

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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Southern Oven Fried Chicken

NO IMAGE

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain - 1 drum = 2 m/ma & 0.75 oz. grain - 1 thigh = 3.25 m/ma & 1 oz. grain</p>	258610

Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.83
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 190.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 470.00mg

Carbohydrates 6.00g

Fiber 1.00g

Sugar 0.00g

Protein 16.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 1.08mg

KHS-BBQ Chicken Pizza



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10042

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep Frozen; thaw under refrigeration for 24 hours 30/12 count per case=360	882690
CHIX PULLED WHT & DRK BLND 2-5 TYS	200 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours Warm in 2" steam table pan heat for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per tortilla pizza	467802
SAUCE BBQ SMOKY 4- 1GAL CATL	6 1/4 Cup	4/1 gallon per case	300829
CORN CUT IQF 30 KE	12 1/2 Cup	30# case Place 12.5 Cup of frozen corn in 4" steam table pan and heat until internal temperature reaches 135 degrees for 15 seconds or longer. 2oz per tortilla use #20 scoop	283730
ONION RD SLIVERED 1/8 2- 3 RSS	6 1/4 Cup	2/3# bags rough chop red onion into 1/4" pieces 1oz per tortilla use a #30 scoop	313157
PEPPERS BELL ORANGE 11	6 1/4 Cup	11# case .75oz per tortilla	460860
CHEESE MOZZ LMPS SHRD FTHR 4-5#	9 3/8 Cup	4/5# bags=320oz per case 1/8 cup per tortilla use #30	265041
CILANTRO CLEANED 4-1 RSS	3 1/8 Cup	4/1# bags 64oz per case rough chop 1 tablespoon per tortilla use #60	219550

Preparation Instructions

Pre-heat oven to 475 degrees F.

- 1) Mix together BBQ and thawed Chicken then heat in steamer until internal temperature reaches 165 degrees F for 15 seconds or longer, approx. 20-30 minutes
- 2) Lightly spray a parchment lined sheet tray then, place a single layer of tortillas on tray
- 3) Top 2.2 oz of warm BBQ shredded chicken on 1 tortilla
- 4) Top with 2oz of corn use #20, 1 oz diced red onion use a #30 scoop, .75oz orange pepper use #40, and top with 1oz shredded mozzarella cheese use #30
- 5) Bake for 12 minutes or until tortillas are crisp around the edges, turning half way through cooking time.
- 6) Top with Chopped Cilantro 1 tablespoon use #60

SLE Components

Amount Per Serving

Meat	2.85
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.19

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	365.51		
Fat	10.97g		
SaturatedFat	4.25g		
Trans Fat	0.00g		
Cholesterol	82.81mg		
Sodium	784.57mg		
Carbohydrates	35.17g		
Fiber	3.60g		
Sugar	8.62g		
Protein	31.72g		
Vitamin A	237.31IU	Vitamin C	2.10mg
Calcium	25.00mg	Iron	1.86mg

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 #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	192oz/case 3oz per serving 100 servings needs 1.5 cases	199721
CHEESE MOZZ LMPS SHRD FTNR 4-5#	6 1/4 Cup	320oz per case-80oz per bag 1/2oz (1 Tablespoon)per sandwich	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	READY_TO_EAT None 1/2 oz (1 Tablespoon) per serving	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/2 #10 CAN	4 tsp per serving (.66oz) 1/2 can per 100 servings #10 can (110.3oz)	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	4 tsp per serving (.66oz) 1 1/2 trays per 100 servings 2/3# tray (96oz)	198331
BREAD PANINI 192-.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 Per Serving

Calories	281.62		
Fat	11.83g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	58.94mg		
Sodium	784.16mg		
Carbohydrates	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

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-Roasted Red Pepper w/Mozzarella Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 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
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	4/5# bags per case 80oz per bag/320oz per case 1oz per burger use#30 scoop	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	Add 1/2 Cup of oil to raw red peppers mix thoroughly. Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking. 1/4 cup of roasted red peppers	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil per 25 cups.	732900
GARLIC MINCED IN WTR 6- 32Z ITALR	4 Teaspoon	Add to oil and Pepper mixture prior to sauteeing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to peppers, oil, minced garlic prior to sauteeing	225045

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to peppers, oil, minced garlic, black pepper prior to sauteeing	126993

Preparation Instructions

Ingredients to add when sauteeing red peppers, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking.

1/4 cup of roasted red peppers per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
 - 2) Add cooked hamburger patty
 - 3)Add 1oz of mozzarella cheese use# 70 scoop
 - 4)Add 1/4 cup of sauteed seasoned red peppers use #16 scoop
 - 5)Place top of hamburger bun on top
- 1 complete burger is a serving

SLE Components

Amount Per Serving

Meat	4.75
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	549.30		
Fat	31.67g		
SaturatedFat	13.08g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	810.70mg		
Carbohydrates	28.62g		
Fiber	2.40g		
Sugar	5.50g		
Protein	38.30g		
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	13.06mg	Iron	8.16mg

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-Roasted Veggie Wrap w/Hummus Spread



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	2 Cup	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkins Food Service
BEAN GARBANZO 6-10 GFS	1 1/2 #10 CAN	Drain and rinse	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/4 cup per tortilla	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	1/4 cup per tortilla	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	1/4 cup per tortilla	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup		732900
GARLIC MINCED IN WTR 6-32Z ITALR	6 Teaspoon		874910

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	6 Teaspoon		225045
Apples, Gala	50 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM 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 on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

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 consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5 oz plastic up and place lid on.

Store in in cooler overnight until serving time.

Combine oil and seasonings: black pepper & minced garlic in a large mixing bowl-Place all raw vegetables and toss until completely covered with seasoned oil.

place on a parchment lined perforated sheet tray in a single layer-put in pre-heated oven of 400 degrees F. and roast vegetables for 15-20 minutes or until tender or internal temperature reaches 135 degrees F for 15 seconds or longer. Let cool down for 5 minutes.

Warm tortillas in warmer for 2-3 minutes-they will be easier to work with and not rip

To assemble Roasted Veggie Wrap:

- 1) place on parchment lined sheet tray in a single layer tortilla
- 2) Evenly spread 1 tablespoon of hummus to middle of tortilla leaving 1/4" from edges
- 3) Place in a Horizontal line the Veggie mixture
- 4) Fold both sides into middle of veggies
- 5) Fold bottom of tortilla (still holding the sides) over the vegetables and pull back tightly with veggies & wrap.
- 6) Roll wrap from the bottom up to where the top of the tortilla is under the completed wrap.
- 7) Cut wrap on the bias(diagonal) and place in bento box and place an apple in box as well.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

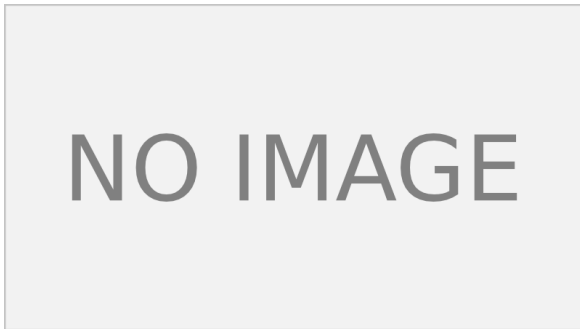
Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	786.73
Fat	51.19g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.25mg
Carbohydrates	75.12g
Fiber	12.61g
Sugar	26.54g
Protein	11.40g

Vitamin A	999.94IU	Vitamin C	58.56mg
Calcium	176.33mg	Iron	2.62mg

KHS-Chicken & Broccoli Alfredo



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF DRY PASTA AND STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING. 1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION 2ox dry= 1 cup cooked	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
Broccoli Florets	50 Cup	READY_TO_EAT Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.	Wilkens Food Service
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon		225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	230 Ounce	Keep frozen until ready to cook Place frozen diced chicken in 6" steam table pan add 1/2 cup of water. cover with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case 160 oz per case: 69 servings per case 2.3 oz per portion use #10 scoop	570533

Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Then mix in the minced garlic to the white sauce, then add in the steamed broccoli florets.

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of pasta use 2-#8 scoop 1/3 cup Alfredo sauce & broccoli florets Use # 10 scoop

and 1 Garlic toast

SLE Components

Amount Per Serving

Meat	2.85
Grain	3.00
Fruit	0.00
GreenVeg	0.50
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	550.27
Fat	22.74g
SaturatedFat	8.42g
Trans Fat	0.00g
Cholesterol	68.57mg
Sodium	783.20mg
Carbohydrates	57.13g
Fiber	8.50g
Sugar	2.00g
Protein	32.22g
Vitamin A 0.00IU	Vitamin C 39.00mg
Calcium 358.12mg	Iron 39.49mg

Sweet Potato Mashed



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6733

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Classic Hummus



Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9841

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 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	70 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service

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 consistency. 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.

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: 70.00
Serving Size: 1.00 Cup

Amount Per Serving

Calories	182.72
Fat	6.62g
SaturatedFat	1.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	355.64mg
Carbohydrates	25.66g
Fiber	5.70g
Sugar	3.57g
Protein	4.43g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg