

Cookbook for Kankakee High School 1

Created by HPS Menu Planner

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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	0.06
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-Chicka Boom Boom Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per sandwich	740820
Lettuce Chopped Romaine 2#	25 Cup	1 case-2# =8 cups(16-1/2 cup servings) 1/2 cup per serving	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	1 case = 25#=50 cups 1 Tablespoon per serving	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	1 case 2/3# bags=96oz=12 cups 1/8 cup per serving (1oz)	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	3 slices per sandwich	527791
SAUCE BOOM BOOM 4-1GAL KENS	3 Cup		877930

Preparation Instructions

1. Open Hoagie buns, arrange 1/2 cup of lettuce and 1 tablespoon diced tomato, use # 60 scoop on bottom half of

bun

- Place 3 cooked breaded chicken strips on top of tomato slices
 - scatter 1 oz sliced onion, use # 30 scoop and 3 pickles across the chicken strips
 - drizzle with squeeze bottle 1 tablespoon of Boom Boom Sauce across top of sliced onions and pickles and place top half of bun on top.
- 1 sandwich = 1 serving.

SLE Components

Amount Per Serving

Meat	2.03
Grain	3.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05
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	434.53		
Fat	17.82g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	47.73mg		
Sodium	758.51mg		
Carbohydrates	46.73g		
Fiber	1.37g		
Sugar	10.36g		
Protein	21.42g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	18.06mg	Iron	1.08mg

KHS-Boom Boom Sauce

NO IMAGE

Servings:	54.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9976

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GFS	2 Cup		429422
SALSA 103Z 6-10 REDG	33/100 Cup	READY_TO_EAT None 1/3rd Cup per 54 servings	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	246911
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857

Preparation Instructions

Place ingredients into food processor and thoroughly mix 20-30 seconds until creamy consistency. chill until serving 1/2 oz serving Use # 70 scoop or 1 Tablespoon

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.50 Ounce

Amount Per Serving

Calories	23.45
Fat	1.48g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.93mg
Sodium	112.29mg
Carbohydrates	2.32g

Fiber	0.00g		
Sugar	1.66g		
Protein	0.00g		
Vitamin A	5.80IU	Vitamin C	0.07mg
Calcium	0.55mg	Iron	0.00mg

Green Beans

NO IMAGE

Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg