

Cookbook for Kankakee High School 1

Created by HPS Menu Planner

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NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	To thaw: product must be heated from thawed state; thaw under refrigeration 24-48 hours Cook in Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 100 OZ = 1 1/4 BAG OF BEEF CRUMBLES 2oz of beef crumble per flatbread	674312
SPICE GARLIC POWDER 6 TRDE	12 1/2 Tablespoon		513857
SPICE ONION POWDER 19Z TRDE	12 1/2 Tablespoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	6 1/4 Teaspoon		225045
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	6 1/4 Tablespoon		732900
Shredded Cheddar redu fat/sodium	12 1/2 Cup	1/4 CUP OF SHREDDED CHEESE PER FLATBREAD	344721

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	<p>READY TO EAT</p> <p>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed</p> <p>/u2022For best results thaw out to room temperature prior to heating</p> <p>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen</p> <p>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p> <p>THAW</p> <p>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed</p> <p>/u2022For best results thaw out to room temperature prior to heating</p> <p>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen</p> <p>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p>	220462
Lettuce Chopped Romaine 6/2#	6 1/4 Cup	1/8 cup per flatbread	2783

Preparation Instructions

Mix thoroughly garlic powder, onion powder, black pepper with beef crumbles and oil. Heat in steamer until internal temperature reaches 165 degrees for 15 seconds or longer.

1 serving is 2oz of beef crumble mixture & 1/4 CUP SHREDDED CHEESE

TO ASSEMBLE ONE CHEESEBURGER FLATBREAD

- 1) BE SURE TO HAVE PICKLED JALAPENO PICKLE RELISH MIXED AND DRAINED AND CHILLED****SEE RECIPE
 - 2) BE SURE TO HAVE CHEESEBURGER SAUCE MIXED AND CHILLED ***SEE RECIPE
 - 3) PLACE FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED SHEET TRAYS
 - 4) PLACE 1/4 CUP OF SHREDDED CHEDDAR CHEESE TOP WITH 2OZ OF SEASONED BEEF CRUMBLES ON FLATBREAD
 - 5) BAKE FOR 2-4 MINUTES UNTIL CHEESE IS MELTED
 - 6) PLACE 2/3RD CUP (5OZ) USE #6 SCOOP OF RELISH ON TOP OF WARM CHEESEBURGER MIXTURE
 - 7) TOP WITH 1/8 CUP SHREDDED ROMAINE LETTUCE
 - 8) 1/4 CUP OF CHEESEBURGER SAUCE (SEE RECIPE)
- 1 COMPLETE FLATBREAD PER SERVING.

SLE Components

Amount Per Serving

Meat	3.00
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 Slice

Amount Per Serving	
Calories	365.00
Fat	18.75g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	420.00mg
Carbohydrates	29.00g
Fiber	3.00g

Sugar	1.00g
Protein	20.50g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 2.52mg

KHS-Italian Supreme Sub Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9978

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	192oz/case 3oz per serving 100 servings needs 1.5 cases	199721
CHEESE MOZZ LMPS SHRD FTNR 4-5#	6 1/4 Cup	320oz per case-80oz per bag 1/2oz (1 Tablespoon)per sandwich	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	READY_TO_EAT None 1/2 oz (1 Tablespoon) per serving	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GFS	1/2 #10 CAN	4 tsp per serving (.66oz) 1/2 can per 100 servings #10 can (110.3oz)	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	4 tsp per serving (.66oz) 1 1/2 trays per 100 servings 2/3# tray (96oz)	198331
BREAD PANINI 192-.82Z PILLS	100 Piece	Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161

Preparation Instructions

- 1) Place Panini bread grill side down on parchment lined sheet pan
- 2) Arrange sliced deli meat(1 slice Turkey salami & 1 slice Turkey Ham) on bread and drizzle with 1 tablespoon

marinara sauce

3) Add 1 slice Turkey Pepperoni, 4tsp diced green peppers & 1/2 oz (1 Tbl) moz. cheese.

4) Top with Paninis with grill mark facing up

5) Heat in a 350 degree oven for 7-10 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.

6) keep warm

SLE Components

Amount Per Serving

Meat	2.06
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	281.62		
Fat	11.83g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	58.94mg		
Sodium	784.16mg		
Carbohydrates	22.10g		
Fiber	1.36g		
Sugar	6.22g		
Protein	17.30g		
Vitamin A	69.82IU	Vitamin C	4.39mg
Calcium	42.87mg	Iron	2.42mg

Veg-Broccoli

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	600 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	5.33g		
Fiber	2.67g		
Sugar	2.67g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	40.00mg
Calcium	26.67mg	Iron	0.00mg