

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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BBQ Chicken Meatball w/Ranch Rice



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4460

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
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
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup		513857
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

Description	Measurement	Prep Instructions	DistPart #
Vegetable broth	2 1/2 Cup	READY_TO_EAT Ready to use	Wilkens Food Service
SAUCE BBQ 4-1GAL SWTBRAY	12 1/2 Cup		655937
SPICE BLND ORIG 3-21Z MDASH	2 1/2 Cup		265103

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) To Prepare the Rice in 2-6" steam table pan per manufacturers instructions. Mix together half of following ingredients: 25 cups of dry rice add in 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. Repeat this step for the second 6" pan each pan will make 50 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 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	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.25
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	105.39g		
Fiber	2.26g		
Sugar	18.35g		
Protein	24.26g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	28.30mg	Iron	4.24mg

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-Chicka Boom Boom Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per sandwich	740820
Lettuce Chopped Romaine 2#	25 Cup	1 case-2# =8 cups(16-1/2 cup servings) 1/2 cup per serving	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	1 case = 25#=50 cups 1 Tablespoon per serving	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	1 case 2/3# bags=96oz=12 cups 1/8 cup per serving (1oz)	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	3 slices per sandwich	527791
SAUCE BOOM BOOM 4-1GAL KENS	3 Cup		877930

Preparation Instructions

1. Open Hoagie buns, arrange 1/2 cup of lettuce and 1 tablespoon diced tomato, use # 60 scoop on bottom half of

bun

2. Place 3 cooked breaded chicken strips on top of tomato slices

3. scatter 1 oz sliced onion, use # 30 scoop and 3 pickles across the chicken strips

4. drizzle with squeeze bottle 1 tablespoon of Boom Boom Sauce across top of sliced onions and pickles and place top half of bun on top.

1 sandwich = 1 serving.

SLE Components

Amount Per Serving

Meat	2.03
Grain	3.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	434.53		
Fat	17.82g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	47.73mg		
Sodium	758.51mg		
Carbohydrates	46.73g		
Fiber	1.37g		
Sugar	10.36g		
Protein	21.42g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	18.06mg	Iron	1.08mg

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-Turkey Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	100	175 count per case Heat from frozen. Product is fully cooked; bake until internal temperature is 165 degrees F. Shelf Life:Frozen = 180 days from date of production 1 patty per serving 2.75oz	511265
ONION RING 1/4 2-5 RSS	100 Ounce	2/5# bag per case=160oz per case 1oz per burger Sautee' raw onion with oil for 8-10 minutes or until onions are tender and golden brown.	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	6/1 gallon per case 1 tablespoon of oil per 50oz for sauteed onions	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	Keep in cooler until ready to use time Shelf Life: use by expiration date on packaging. 1 slice per serving	726532
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Thaw under refrigeration for 24 hours or at room temperature for 1-2 hours 1 bun per serving	3354

Preparation Instructions

- 1) Place bottoms of warm buns in a single layer on sheet tray
 - 2) Add 1 cooked turkey patty on bun add 1 slice of provolone cheese and 1oz of sauteed onions
 - 3) Place top of bun on top and serve
- 1 complete burger per serving

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		202.40	
Fat		7.78g	
SaturatedFat		3.52g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		320.00mg	
Carbohydrates		24.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	164.00mg	Iron	8.00mg

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-Banana Bread 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-10278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	72 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
Grape Tomatoes	36 Cup	READY_TO_EAT 1/2 cup serving (2oz)	Wilkens Food Service
Mini Banana Loaf	72 Each	READY_TO_EAT Keep Frozen until ready to serve Thaw at room temperature 120 count per case	Wilkens Food Service
Buttermilk ranch dipping cup	72 Each	READY_TO_EAT Ready to eat 100/1oz cups per case	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.50
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 408.00

Fat 17.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 357.00mg

Carbohydrates 57.53g

Fiber 5.00g

Sugar 37.84g

Protein 4.43g

Vitamin A 750.00IU **Vitamin C** 27.00mg

Calcium 12.00mg **Iron** 0.57mg

KHS-Beef Street Tacos

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10089

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	150 Ounce	Keep Frozen until ready to use: Thaw under refrigeration 24-48 hours. Convection Oven: Preheat oven to 325 degrees F. Remove product from bag. If thawed, heat for 30 minutes. Not recommended if frozen. Frozen = 365 days from date of production 480oz per case=3oz serving = 160 servings per case 1oz of sliced beef per tortilla	598762
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	413429

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of sliced beef, use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro

diced onions

shredded romaine lettuce

salsa
avocado spread
queso fresco cheese
jalapeno slices-2 per taco

SLE Components

Amount Per Serving

Meat	2.16
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: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	296.27		
Fat	12.79g		
SaturatedFat	3.78g		
Trans Fat	0.54g		
Cholesterol	48.56mg		
Sodium	639.82mg		
Carbohydrates	31.20g		
Fiber	2.00g		
Sugar	2.88g		
Protein	17.75g		
Vitamin A	720.12IU	Vitamin C	0.00mg
Calcium	18.02mg	Iron	1.77mg

KHS-Shredded Chicken Street Tacos

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior to cooking.	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen: Place frozen chicken in 6" steam table pan and cook for 20-30 minutes or until the internal temperature reaches 165 degrees for 15 seconds or longer. 3oz serving 1oz per tortilla use #30 scoop	467802

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

diced onions

shredded romaine lettuce

salsa

avocado spread

queso fresco cheese
jalapeno slices-2 per taco

SLE Components

Amount Per Serving

Meat	2.00
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: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	264.40		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	463.45mg		
Carbohydrates	27.88g		
Fiber	2.00g		
Sugar	0.72g		
Protein	23.72g		
Vitamin A	720.12IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.98mg

KHS-Pork Carnitas Street Tacos

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10091

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to meat prior to cooking.	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	150 Ounce	4/5# bags per case=320oz 30z serving=107 serving per case 1oz per tortilla	549412

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned Pork Carnitas meat use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

avocado spread

diced onions

queso fresco cheese

shredded romaine lettuce

jalapeno slices-2 per taco

salsa

SLE Components

Amount Per Serving

Meat	2.40
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: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	313.20		
Fat	11.60g		
SaturatedFat	3.60g		
Trans Fat	0.00g		
Cholesterol	63.60mg		
Sodium	416.85mg		
Carbohydrates	28.08g		
Fiber	2.00g		
Sugar	1.92g		
Protein	22.92g		
Vitamin A	720.12IU	Vitamin C	2.16mg
Calcium	12.00mg	Iron	0.91mg

KHS-Mexican Street Corn

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	25 Cup	Keep frozen until ready to serve. Thaw under refrigeration for 24-48 hours. Heat skillet on med-high temperature. Place corn in oiled skillet and grill corn until it caramelizes (light brown in color) or until the internal temperature reaches 135 degrees F for 15 seconds or longer. turning every 2-3 minutes to prevent burning, 1/2 cup corn per servings	283730
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	1 Cup	Place 2 tablespoons of oil in hot skillet.	732900
DRESSING SALAD LT 4- 1GAL GFS	1 Cup	4/1 gallon per case	429422
SOUR CREAM 4-5 GCHC	1 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
LIME 200CT 40 MRKN	8 Each		774121
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon		331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	2 Cup	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas.	559862
CILANTRO CLEANED 4- 1 RSS	2 Cup		219550

Preparation Instructions

1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly

charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes

2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder.

3) Place 1/2 cup of corn mixture in 12 oz square bowl, garnish with .33oz of queso fresco cheese use #100 scoop and top with .33oz chopped cilantro Use #100 scoop

1/2 Cup of Mexican street Corn for a side dish.

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	0.37

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	141.68		
Fat	7.32g		
SaturatedFat	1.08g		
Trans Fat	0.01g		
Cholesterol	7.28mg		
Sodium	70.60mg		
Carbohydrates	18.11g		
Fiber	1.80g		
Sugar	2.49g		
Protein	2.72g		
Vitamin A	119.99IU	Vitamin C	4.91mg
Calcium	17.94mg	Iron	0.33mg

Green Beans

NO IMAGE

Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

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	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

KHS-Boom Boom Sauce

NO IMAGE

Servings:	54.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9976

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GFS	2 Cup		429422
SALSA 103Z 6-10 REDG	33/100 Cup	READY_TO_EAT None 1/3rd Cup per 54 servings	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	246911
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857

Preparation Instructions

Place ingredients into food processor and thoroughly mix 20-30 seconds until creamy consistency. chill until serving 1/2 oz serving Use # 70 scoop or 1 Tablespoon

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.50 Ounce

Amount Per Serving

Calories	23.45
Fat	1.48g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.93mg
Sodium	112.29mg
Carbohydrates	2.32g

Fiber	0.00g		
Sugar	1.66g		
Protein	0.00g		
Vitamin A	5.80IU	Vitamin C	0.07mg
Calcium	0.55mg	Iron	0.00mg