

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

Table of Contents

Southern Oven Fried Chicken

KHS-BBQ Chicken Pizza

KHS-Big Kay's Burger

KHS-Roasted Red Pepper w/Mozzarella Burger

KHS-Grape PB & J Bento Box

KHS-Strawberry PB & J Bento Box

KHS-Roasted Veggie Wrap w/Hummus Spread

KHS-Beef Ramen Bowl

KHS-Chicken Ramen Bowl

KHS-Pork Ramen Bowl

Sweet Potato Mashed

Cornbread

Southern Oven Fried Chicken

NO IMAGE

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain - 1 drum = 2 m/ma & 0.75 oz. grain - 1 thigh = 3.25 m/ma & 1 oz. grain</p>	258610

Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.83
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 190.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 470.00mg

Carbohydrates 6.00g

Fiber 1.00g

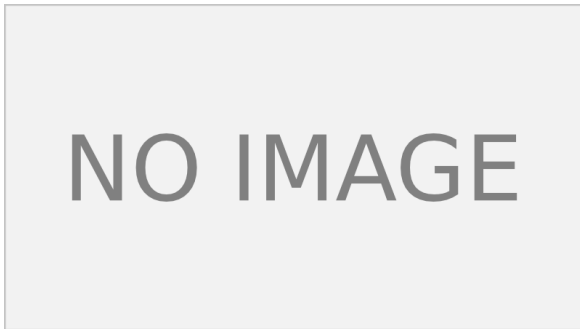
Sugar 0.00g

Protein 16.00g

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

Calcium 20.00mg **Iron** 1.08mg

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

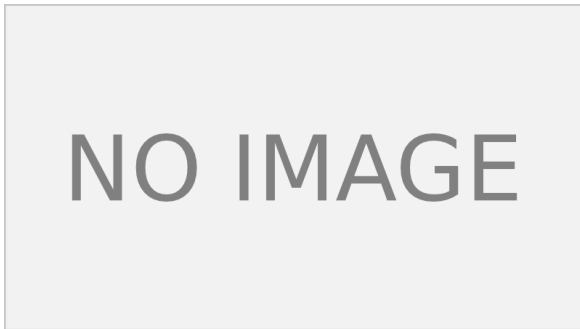
Nutrition Facts

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-Big Kay's Burger



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-Roasted Red Pepper w/Mozzarella Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 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
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	4/5# bags per case 80oz per bag/320oz per case 1oz per burger use#30 scoop	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	Add 1/2 Cup of oil to raw red peppers mix thoroughly. Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking. 1/4 cup of roasted red peppers	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil per 25 cups.	732900
GARLIC MINCED IN WTR 6- 32Z ITALR	4 Teaspoon	Add to oil and Pepper mixture prior to sauteeing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to peppers, oil, minced garlic prior to sauteeing	225045

Description	Measurement	Prep Instructions	DistPart #
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to peppers, oil, minced garlic, black pepper prior to sauteeing	126993

Preparation Instructions

Ingredients to add when sauteeing red peppers, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking.

1/4 cup of roasted red peppers per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
 - 2) Add cooked hamburger patty
 - 3)Add 1oz of mozzarella cheese use# 70 scoop
 - 4)Add 1/4 cup of sauteed seasoned red peppers use #16 scoop
 - 5)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	549.30		
Fat	31.67g		
SaturatedFat	13.08g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	810.70mg		
Carbohydrates	28.62g		
Fiber	2.40g		
Sugar	5.50g		
Protein	38.30g		
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	13.06mg	Iron	8.16mg

KHS-Grape 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-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

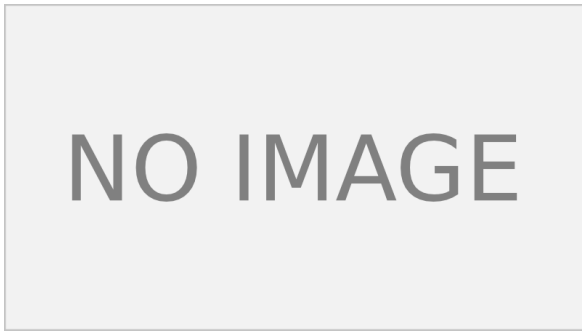
Serving Size: 1.00 Serving

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-Roasted Veggie Wrap w/Hummus Spread

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	2 Cup	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	1 1/2 #10 CAN	Drain and rinse	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/4 cup per tortilla	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	1/4 cup per tortilla	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	1/4 cup per tortilla	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup		732900
GARLIC MINCED IN WTR 6-32Z ITALR	6 Teaspoon		874910

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	6 Teaspoon		225045
Apples, Gala	50 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM 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 on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5 oz plastic up and place lid on.

Store in in cooler overnight until serving time.

Combine oil and seasonings: black pepper & minced garlic in a large mixing bowl-Place all raw vegetables and toss until completely covered with seasoned oil.

place on a parchment lined perforated sheet tray in a single layer-put in pre-heated oven of 400 degrees F. and roast vegetables for 15-20 minutes or until tender or internal temperature reaches 135 degrees F for 15 seconds or longer. Let cool down for 5 minutes.

Warm tortillas in warmer for 2-3 minutes-they will be easier to work with and not rip

To assemble Roasted Veggie Wrap:

- 1) place on parchment lined sheet tray in a single layer tortilla
- 2) Evenly spread 1 tablespoon of hummus to middle of tortilla leaving 1/4" from edges
- 3) Place in a Horizontal line the Veggie mixture
- 4) Fold both sides into middle of veggies
- 5) Fold bottom of tortilla (still holding the sides) over the vegetables and pull back tightly with veggies & wrap.
- 6) Roll wrap from the bottom up to where the top of the tortilla is under the completed wrap.
- 7) Cut wrap on the bias(diagonal) and place in bento box and place an apple in box as well.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

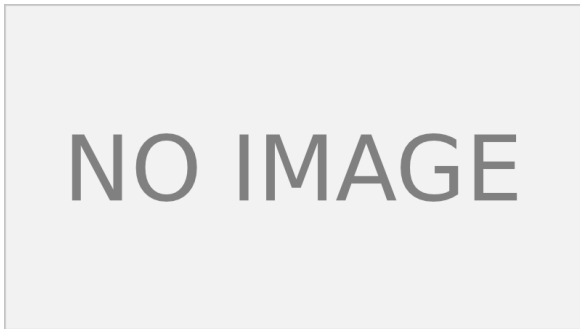
Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	786.73
Fat	51.19g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.25mg
Carbohydrates	75.12g
Fiber	12.61g
Sugar	26.54g
Protein	11.40g

Vitamin A	999.94IU	Vitamin C	58.56mg
Calcium	176.33mg	Iron	2.62mg

KHS-Beef Ramen Bowl



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
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. 2.5oz serving use #10 scoop	598762

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Beef Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.23		
Fat	12.38g		
SaturatedFat	3.28g		
Trans Fat	0.45g		
Cholesterol	40.47mg		
Sodium	1041.09mg		
Carbohydrates	28.42g		
Fiber	0.21g		
Sugar	4.50g		
Protein	16.11g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	27.16mg	Iron	1.29mg

KHS-Chicken Ramen Bowl

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
Nested Yakisoba Noodles- WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6- 32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	284.81		
Fat	8.76g		
SaturatedFat	1.66g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	928.61mg		
Carbohydrates	25.85g		
Fiber	0.21g		
Sugar	2.70g		
Protein	24.45g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	12.14mg	Iron	0.76mg

KHS-Pork Ramen Bowl

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup		466425
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep Frozen until servings. Thaw under refrigeration for 24-28 hours. Place thawed pork on grill and heat to 160 degrees F for 15 seconds or longer. 2.5oz use #10 scoop	549412

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Pork Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	314.21		
Fat	12.88g		
SaturatedFat	3.24g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	916.61mg		
Carbohydrates	25.93g		
Fiber	0.21g		
Sugar	3.70g		
Protein	20.53g		
Vitamin A	0.00IU	Vitamin C	1.97mg
Calcium	22.14mg	Iron	0.58mg

Sweet Potato Mashed

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6733

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cornbread



Servings:	120.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8569

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	120 Piece	Keep frozen until ready to serve. Thaw under refrigeration for 24 hours. 1 slice per portion	579785

Preparation Instructions

1 slice per portion

SLE Components

Amount Per Serving

Meat	0.00
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: 120.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	210.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.24g		
Cholesterol	40.00mg		
Sodium	260.00mg		
Carbohydrates	25.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	3.00g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg