

Cookbook for Kankakee High School 1

Created by HPS Menu Planner

Table of Contents

KHS-Meat Lover's Supreme Flatbread

KHS-Cuban-Style Ham & Cheese Panini

Baked Beans

KHS-Cuban Style Salad

KHS-Meat Lover's Supreme Flatbread

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT THAW UNDER REFRIGERATION FOR 24 HOURS OR AT ROOM TEMPERATURE 1-2 HOURS 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	220462
SAUCE MARINARA A/P 6-10 REDPK	9 3/8 Cup	READY_TO_EAT None rinse top of can free from debris 6/#10 cans 1 tsp per flatbread	592714
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# bags =320oz per case 1oz per flatbread use #30 scoop	265041
TURKEY ITAL COMBO SLCD 12-1 JENNO	100 Ounce	cut deli meat into 1/2" pieces. 12-16oz bags per case=192 oz 2oz per flatbread	199721
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	2/3# bags 96oz per case 1oz per flatbread use #30	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/10# case 160oz per case 2oz per flatbread use #20 scoop	637442

Preparation Instructions

Pre-Heat oven to 475 degrees F

1) Place diced Italian deli meat in a 1/2 steam table pan and warm in steamer for 10 minutes

Place a single layer of flatbreads on a parchment lined sheet tray

2) Evenly spread 1 teaspoon of marinara sauce on top of flatbread,

3) add 1oz of mozzarella cheese use #30 scoop,

4) add 2oz of warm Italian deli meat, use #16 scoop, evenly distributed on top of mozzarella cheese,

5) add 2oz of mushrooms use #16, add 1oz green pepper use #30 scoop per flatbread.

6) Bake in oven for 10-12 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

1 flatbread per serving

SLE Components

Amount Per Serving

Meat	2.33
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.26		
Fat	14.66g		
SaturatedFat	5.47g		
Trans Fat	0.00g		
Cholesterol	53.67mg		
Sodium	797.22mg		
Carbohydrates	32.40g		
Fiber	4.85g		
Sugar	4.16g		
Protein	22.15g		
Vitamin A	207.97IU	Vitamin C	5.77mg
Calcium	119.61mg	Iron	2.48mg

KHS-Cuban-Style Ham & Cheese Panini

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10007

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CHEESE MOZZ LMPS SHRD FTNR 4-5#	6 1/4 Cup	1/2 OZ OF MOZZ. CHEESE PER SANDWICH	265041
TURKEY HAM UNCURED 6-2 JENNO	200 Slice	Thaw under refrigeration for 24-48 hours.	690041
BREAD PANINI 192- .82Z PILLS	200 Piece	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 BOTTOM HALF OF PANINI BUN ON TRAY
- 2) ADD 2 SLICE OF TURKEY AND 2 SLICES OF TURKEY HAM AND TOP WITH 1/2 OZ OF MOZZARELLA CHEESE, USE # 60 SCOOP
- 3) WARM IN SANDWICH/PANINI CONVEYOR
- 4) ADD 1/2 CUP OF CUBAN STYLE SALAD (OPTIONAL)-SEE CUBAN STYLE SALAD RECIPE, USE #8 scoop
- 5) PLACE TOP OF PANINI BUN ON TOP

1 COMPLETE SANDWICH PER SERVING

SLE Components

Amount Per Serving

Meat	3.06
Grain	1.00
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	405.63		
Fat	10.88g		
SaturatedFat	2.75g		
Trans Fat	0.00g		
Cholesterol	65.94mg		
Sodium	884.38mg		
Carbohydrates	38.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	29.44g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	10.00mg	Iron	1.80mg

Baked Beans

NO IMAGE

Servings:	350.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2613

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	175 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 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	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	550.00mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	10.00g
Protein	7.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

KHS-Cuban Style Salad

NO IMAGE

Servings:	100.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9996

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	62 Cup	2/5# case 160oz 1 tray=80oz	786543
CUCUMBER SELECT SUPER 45 MRKN	35 Cup	diced cucumber 17.5# per 100 servings	198587
ONION RD SLIVERED 1/8 2-3 RSS	3 3/4 Cup	diced red onion	313157
PARSLEY ITAL FRESH 1# MRKN	1 1/4 Cup	chopped	521520
LIME 200CT 40 MRKN	40 Each	20 oz per 100 servings	774121
SPICE PEPR BLK 30 MESH REG GRIND 5	3/10 Cup		225045

Preparation Instructions

Once all ingredients are chopped or diced combine. Let marinate for 1-2 hours prior to use.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.35
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 35.26

Fat 0.08g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 4.58mg

Carbohydrates 8.44g

Fiber 1.58g

Sugar 3.49g

Protein 0.98g

Vitamin A 96.53IU **Vitamin C** 9.32mg

Calcium 26.70mg **Iron** 0.50mg