

Cookbook for Kankakee High School 2

Created by HPS Menu Planner

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BBQ Chicken Meatball w/Ranch Rice



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4460

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	300 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	25 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	02493
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup		513857
LEMON JUICE 100 12-32FLZ GFS	6 1/4 Cup		311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/4 Cup		473308
Diced Tomatoes cnd	1 #10 CAN	Open & Drain tomatoes	100329

Description	Measurement	Prep Instructions	DistPart #
Vegetable broth	2 1/2 Cup	READY_TO_EAT Ready to use	Wilkens Food Service
SAUCE BBQ 4-1GAL SWTBRAY	12 1/2 Cup		655937
SPICE BLND ORIG 3-21Z MDASH	2 1/2 Cup		265103

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 2-6" steam table pan per manufacturers instructions. Mix together half of following ingredients: 25 cups of dry rice add in 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 50 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	627.47		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	718.20mg		
Carbohydrates	105.39g		
Fiber	2.26g		
Sugar	18.35g		
Protein	24.26g		
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	28.30mg	Iron	4.24mg

KHS-Big Kay's Burger

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 5OCT JENNO	200 Slice	Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case	753760
Pretzel Roll, 2.7oz WG	100 Serving	READY_TO_EAT Ready to Eat Keep frozen- Pre-heat oven to 375 - 400 degrees F, bake for 1-2 minutes just to warm	8888

Preparation Instructions

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
- 2) place 1 slice of cheddar cheese
- 3) add 2 slices of bacon

4) Place top of bun on to complete the burger

1 complete burger per student

SLE Components

Amount Per Serving

Meat	5.75
Grain	2.50
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	620.00
Fat	36.00g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	120.00mg
Sodium	760.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	5.00g
Protein	40.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 0.00mg

KHS-Turkey Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10078

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	100	175 count per case Heat from frozen. Product is fully cooked; bake until internal temperature is 165 degrees F. Shelf Life:Frozen = 180 days from date of production 1 patty per serving 2.75oz	511265
ONION RING 1/4 2-5 RSS	100 Ounce	2/5# bag per case=160oz per case 1oz per burger Sautee' raw onion with oil for 8-10 minutes or until onions are tender and golden brown.	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	6/1 gallon per case 1 tablespoon of oil per 50oz for sauteed onions	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	Keep in cooler until ready to use time Shelf Life: use by expiration date on packaging. 1 slice per serving	726532
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Thaw under refrigeration for 24 hours or at room temperature for 1-2 hours 1 bun per serving	3354

Preparation Instructions

- 1) Place bottoms of warm buns in a single layer on sheet tray
 - 2) Add 1 cooked turkey patty on bun add 1 slice of provolone cheese and 1oz of sauteed onions
 - 3) Place top of bun on top and serve
- 1 complete burger per serving

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

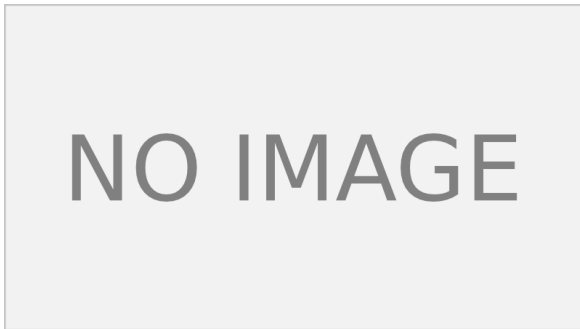
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		202.40	
Fat		7.78g	
SaturatedFat		3.52g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		320.00mg	
Carbohydrates		24.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	164.00mg	Iron	8.00mg

Green Beans



Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg