

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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Mashed Potatoes

Classic Chicken Popper Mashed Potato Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<p>BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Brealed, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION</p>	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<p>RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production</p>	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	<p>Keep in cooler Ready to use 4/5lb bags-1 bag=80oz</p>	359572
Chicken Gravy	17 Cup	<p>MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS</p>	Wilkens Food Service
Corn cnd	2 #10 CAN	<p>Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup</p>	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

SLE Components

Amount Per Serving

Meat	2.68
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	388.40		
Fat	19.33g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	34.32mg		
Sodium	653.07mg		
Carbohydrates	33.05g		
Fiber	4.93g		
Sugar	2.64g		
Protein	20.69g		
Vitamin A	310.28IU	Vitamin C	3.98mg
Calcium	123.94mg	Iron	2.31mg

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

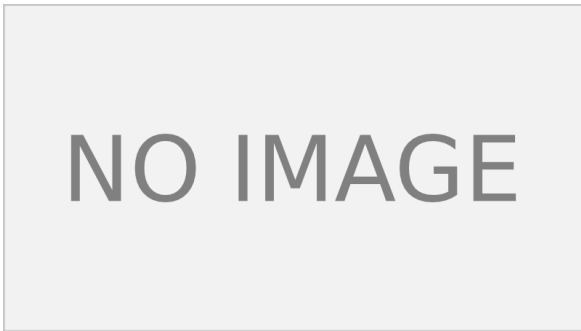
Servings Per Recipe: 100.00

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-Patty Melt w/carmelized onion & american cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10346

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
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	Add to oil and Onion mixture prior to sauteing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to onions, oil, minced garlic prior to sauteing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to onions oil, minced garlic, black pepper prior to sauteing	126993
ONION RING 1/4 2-5 RSS	25 Cup	1/4 cup per burger	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil add to raw onions and seasonings in a large bowl then transfer to hot skillet	732900
Sliced American Cheese	100 Ounce	1 slice per patty melt	100018

Description	Measurement	Prep Instructions	DistPart #
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	READY_TO_EAT Open, pour and enjoy! 1 tablespoon per patty melt use #60 scoop	444251

Preparation Instructions

Ingredients to add when carmelizing/sauteeing Onions, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Carmelize/Sautee until onions are tender or light brown for approx. 3-5 minutes
Turning once half way through cooking.

1/4 cup of carmelized onions per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
- 2) Add cooked hamburger patty
- 3)Add 1 slice of American cheese
- 4)Add 1/4 cup of sauteed seasoned onions use #16 scoop
- 5)Top with 1 tablespoon thousand island dressing use #60 scoop

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	592.35		
Fat	37.62g		
SaturatedFat	14.58g		
Trans Fat	0.00g		
Cholesterol	116.25mg		
Sodium	695.06mg		
Carbohydrates	29.87g		
Fiber	2.00g		
Sugar	6.00g		
Protein	36.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.75mg	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-Ranch Veggie Wrap Bento Box

NO IMAGE

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-Burrito Bowl-Beef



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	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. 6/5# bags per case=80oz per bag/480oz per case 2oz portion per serving. use #16 scoop	674312
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into beef crumbles prior to cooking meat	413429

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched 1/4 Cup dry uncooked rice = 1 cup cooked	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning in beef crumbles prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2oz of cooked seasoned beef (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
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	533.83		
Fat	20.38g		
SaturatedFat	6.13g		
Trans Fat	0.00g		
Cholesterol	28.76mg		
Sodium	464.44mg		
Carbohydrates	65.13g		
Fiber	8.87g		
Sugar	2.23g		
Protein	22.85g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	4.13mg

KHS-Burrito Bowl-Chicken



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into shredded chicken prior to cooking meat	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen until ready to use- Thaw under refrigeration for 24-48 hours. Place Thawed Chicken in 2" steam table pan with 1/2 cup water, mix in 1 cup taco seasoning thoroughly. Heat for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-80oz per bag/160oz per case. 2.2oz serving use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed shredded chicken prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.2oz of cooked seasoned shredded chicken (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	1.72
Grain	1.00
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	519.16		
Fat	17.04g		
SaturatedFat	4.23g		
Trans Fat	0.00g		
Cholesterol	47.76mg		
Sodium	428.78mg		
Carbohydrates	65.86g		
Fiber	8.87g		
Sugar	2.23g		
Protein	27.52g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	3.58mg

KHS-Burrito Bowl-Pork Carnita



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into pork prior to cooking meat	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours. Place thawed pork carnita meat in 4" steam table pan add 1 cup taco seasoning with 1/2 cup water mix thoroughly. Heat for 15-20 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 4/5# bags/case 80oz per bag/320oz per case 2.5oz per serving use #12 scoop	549412

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed pork carnita prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.5oz of cooked seasoned pork Carnita (use #12 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.00
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	572.83		
Fat	21.38g		
SaturatedFat	6.13g		
Trans Fat	0.00g		
Cholesterol	56.76mg		
Sodium	401.44mg		
Carbohydrates	66.13g		
Fiber	8.87g		
Sugar	3.23g		
Protein	28.85g		
Vitamin A	592.51IU	Vitamin C	2.70mg
Calcium	101.58mg	Iron	3.59mg

Corn



Servings:	159.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8584

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

Preparation Instructions

1/2 cup serving per portion.

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	0.49

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.45		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.64mg		
Carbohydrates	14.64g		
Fiber	1.95g		
Sugar	2.93g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

NO IMAGE

Servings:	262.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8587

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	729 Ounce	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031
BUTTER SUB 24-4Z BTRBUDS	5 Package	1-40z package make 56 servings. 5 packages= 262 servings USE DRY OR RECONSTITUTED. EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS. MAY BE REHEATED.	209810

Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

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

Nutrition Facts

Servings Per Recipe: 262.00

Serving Size: 3.00 Cup

Amount Per Serving**Calories** 306.83**Fat** 0.00g**SaturatedFat** 0.00g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 521.38mg**Carbohydrates** 61.58g**Fiber** 4.35g**Sugar** 0.00g**Protein** 8.70g**Vitamin A** 8.26IU **Vitamin C** 27.65mg**Calcium** 36.91mg **Iron** 2.39mg