

# **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 1 oz 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-Chicken Parm Sandwich w/Italian Vegetables



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10653

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	50 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
CHIX BRST STRP BRD WGRAIN 6-5.15	150 Ounce	6/82.4oz bags per case-494.4 oz 164 servings per case BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per serving	740820
CHEESE MOZZ LMPS SHRD FTHR 4-5#	50 Teaspoon	4/5# bags-80oz per bag/320 oz per case	265041
ONION RD SLIVERED 1/8 2- 3 RSS	6 1/4 Cup		313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	6 1/4 Cup		637442
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce		849995
PEPPERS RED DOMESTIC 23 MRKN	6 1/4 Cup		560715

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	50 Teaspoon		732900
SPICE ONION POWDER 19Z TRDE	25 Teaspoon		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	25 Teaspoon		225045
GARLIC MINCED IN WTR 6- 32Z ITALR	12 1/2 Teaspoon		874910

## Preparation Instructions

To roast Italian vegetables: Place in a large mixing bowl the green pepper, red peppers, red onion and sliced mushroom toss with 1 tsp Italian seasoning and 1 tsp of olive oil, making sure all vegetables are evenly coated. place on a parchment lined sheet tray and place in a 350 degree F oven for 10-15 minutes until vegetables are tender and just starting to brown.

To toast hoagie buns: place in a single layer opened buns on a parchment lined sheet tray, lightly spray each side with garlic spray butter. Place in a 450 degree oven for 2-5 minutes until light golden brown.

To assemble sandwich:

Add to toasted buns, add 1/4 cup of roasted vegetable then to with 3 cooked breaded chicken strips, ladle over chicken 1/4 cup of warm marinara sauce and top with Parmesan cheese.

### SLE Components

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.13
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	472.67
<b>Fat</b>	20.72g
<b>SaturatedFat</b>	5.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	691.38mg
<b>Carbohydrates</b>	44.24g
<b>Fiber</b>	2.15g
<b>Sugar</b>	4.59g
<b>Protein</b>	28.76g
<b>Vitamin A</b> 519.97IU	<b>Vitamin C</b> 30.45mg
<b>Calcium</b> 22.91mg	<b>Iron</b> 1.24mg

# Steamed Carrots

NO IMAGE

<b>Servings:</b>	157.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

## Preparation Instructions

1/2 cup per serving.

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	18.92		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.15mg		
<b>Carbohydrates</b>	4.20g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	2.10g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Red Pepper Strips



<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	562 1/2 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	560715

## Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.75 Cup

### Amount Per Serving

**Calories** 31.74

**Fat** 0.17g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 2.34mg

**Carbohydrates** 8.35g

**Fiber** 1.34g

**Sugar** 5.01g

**Protein** 1.00g

**Vitamin A** 3340.56IU **Vitamin C** 194.23mg

**Calcium** 10.22mg **Iron** 0.52mg