK 3GAL HNZ               | 3/4 Cup      |   | 806889     |
| PICKLE SWT/SPCY CHIP 2GAL<br>BRICK    | 1 Tablespoon | use 1 Tablespoon of juice of the pickles                                  | 527791     |

#### **Preparation Instructions**

COMBINE LITE MAYO, SRIRACHA CHILI SAUCE, MUSTARD AND PICKLE JUICE IN FOOD PROCESSOR FOR 20-30 SECONDS TO BLEND THROUGHLY.

1 OZ PER FLATBREAD

| SLE Components Amount Per Serving |      |
|-----------------------------------|------|
| Meat                              | 0.00 |
| Grain                             | 0.00 |
| Fruit                             | 0.00 |
| GreenVeg                          | 0.00 |
| RedVeg                            | 0.00 |
| OtherVeg                          | 0.00 |
| Legumes                           | 0.00 |
| Starch                            | 0.00 |

| Nutrition Facts Servings Per Recipe: Serving Size: 1.00 Ou | 50.00    |
|--|----------|
| <b>Amount Per Serving</b>                                  |          |
| Calories   | 34.40    |
| Fat  | 2.40g    |
| SaturatedFat   | 0.00g    |
| Trans Fat  | 0.00g    |
| Cholesterol  | 9.60mg   |
| Sodium   | 103.20mg |
| Carbohydrates  | 3.06g    |

| Fiber     |        | 0.00g     |        |
|-----------|--------|-----------|--------|
| Sugar     |        | 2.09g     |        |
| Protein   |        | 0.00g     |        |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium   | 0.00mg | Iron      | 0.00mg |