

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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Roasted Turkey served w/Cornbread & gravy

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

SLE Components

Amount Per Serving

Meat	2.00
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	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.24g		
Cholesterol	75.00mg		
Sodium	650.00mg		
Carbohydrates	27.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	20.50g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

KHS-Thai Chicken Flatbread



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

Meat	1.73
Grain	1.75
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: 1.00 Each

Amount Per Serving

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

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- 50CT 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

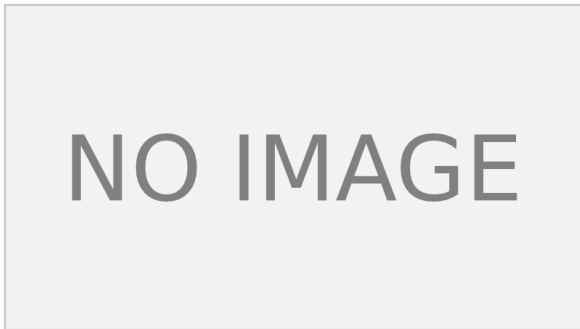
Servings Per Recipe: 100.00

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-Veggie Burger



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10077

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	50 Each	READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or room temperature 1-2 hours	3354
BURGER VEGGIE CAULIF QUINOA 4-8CT	50 Each	32 patties per case Preferred method is skillet/Flatop Grill: Add 1 teaspoon of cooking oil to skillet and pre-heat on low. Cook frozen burger on low heat for 9-10 minutes turning with spatula after 5 minutes. Conventional Oven: Spray pan release on baking sheet and preheat oven to 400 degrees F. Place frozen burger on the baking sheet. Bake at 400 degrees F for 13-15 minutes turning with spatula after 7 minutes.	620231
CHEESE AMER/PEPR JK	50 Slice	Keep in cooler Shelf life of 150 days from manufacture date	257271

Preparation Instructions

- 1) place warm bottom of hamburger buns on parchment lined sheet tray.
 - 2) Add cooked veggie burger on top of bun, Add 1 slice of cheese to top of warm veggie burger
 - 3) Place top of bun over the veggie burger and cheese.
- Serve with 1oz chopped romaine lettuce, 2 slices of tomato, 3 pickles and choice of condiments.
1 complete veggie burger per servings

SLE Components

Amount Per Serving

Meat	0.50
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: 50.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	970.00mg
Carbohydrates	47.00g
Fiber	7.00g
Sugar	8.00g
Protein	18.00g

Vitamin A	1700.00IU	Vitamin C	24.00mg
Calcium	162.00mg	Iron	11.60mg

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-Egg Salad Sandwich Bento Box



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	Wilkins Food Service
Broccoli Florets	12 1/2 Cup	READY_TO_EAT 1/2 cup per serving (2oz)	Wilkins Food Service
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	Wilkins 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

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

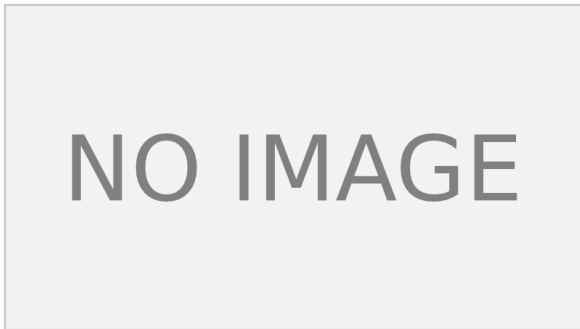
Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

KHS-Egg Salad Wrap Bento Box



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

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
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	599.00		
Fat	41.60g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	300.00mg		
Sodium	636.40mg		
Carbohydrates	41.00g		
Fiber	2.80g		
Sugar	21.00g		
Protein	12.60g		
Vitamin A	2399.88IU	Vitamin C	116.28mg
Calcium	66.12mg	Iron	2.11mg

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	Wilkins 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.	Wilkins 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

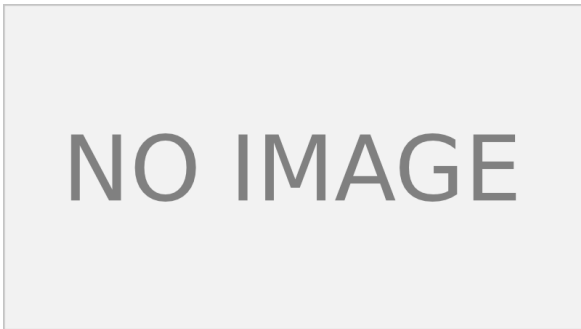
Servings Per Recipe: 50.00

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	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 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

Steamed Carrots

NO IMAGE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Red Pepper Strips

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	560715

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories 31.74

Fat 0.17g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 2.34mg

Carbohydrates 8.35g

Fiber 1.34g

Sugar 5.01g

Protein 1.00g

Vitamin A 3340.56IU **Vitamin C** 194.23mg

Calcium 10.22mg **Iron** 0.52mg