

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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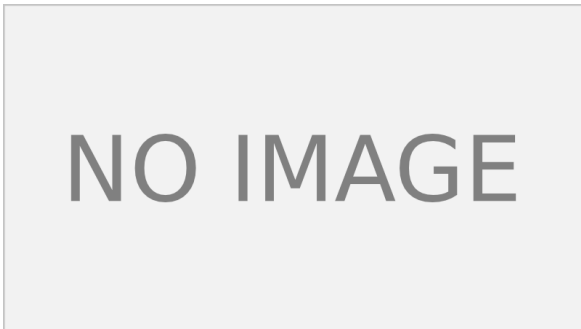
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KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice



Servings:	192.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop	550512
Vegetable Fried Rice	288 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full	Wilkens Food Service

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	502.50		
Fat	12.75g		
SaturatedFat	1.38g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	860.00mg		
Carbohydrates	73.25g		
Fiber	6.00g		
Sugar	17.00g		
Protein	24.25g		
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	0.00mg	Iron	0.90mg

KHS-Roasted Veggie Flatbread



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10011

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed For best results thaw out to room temperature prior to heating. Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen For individual pieces (out of bag)	220462
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	1 TEASPOON PER FLATBREAD	732900
SEASONING ITAL HRB 6Z TRDE	1 Ounce		428574
TOMATO 6X6 LRG 25 MRKN	6 Cup	2 slices per flatbread 1/4 cup	199036
PEPPERS GREEN STRP 3/4 2-3 RSS	3 Cup	1/8 cup per flatbread	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 Cup	1 tablespoon per flatbread	637442
ONION RD SLIVERED 1/8 2-3 RSS	3 Cup	1 tablespoon per flatbread	313157
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	50 flatbread use 1 1/4 bags 2oz of cheese per flatbread	265041
SPINACH LEAF FLAT CLND 4-2.5 RSS	3 Cup	rough chop spinach 1 tablespoon per flatbread	329401

Preparation Instructions

1) MIX IN A LARGE BOWL 3/4 CUP OF OIL AND 2 TABLESPOON OF ITALIAN SEASONING TOGETHER, ADD TOMATO SLICES, GREEN BELL PEPPER STRIPS, SLICED MUSHROOMS AND RED ONIONS SPREAD ON PARCHMENT LINED SHEET TRAY AND BAKE UNCOVERED IN A 425 DEGREE OVEN FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 135 DEGREES FOR 15 SECONDS OR LONGER. TURNING VEGETABLES ONCE.

2) PLACE THAWED FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED PERFORATED SHEET TRAYS

2) SPREAD 1 OZ OF MOZZARELLA CHEESE ON BOTTOM THEN ADD 2 SLICES (1/4 CUP) OF TOMATO, 1/8 CUP OF GREEN BELL PEPPER STRIPS, 1 TABLESPOON (1/2OZ) OF MUSHROOMS, 1 TABLESPOON RED ONIONS AND 1 TABLESPOON CHOPPED SPINACH THEN DRIZZLE 1 TEASPOON OF OIL AND SEASONING MIXTURE OVER 1 FLATBREAD.

3) SPREAD 1OZ OF MOZZARELLA CHEESE OVER TOP OF VEGETABLES

4) BAKE IN OVEN FOR 8-10 MINUTES UNTIL CHEESE IS MELTED.

1 FLATBREAD PER SERVING

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.12
OtherVeg	0.06
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	369.44		
Fat	18.42g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	438.05mg		
Carbohydrates	28.33g		
Fiber	3.64g		
Sugar	2.28g		
Protein	18.43g		
Vitamin A	179.93IU	Vitamin C	3.06mg
Calcium	86.89mg	Iron	1.60mg

KHS-Margherita Meatball Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	150 Each	Keep frozen until ready to serve. Place frozen meatballs in a 6" steam table pan, add 1/2 cup of water. Cover tightly with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 3 meatballs per sandwich	190302
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	READY_TO_EAT Rinse cans free from debris. Place marinara sauce in 6" steam table pan, cover with lid and place in steamer for 10-15 minutes. 1/4 cup per sandwich use # 16 scoop	592714
TOMATO ROMA DCD 3/8 2-5 RSS	1 1/2 Cup	2/5# trays 1 Tbl per sandwich	786543
CHEESE MOZZ LMPS SHRD FTTH 4-5#	50 Ounce	4/#5 bags 1oz of cheese per sandwich	265041
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service

Preparation Instructions

To assemble the sandwich

- 1) Place opened hoagie buns on parchment lined sheet tray be sure to fill the tray with 12-16 buns
- 2) Add to each bun 3 meatballs , ladle 1/4 cup warm marinara sauce Use #16 scoop over meatballs.
- 3) Sprinkle 1 Tbl of mozzarella cheese using #30 scoop over each sandwich
- 4) Place sheet tray in 350 degree F oven for 5-7 minutes to melt cheese.

Keep Warm in Warming box.

5) Place 2oz of marinara sauce, Use # 16 scoop in a 4oz cup for dipping. (no you can not serve 1/2 cup to equal a vegetable)

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	429.62		
Fat	19.43g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	818.72mg		
Carbohydrates	36.50g		
Fiber	2.46g		
Sugar	4.98g		
Protein	29.46g		
Vitamin A	277.14IU	Vitamin C	4.29mg
Calcium	40.03mg	Iron	1.01mg

KHS-Big Kay's Burger

NO IMAGE

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 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 5OCT 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 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: 1.00 Serving

Amount Per Serving			
Calories	620.00		
Fat	36.00g		
SaturatedFat	15.00g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	760.00mg		
Carbohydrates	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-Ranch Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10343

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
TOMATO SLCD 1/4 5 RSS	100 Slice	1 slice of tomato per burger	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	Sautee Red Onions: Add 1/2 cup of oil to raw red onion. Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes) 1oz per burger use #30 scoop	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	4/1gal per case 1 tablespoon per burger use #70 scoop	472999
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
LETTUCE ROMAINE CLND 2-5 RSS	100 Ounce		702609

Preparation Instructions

Sautee Red Onions:

Add 1/2 cup of oil to raw red onion.

Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes)

1oz per burger use #30 scoop

To Assemble:

1)Place bottom bun on tray, Add 1 slice of Romaine lettuce, 1 slice of tomato

2) Add cooked hamburger patty

3)Add 1oz of Ranch dressing use# 70 scoop

4)Add 1oz of sauteed red onions use #30 scoop

5)Place top of hamburger bun on top

1 complete burger is a serving

SLE Components

Amount Per Serving

Meat	3.75
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	497.93		
Fat	26.30g		
SaturatedFat	9.09g		
Trans Fat	0.00g		
Cholesterol	91.25mg		
Sodium	712.46mg		
Carbohydrates	35.38g		
Fiber	3.78g		
Sugar	7.63g		
Protein	31.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	47.26mg	Iron	8.87mg

KHS-Grape PB & J Bento Box



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	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 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



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.

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 0.00mg **Iron** 0.00mg

KHS-Ranch Veggie Wrap Bento Box



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10301

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	4/1gallon case 128 fl oz/bag-512 fl oz/case 1 Tablespoon per tortilla wrap	472999
Baby Spinach	50 Cup	1/2 cup per wrap	15R76
Cucumber	150 Slice	Wash and slice 1/4" thick 3 slices per wrap	
TOMATO SLCD 1/4 5 RSS	100 Slice	1/4 cup (2oz) per wrap=2 slices	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	.50 oz per wrap	313157
Shredded Cheddar redu fat/sodium	100 Ounce	1/4 cup shredded cheese per wrap use #16 scoop	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	1/4 cup per wrap (2oz)	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	2oz-2 slices per serving wrap	534040

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standing bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
Apple, orange, strawberries, grapes	50 Each	READY_TO_EAT Wash, trim & cut place one whole orange in bento box	

Preparation Instructions

To Assemble:

- 1) Place thawed tortillas in a single layer on a parchment lined sheet trays
- 2) Spread evenly 1 tablespoon (use#60 scoop) of ranch dressing on tortilla stay a 1/2" from edges
- 3) Place 1 cup of baby spinach in the middle of tortilla in a line vertically
- 4) Add 3 cucumber slices, 2 slices of tomatoes, 2oz of green peppers, 1oz of red onion and top with 1/4 cup of shredded cheddar cheese (use#16 scoop)
- 5) fold into center both outside left and right sides of tortilla
- 6) holding sides in fold bottom of tortilla (closest to your body) up to the middle
- 7) Pull back on middle fold until fairly tight
- 8) roll from bottom (closest to your body) up until top of tortilla is at the bottom of the wrap.
- 9) cut on a bias (diagonal) w/a sharp knife (not a bread knife we want clean lines)
- 10) place wrap in bento box with both insides facing up, add 2 slices of cheddar cheese (cut into 2" strips and layered on top of each other), add whole orange

SLE Components

Amount Per Serving

Meat	0.80
Grain	2.00
Fruit	0.50
GreenVeg	0.50
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 Per Serving	
Calories	603.74
Fat	25.40g
SaturatedFat	14.13g
Trans Fat	0.00g
Cholesterol	54.40mg
Sodium	777.75mg
Carbohydrates	48.24g
Fiber	5.70g
Sugar	10.69g
Protein	21.48g
Vitamin A 1014.85IU	Vitamin C 6.17mg
Calcium 601.79mg	Iron 1.88mg

KHS-Chicken Pot Pie



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GFS	5 3/4 Cup	2/128 oz tub per case	855863
1% Lowfat White Milk	20 fl. oz	READY_TO_EAT keep chilled 2.5 cartons	Kemps
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
Shredded Cheddar redu fat/sodium	3 Cup		344721
PEAS & CARROT 30 GFS	8 Cup	480 oz per case	285730
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. 1 biscuit per serving 216 per case	269200
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/5 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hour prior to using. 2/5#bags per case	570533

Preparation Instructions

Pot Pie Filling instructions:

- 1) Mix Soup, milk and pepper together until combined. Add remaining ingredients and stir until combined. Pour into greased 2" full steam table pan and cover with foil.
- 2) Heat in a 350 degrees F convection oven for 30 to 35 minutes or until 165 degrees F internal temperature for 15 seconds or longer.

To Assemble:

Place 4oz of pot pie filling into black square bowl #B16SB Use #8 scoop. Top with 1 baked biscuit.

SLE Components

Amount Per Serving

Meat	2.03
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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	429.10		
Fat	18.47g		
SaturatedFat	9.23g		
Trans Fat	0.00g		
Cholesterol	60.29mg		
Sodium	741.93mg		
Carbohydrates	38.19g		
Fiber	3.73g		
Sugar	7.68g		
Protein	25.08g		
Vitamin A	1016.06IU	Vitamin C	6.70mg
Calcium	215.94mg	Iron	2.29mg

Far East Vegetable Blend



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	48 Cup	DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE.	491209

Preparation Instructions

No Preparation Instructions available.

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.50g
Fiber	1.00g
Sugar	1.00g
Protein	0.50g

Vitamin A	375.00IU	Vitamin C	7.50mg
Calcium	10.00mg	Iron	0.18mg