

# **Cookbook for Kankakee High School 1**

**Created by HPS Menu Planner**

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# KHS-Thai Chicken Flatbread



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For 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 1oz 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

<b>Meat</b>	1.73
<b>Grain</b>	1.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

# KHS-Philly Cheesesteak on Hoagie Roll



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9995

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Yellow Onions	12 1/2 Pound	READY_TO_EAT 2 1/2 cases	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	37 1/2 Cup	2 case per 100 servings	637442
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	1/8 cup per sandwich 1 1/4 bag per 100 servings	265041
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
Hoagie Roll, WG Split top	100 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

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	250 Ounce	<p><b>BAKE From Frozen:</b> Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour.</p> <p><b>From Thawed:</b> Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes</p> <p>Shelf life of 365 days frozen or 5 days in ambient temperature.</p> <p>2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag</p>	598762

## Preparation Instructions

- 1) Warm meat according to cooking instructions.
  - 2) Sautee Mushrooms, Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes
  - 3) Place bottom of hoagie roll on tray then add 2.5 oz sliced beef use# 10 scoop, add 1.25 oz of cheese over meat, use# 20 scoop
  - 4) Top with 1/2 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
  - 5) Add the top of Hoagie roll to complete sandwich
- 1 sandwich per serving

### SLE Components

Amount Per Serving

<b>Meat</b>	2.80
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.33
<b>OtherVeg</b>	0.38
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	464.02		
<b>Fat</b>	25.03g		
<b>SaturatedFat</b>	7.79g		
<b>Trans Fat</b>	0.45g		
<b>Cholesterol</b>	55.47mg		
<b>Sodium</b>	626.69mg		
<b>Carbohydrates</b>	37.02g		
<b>Fiber</b>	1.28g		
<b>Sugar</b>	7.22g		
<b>Protein</b>	25.30g		
<b>Vitamin A</b>	576.83IU	<b>Vitamin C</b>	3.38mg
<b>Calcium</b>	618.99mg	<b>Iron</b>	1.96mg

# Roasted Brussel Sprouts



<b>Servings:</b>	350.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8586

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	1400 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	21 7/8 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	8 13/64 Cup		732900

## Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 3.00 Ounce

### Amount Per Serving

**Calories** 85.00

**Fat** 5.25g

**SaturatedFat** 0.38g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 20.00mg

**Carbohydrates** 8.00g

**Fiber** 3.00g

**Sugar** 2.00g

**Protein** 2.00g

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

**Calcium** 20.00mg      **Iron** 0.00mg