

Cookbook for Kankakee High School 1

Created by HPS Menu Planner

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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-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

Corn



Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8584

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	5 35/53 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

Preparation Instructions

1/2 cup serving per portion.

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	0.49

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.45		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.64mg		
Carbohydrates	14.64g		
Fiber	1.95g		
Sugar	2.93g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2609

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	300 Fluid Ounce	In a steam table pan add 1 gallon of boiling water to dry gravy mix. 1 bag yeilds 71 servings (2oz servings)	552050
POTATO MASH INST 6-26Z BRILLIANT	597 Ounce	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031

Preparation Instructions

Serving size per student

4oz of Mashed Potatoes-(use #8 SCOOP)

OPTIONAL-2oz of Gravy-(USE #16 SCOOP)

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	3.11

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	535.31
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1275.16mg
Carbohydrates	107.06g

Fiber	6.22g		
Sugar	0.00g		
Protein	12.44g		
Vitamin A	11.82IU	Vitamin C	39.55mg
Calcium	52.80mg	Iron	3.42mg