

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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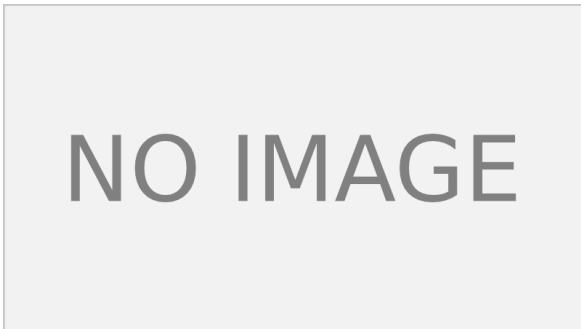
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Far East Vegetable Blend

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



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

Ingredients

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

Preparation Instructions

To assemble:

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

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

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

KHS-Roasted Veggie Flatbread



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

Ingredients

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

Preparation Instructions

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

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

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

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

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

1 FLATBREAD PER SERVING

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

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

KHS-Big Kay's Burger

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 5OCT JENNO	200 Slice	Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case	753760
Pretzel Roll, 2.7oz WG	100 Serving	READY_TO_EAT Ready to Eat Keep frozen- Pre-heat oven to 375 - 400 degrees F, bake for 1-2 minutes just to warm	8888

Preparation Instructions

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
- 2) place 1 slice of cheddar cheese
- 3) add 2 slices of bacon

4) Place top of bun on to complete the burger

1 complete burger per student

SLE Components

Amount Per Serving

Meat	5.75
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

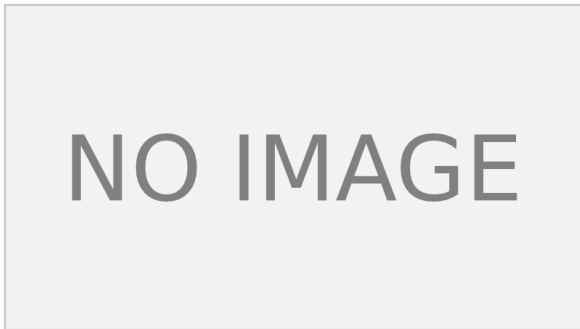
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

KHS-Ranch Burger



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

Ingredients

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

Preparation Instructions

Sautee Red Onions:

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

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

1oz per burger use #30 scoop

To Assemble:

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

2) Add cooked hamburger patty

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

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

5)Place top of hamburger bun on top

1 complete burger is a serving

SLE Components

Amount Per Serving

Meat	3.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

KHS-Grape PB & J Bento Box



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10277

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case 1/2 cup per serving	9999
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. 1-5.3oz uncrustable per serving 72 count/case	516761

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	3.00mg

KHS-Strawberry PB & J Bento Box

NO IMAGE

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-Veggie & Fruit w/Cornbread Bento Box



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	READY_TO_EAT Thaw desired amount at room temperature for approximately two hours, Remove all packaging from product before placing in any heating device. 1 cornbread muffin per serving 48 per case	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat 100 per case	Wilkens Food Service
Broccoli Florets	25 Cup	READY_TO_EAT 1/2 cup of broccoli florets, place in 5oz cup w/lid per bento box	Wilkens Food Service
Pineapple Tidbits in Juice	50 Serving	READY_TO_EAT Shelf Stable-Use by expiration date 1-1/2 cup per serving	Wilkens Food Service

Preparation Instructions

To assemble Bento Box:

1) Neatly arrange in box: 1 cornbread muffin, 1/2 cup of broccoli florets(raw), place in 5 oz cup w/lid and 1-1/2 cup of pineapple tidbits and 1-1oz of ranch dipping cup

SLE Components

Amount Per Serving

Meat	0.00
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	435.00
Fat	20.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	400.00mg
Carbohydrates	59.00g
Fiber	4.50g
Sugar	32.00g
Protein	6.50g

Vitamin A	0.00IU	Vitamin C	39.00mg
Calcium	20.00mg	Iron	36.00mg

KHS-Stir Fry Beef w/Asian Fried Rice

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	125 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Asian Fried rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm asian fried rice and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	419.26		
Fat	18.37g		
SaturatedFat	3.89g		
Trans Fat	0.45g		
Cholesterol	40.47mg		
Sodium	779.71mg		
Carbohydrates	45.11g		
Fiber	6.73g		
Sugar	7.66g		
Protein	20.94g		
Vitamin A	6228.55IU	Vitamin C	57.75mg
Calcium	61.07mg	Iron	30.37mg

KHS-Stir Fry Beef w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	125 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	2 1/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 1/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	319.26
Fat	13.31g
SaturatedFat	3.35g
Trans Fat	0.45g
Cholesterol	40.47mg
Sodium	755.11mg
Carbohydrates	33.59g
Fiber	4.73g
Sugar	5.66g
Protein	17.42g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 61.07mg	Iron 30.37mg

KHS-Stir Fry Chicken w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle</p>	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	417.07
Fat	14.38g
SaturatedFat	2.24g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	893.91mg
Carbohydrates	42.65g
Fiber	6.73g
Sugar	5.86g
Protein	29.65g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Chicken w/Yakisoba noodles

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	320.37
Fat	9.88g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	578.91mg
Carbohydrates	31.31g
Fiber	4.73g
Sugar	3.86g
Protein	25.65g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Pork w/Asian Fried Rice

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkins Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	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. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	421.37
Fat	16.26g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	593.91mg
Carbohydrates	42.03g
Fiber	6.73g
Sugar	6.86g
Protein	25.25g
Vitamin A 6228.55IU	Vitamin C 59.55mg

Calcium 56.05mg **Iron** 29.65mg

KHS-Stir Fry Pork w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	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. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
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	336.97
Fat	12.88g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	520.91mg
Carbohydrates	30.83g
Fiber	4.73g
Sugar	4.86g
Protein	21.65g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

Far East Vegetable Blend



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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