

# **Cookbook for Kankakee High School 2**

**Created by HPS Menu Planner**

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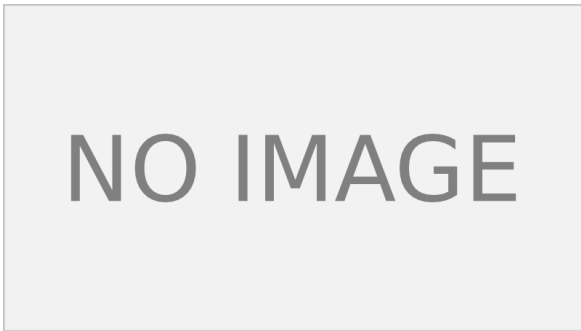
**Texas Western BBQ Pulled Pork on Garlic Texas Toast**

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# Texas Western BBQ Pulled Pork on Garlic Texas Toast



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7215

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

## Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

**Calories** 379.00

**Fat** 20.50g

**SaturatedFat** 7.00g

**Trans Fat** 0.00g

**Cholesterol** 71.00mg

**Sodium** 383.00mg

**Carbohydrates** 28.00g

**Fiber** 1.00g

**Sugar** 16.00g

**Protein** 20.00g

**Vitamin A** 1650.00IU **Vitamin C** 25.20mg

**Calcium** 80.00mg **Iron** 3.78mg

# KHS-Big Kay's Burger



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

<b>Meat</b>	5.75
<b>Grain</b>	2.50
<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: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	620.00
<b>Fat</b>	36.00g
<b>SaturatedFat</b>	15.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	40.00g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 0.00mg

# KHS-Veggie Burger



<b>Servings:</b>	50.00	<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-10077

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	50 Each	READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or room temperature 1-2 hours	3354
BURGER VEGGIE CAULIF QUINOA 4-8CT	50 Each	32 patties per case Preferred method is skillet/Flatop Grill: Add 1 teaspoon of cooking oil to skillet and pre-heat on low. Cook frozen burger on low heat for 9-10 minutes turning with spatula after 5 minutes. Conventional Oven: Spray pan release on baking sheet and preheat oven to 400 degrees F. Place frozen burger on the baking sheet. Bake at 400 degrees F for 13-15 minutes turning with spatula after 7 minutes.	620231
CHEESE AMER/PEPR JK	50 Slice	Keep in cooler Shelf life of 150 days from manufacture date	257271

## Preparation Instructions

- 1) place warm bottom of hamburger buns on parchment lined sheet tray.
  - 2) Add cooked veggie burger on top of bun, Add 1 slice of cheese to top of warm veggie burger
  - 3) Place top of bun over the veggie burger and cheese.
- Serve with 1oz chopped romaine lettuce, 2 slices of tomato, 3 pickles and choice of condiments.  
1 complete veggie burger per servings

### SLE Components

Amount Per Serving

<b>Meat</b>	0.50
<b>Grain</b>	1.50
<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

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**Amount Per Serving**

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<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	970.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	18.00g

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<b>Vitamin A</b>	1700.00IU	<b>Vitamin C</b>	24.00mg
<b>Calcium</b>	162.00mg	<b>Iron</b>	11.60mg



# Baked Beans

NO IMAGE

<b>Servings:</b>	250.00	<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-2613

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	125 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg