

# **Cookbook for Kankakee High School-Main**

**Created by HPS Menu Planner**

# Table of Contents

**KHS-Loaded French Fries**

**KHS-Thai Chicken Flatbread**

**KHS-Philly Cheesesteak on Hoagie Roll**

**KHS-Big Kay's Burger**

**KHS-Pizza Burger**

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

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

**KHS-Egg Salad Sandwich Bento Box**

**KHS-Egg Salad Wrap Bento Box**

**KHS-Nacho Bowl-Beef**

**KHS-Nacho Bowl-chicken**

**KHS-Nacho Bowl-pork**

**Roasted Brussel Sprouts**

# KHS-Loaded French Fries

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9667

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Oventions 6- 5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

## Preparation Instructions

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

Place 1 cup french fries in boat,

top with 3oz (Use #10 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 3oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

## SLE Components

Amount Per Serving

<b>Meat</b>	1.17
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.03
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	1.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		445.54	
<b>Fat</b>		22.43g	
<b>SaturatedFat</b>		9.15g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		52.66mg	
<b>Sodium</b>		952.23mg	
<b>Carbohydrates</b>		40.79g	
<b>Fiber</b>		2.59g	
<b>Sugar</b>		1.68g	
<b>Protein</b>		17.11g	
<b>Vitamin A</b>	307.38IU	<b>Vitamin C</b>	8.83mg
<b>Calcium</b>	258.37mg	<b>Iron</b>	1.07mg

# KHS-Thai Chicken Flatbread



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	THAW UNDER REFRIGERATION OR ROOM TEMPERATURE FOR 1-2 HOURS 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) microwave for 15 seconds thawed or 30 seconds frozen 1 slice per serving 144 count per case	220462
SAUCE CHS WHT BLND 6-106Z LOL	9 3/8 Cup	6/106 bag per case 75oz per 50 servings 3/4 of bag-9 1/3rd cup per 50 servings	235631
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 1/2 Cup	4/5 gal per case 1 1/2 cup per 50 servings	606431
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	4 Pound	4/5# bags per case 2/3rd cup per flatbread	198234
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/8 Pound	Fully cooked. Simply use or heat and use. Fully cooked-heat in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-160oz per case 1 oz of chicken per flatbread	467802
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# bags 1/4 cup per 50 servings	265041
CILANTRO CLEANED 4-1 RSS	2 Cup	4/1# bag 1/8Cup per flatbread	219550

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets	1 Pound	1/8 cup per flatbread	2755

## Preparation Instructions

- 1) To make cheese sauce: combine 36 oz of cheese sauce with 3/4 cup sriracha chili sauce blend until thoroughly combined. cover and set aside in cooler until ready to use.
- 2) Place flatbread in a single layer on parchment lined sheet tray,
- 3) Spread evenly 3 1/2 oz (Use #8 scoop) of Thai sauce mixture on each flatbread, top with 2oz of shredded chicken, Next, Add 1/4 cup of vegetables (combination of 1/8 cup rainbow coleslaw and 1/8 cup broccoli florets), sprinkle 1oz (#30 Scoop) of mozzarella cheese.
- 4) Bake in a 400 degree F oven for 10-12 minutes, until internal temperature reaches 165 degrees F for 15 seconds or longer. and edges are golden brown.
- 5) Add 2 Tablespoons of chopped cilantro on top of each flatbread when ready to serve.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.73
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.71		
<b>Fat</b>	11.29g		
<b>SaturatedFat</b>	4.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.91mg		
<b>Sodium</b>	493.98mg		
<b>Carbohydrates</b>	28.23g		
<b>Fiber</b>	3.11g		
<b>Sugar</b>	1.22g		
<b>Protein</b>	18.23g		
<b>Vitamin A</b>	6.25IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.63mg	<b>Iron</b>	2.78mg

# KHS-Philly Cheesesteak on Hoagie Roll



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9995

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Yellow Onions	12 1/2 Pound	READY_TO_EAT 2 1/2 cases	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	37 1/2 Cup	2 case per 100 servings	637442
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	1/8 cup per sandwich 1 1/4 bag per 100 servings	265041
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
Hoagie Roll, WG Split top	100 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

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	250 Ounce	<p><b>BAKE From Frozen:</b> Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour.</p> <p><b>From Thawed:</b> Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes</p> <p>Shelf life of 365 days frozen or 5 days in ambient temperature.</p> <p>2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag</p>	598762

## Preparation Instructions

- 1) Warm meat according to cooking instructions.
  - 2) Sautee Mushrooms, Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes
  - 3) Place bottom of hoagie roll on tray then add 2.5 oz sliced beef use# 10 scoop, add 1.25 oz of cheese over meat, use# 20 scoop
  - 4) Top with 1/2 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
  - 5) Add the top of Hoagie roll to complete sandwich
- 1 sandwich per serving

### SLE Components

Amount Per Serving

<b>Meat</b>	2.80
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.33
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

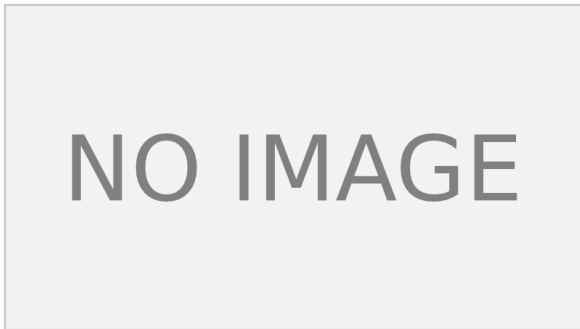
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	464.02		
<b>Fat</b>	25.03g		
<b>SaturatedFat</b>	7.79g		
<b>Trans Fat</b>	0.45g		
<b>Cholesterol</b>	55.47mg		
<b>Sodium</b>	626.69mg		
<b>Carbohydrates</b>	37.02g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	7.22g		
<b>Protein</b>	25.30g		
<b>Vitamin A</b>	576.83IU	<b>Vitamin C</b>	3.38mg
<b>Calcium</b>	618.99mg	<b>Iron</b>	1.96mg



# KHS-Big Kay's Burger



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

<b>Meat</b>	5.75
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	620.00
<b>Fat</b>	36.00g
<b>SaturatedFat</b>	15.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	40.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 0.00mg

# KHS-Pizza Burger



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6213

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	READY_TO_EAT Warm marinara sauce in 2" half pan in the oven covered for 15- 20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer. Portion size of .5oz use #70 scoop	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	Thaw under refrigeration for 24 hours. Portion size=2 slices	276662
BEEF STKBGR 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. 40-40z patties per case	753760
CHEESE MOZZ LMPS SHRD FTHR 4-5#	50 Ounce	4/5# per case=320oz 80oz per bag 1/2 oz per burger use #70 scoop	265041
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours prior to use or thaw at room temperature for 1-2 hours 1 bun per serving	1711

## Preparation Instructions

To Assemble:

- 1)Place bottom of hamburger bun on tray, add cooked hamburger patty
- 2)evenly spread .5 oz of marinara sauce on top of patty use #70

- 3) place 2 slices of pepperoni on top of marinara sauce
  - 4) place .5 oz of mozzarella cheese use #70 scoop
  - 5) Place in warming conveyer to melt the cheese
  - 6) place top of hamburger bun on top of cheese
- Serve 1 hamburger per student

## SLE Components

Amount Per Serving

<b>Meat</b>	4.47
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.09
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	498.73	
<b>Fat</b>	28.13g	
<b>SaturatedFat</b>	11.11g	
<b>Trans Fat</b>	0.00g	
<b>Cholesterol</b>	100.24mg	
<b>Sodium</b>	814.09mg	
<b>Carbohydrates</b>	27.18g	
<b>Fiber</b>	2.36g	
<b>Sugar</b>	4.71g	
<b>Protein</b>	35.52g	
<b>Vitamin A</b>	69.29IU	<b>Vitamin C</b> 1.07mg
<b>Calcium</b>	12.86mg	<b>Iron</b> 8.04mg

# KHS-Grape PB & J Bento Box



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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	740.00
<b>Fat</b>	34.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	100.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	61.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.00mg	<b>Iron</b>	3.00mg

# KHS-Strawberry PB & J Bento Box



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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

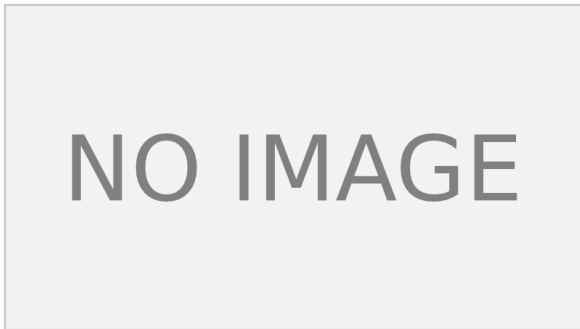
Amount Per Serving

<b>Calories</b>	740.00		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	61.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg



# KHS-Egg Salad Sandwich Bento Box



<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
32 oz Pullman Loaf WW	25 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24 hours-good for 5 days at ambient temperature. 1 slice =1oz Per sandwich 2oz or 2 slices 12/28oz bags per case 26-1oz slices/bag=13 sandwiches/bag 156 sandwiches/case	
Diced Pears in Juice	12 1/2 Cup	READY_TO_EAT	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	READY_TO_EAT 1/2 cup per serving (2oz)	Wilkens Food Service
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	Wilkens Food Service

## Preparation Instructions

To assemble sandwich:

- 1) Place bread in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad on bread slices
- 3) Gently press 2nd slice of bread on top of egg salad
- 4) With a bread knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of diced pears and 1-1/2 cup of broccoli florets (do not need to be in cup) & 1 ranch dipping cup

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	575.00		
<b>Fat</b>	40.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	300.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	88.87mg	<b>Iron</b>	37.79mg

# KHS-Egg Salad Wrap Bento Box



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat	Wilkens Food Service
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep frozen until ready to use. Thaw under refrigeration for 24 hours. Warm tortilla in hot holding for a few minutes. 1 tortilla per wrap	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	1/2 cup of red pepper strips per serving	560715
Applesauce, Unsweetened	50 Serving	READY_TO_EAT 96 per case	Wilkens Food Service

## Preparation Instructions

Warm Tortillas in hot holding for a few minutes

To assemble Wrap:

- 1) Place tortillas in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad in a horizontal line in the middle of each tortilla.
- 3) Fold in both sides toward the middle, then while holding the sides fold bottom of wrap up past the egg salad and pull back to tighten. Then roll from the bottom up until the top of tortilla is under the wrap.
- 4) With a knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of applesauce and 1-1/2 cup of red pepper (do not need to be in cup) & 1 ranch dipping cup

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	599.00		
<b>Fat</b>	41.60g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	300.00mg		
<b>Sodium</b>	636.40mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	12.60g		
<b>Vitamin A</b>	2399.88IU	<b>Vitamin C</b>	116.28mg
<b>Calcium</b>	66.12mg	<b>Iron</b>	2.11mg

# KHS-Nacho Bowl-Beef



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	Keep Frozen To thaw, place product under refrigeration overnight. 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. 2oz of beef crumbles per servings. Use #16 scoop	674312

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	1 Cup		413429

## Preparation Instructions

Seasoned Beef:

Add 1 cup taco seasoning to Beef Crumbles prior to cooking.

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2oz Beef Crumbles use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	443.29
<b>Fat</b>	18.62g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	1154.13mg
<b>Carbohydrates</b>	45.13g
<b>Fiber</b>	5.87g
<b>Sugar</b>	2.23g
<b>Protein</b>	23.22g
<b>Vitamin A</b> 517.39IU	<b>Vitamin C</b> 0.90mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 3.77mg

# KHS-Nacho Bowl-chicken



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10189

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen: Fully cooked Thaw under refrigeration 24-48 hours. 2/5# bags per case 80oz bag/160 oz per case Heat Thawed Chicken in steam table pan for 15- 20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per serving Use # 16 scoop	467802
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6- 10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2- 5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	1 Cup		413429

## Preparation Instructions

Seasoned Chicken: Mix 1 cup of taco seasoning into thawed chicken prior to cooking- add 1/2 cup of water

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.2oz chicken use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

### SLE Components

Amount Per Serving

<b>Meat</b>	2.47
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.13
<b>Starch</b>	0.19

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	428.62		
<b>Fat</b>	15.29g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	64.00mg		
<b>Sodium</b>	1118.46mg		
<b>Carbohydrates</b>	45.86g		
<b>Fiber</b>	5.87g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	27.89g		
<b>Vitamin A</b>	517.39IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	241.50mg	<b>Iron</b>	3.22mg



# KHS-Nacho Bowl-pork



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10203

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	<p>Keep Frozen</p> <p>Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.</p> <p>Shelf Life: Frozen = 365 days from date of production</p> <p>4/#3 bags per case</p> <p>80oz per bags/320oz per case</p> <p>1 1/5 bags per 50 servings</p>	549412

## Preparation Instructions

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
  - 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.5oz Pork Carnita meat use # 12 scoop
  - 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
  - 4) top with 3 tablespoons jalapenos (3 slices)
- Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

### SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.19

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

Calories	472.69		
Fat	19.62g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	73.00mg		
Sodium	865.49mg		
Carbohydrates	44.21g		
Fiber	5.87g		
Sugar	2.75g		
Protein	28.74g		
Vitamin A	37.31IU	Vitamin C	2.70mg
Calcium	251.50mg	Iron	3.06mg

# Roasted Brussel Sprouts



<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8586

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900

## Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

### Amount Per Serving

**Calories** 85.00

**Fat** 5.25g

**SaturatedFat** 0.38g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 20.00mg

**Carbohydrates** 8.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 2.00g

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

**Calcium** 20.00mg      **Iron** 0.00mg