

# **Cookbook for Kankakee High School 1**

**Created by HPS Menu Planner**

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# KHS-Cheeseburger Flatbread mixture

NO IMAGE

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

## Ingredients

| Description                                  | Measurement       | Prep Instructions  | DistPart # |
|--|-------------------|--|------------|
| BEEF CRMBL CKD 6-5<br>SMRTPCKS               | 100 Ounce         | To thaw: product must be heated from thawed state; thaw under refrigeration 24-48 hours<br>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.<br>100 OZ = 1 1/4 BAG OF BEEF CRUMBLES<br>2oz of beef crumble per flatbread | 674312     |
| SPICE GARLIC POWDER<br>6 TRDE                | 12 1/2 Tablespoon |  | 513857     |
| SPICE ONION POWDER<br>19Z TRDE               | 12 1/2 Tablespoon |  | 126993     |
| SPICE PEPR BLK 30<br>MESH REG GRIND 5        | 6 1/4 Teaspoon    |  | 225045     |
| OIL BLND<br>CNOLA/XVRGN 90/10 6-<br>1GAL GFS | 6 1/4 Tablespoon  |  | 732900     |
| Shredded Cheddar redu<br>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    |

|                           |                         |
|---------------------------|-------------------------|
| <b>Sugar</b>              | 1.00g                   |
| <b>Protein</b>            | 20.50g                  |
| <b>Vitamin A</b> 300.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 280.00mg   | <b>Iron</b> 2.52mg      |

# KHS-Italian Supreme Sub Sandwich



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

## Ingredients

| Description                        | Measurement | Prep Instructions   | DistPart # |
|------------------------------------|-------------|---|------------|
| TURKEY ITAL COMBO SLCD 12-1 JENNO  | 300 Ounce   | 192oz/case<br>3oz per serving<br>100 servings needs 1.5 cases   | 199721     |
| CHEESE MOZZ LMPS SHRD FTNR 4-5#    | 6 1/4 Cup   | 320oz per case-80oz per bag<br>1/2oz (1 Tablespoon)per sandwich   | 265041     |
| SAUCE MARINARA A/P 6-10 REDPK      | 6 1/4 Cup   | READY_TO_EAT<br>None<br>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)<br>1/2 can per 100 servings<br>#10 can (110.3oz)  | 324531     |
| PEPPERS GREEN DCD 1/4 2-3 RSS      | 1/2 #10 CAN | 4 tsp per serving (.66oz)<br>1 1/2 trays per 100 servings<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 2.06 |
| <b>Grain</b>    | 0.50 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.09 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

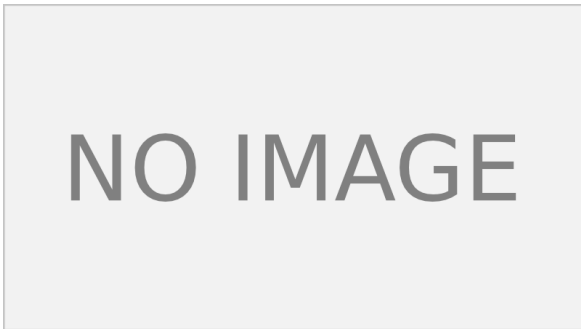
Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

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

# Veg-Broccoli



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-2624           |

## Ingredients

| Description              | Measurement | Prep Instructions  | DistPart # |
|--------------------------|-------------|--|------------|
| BROCCOLI FLORETS 6-4 GFS | 400 Ounce   | 1 case=384 oz = 96 servings<br>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

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.67 |
| <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: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving   |         |                  |         |
|----------------------|---------|------------------|---------|
| <b>Calories</b>      | 40.00   |                  |         |
| <b>Fat</b>           | 0.00g   |                  |         |
| <b>SaturatedFat</b>  | 0.00g   |                  |         |
| <b>Trans Fat</b>     | 0.00g   |                  |         |
| <b>Cholesterol</b>   | 0.00mg  |                  |         |
| <b>Sodium</b>        | 26.67mg |                  |         |
| <b>Carbohydrates</b> | 5.33g   |                  |         |
| <b>Fiber</b>         | 2.67g   |                  |         |
| <b>Sugar</b>         | 2.67g   |                  |         |
| <b>Protein</b>       | 1.33g   |                  |         |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 40.00mg |
| <b>Calcium</b>       | 26.67mg | <b>Iron</b>      | 0.00mg  |