

Cookbook for Kankakee High School 2

Created by HPS Menu Planner

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Classic Chicken Popper Mashed Potato Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<p>BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Brealed, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION</p>	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<p>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. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production</p>	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	<p>Keep in cooler Ready to use 4/5lb bags-1 bag=80oz</p>	359572
Chicken Gravy	17 Cup	<p>MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS</p>	Wilkens Food Service
Corn cnd	2 #10 CAN	<p>Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup</p>	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

SLE Components

Amount Per Serving

Meat	2.68
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	388.40		
Fat	19.33g		
SaturatedFat	5.73g		
Trans Fat	0.00g		
Cholesterol	34.32mg		
Sodium	653.07mg		
Carbohydrates	33.05g		
Fiber	4.93g		
Sugar	2.64g		
Protein	20.69g		
Vitamin A	310.28IU	Vitamin C	3.98mg
Calcium	123.94mg	Iron	2.31mg

KHS-Big Kay's Burger



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

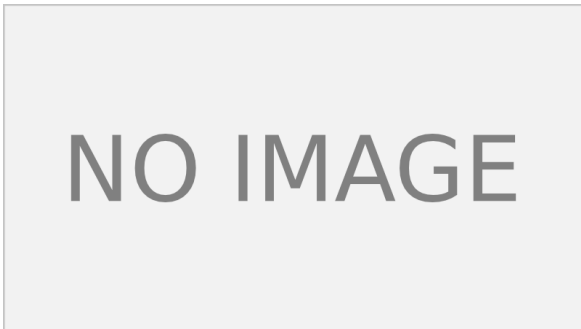
Servings Per Recipe: 100.00

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-Patty Melt w/carmelized onion & american cheese



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	Add to oil and Onion mixture prior to sauteing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to onions, oil, minced garlic prior to sauteing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to onions oil, minced garlic, black pepper prior to sauteing	126993
ONION RING 1/4 2-5 RSS	25 Cup	1/4 cup per burger	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil add to raw onions and seasonings in a large bowl then transfer to hot skillet	732900
Sliced American Cheese	100 Ounce	1 slice per patty melt	100018

Description	Measurement	Prep Instructions	DistPart #
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	READY_TO_EAT Open, pour and enjoy! 1 tablespoon per patty melt use #60 scoop	444251

Preparation Instructions

Ingredients to add when carmelizing/sauteeing Onions, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Carmelize/Sautee until onions are tender or light brown for approx. 3-5 minutes
Turning once half way through cooking.

1/4 cup of carmelized onions per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
- 2) Add cooked hamburger patty
- 3)Add 1 slice of American cheese
- 4)Add 1/4 cup of sauteed seasoned onions use #16 scoop
- 5)Top with 1 tablespoon thousand island dressing use #60 scoop

Place top of hamburger bun on top

1 complete burger is a serving

SLE Components

Amount Per Serving

Meat	4.75
Grain	2.00
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	592.35		
Fat	37.62g		
SaturatedFat	14.58g		
Trans Fat	0.00g		
Cholesterol	116.25mg		
Sodium	695.06mg		
Carbohydrates	29.87g		
Fiber	2.00g		
Sugar	6.00g		
Protein	36.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.75mg	Iron	8.00mg

Corn

NO IMAGE

Servings:	159.00	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	6 #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: 159.00

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:	250.00	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	500 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	995 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: 250.00

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