

Cookbook for Kankakee High School 2

Created by HPS Menu Planner

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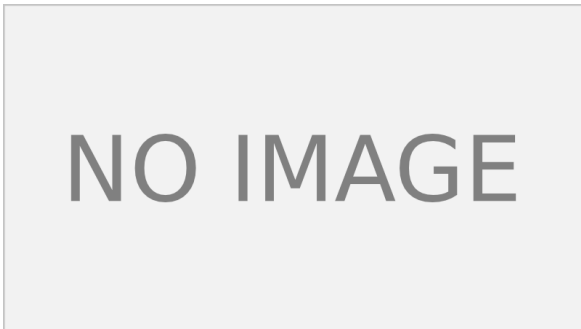
KHS-Big Kay's Burger

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Far East Vegetable Blend

Pineapple Chunks-Wilkens

KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice



Servings:	192.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.</p> <p>Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop</p>	550512
Vegetable Fried Rice	288 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full</p>	Wilkens Food Service

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		502.50	
Fat		12.75g	
SaturatedFat		1.38g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		860.00mg	
Carbohydrates		73.25g	
Fiber		6.00g	
Sugar		17.00g	
Protein		24.25g	
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	0.00mg	Iron	0.90mg

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- 50CT 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-Ranch Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10343

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
TOMATO SLCD 1/4 5 RSS	100 Slice	1 slice of tomato per burger	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	Sautee Red Onions: Add 1/2 cup of oil to raw red onion. Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes) 1oz per burger use #30 scoop	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	4/1gal per case 1 tablespoon per burger use #70 scoop	472999
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
LETTUCE ROMAINE CLND 2-5 RSS	100 Ounce		702609

Preparation Instructions

Sautee Red Onions:

Add 1/2 cup of oil to raw red onion.

Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes)

1oz per burger use #30 scoop

To Assemble:

1)Place bottom bun on tray, Add 1 slice of Romaine lettuce, 1 slice of tomato

2) Add cooked hamburger patty

3)Add 1oz of Ranch dressing use# 70 scoop

4)Add 1oz of sauteed red onions use #30 scoop

5)Place top of hamburger bun on top

1 complete burger is a serving

SLE Components

Amount Per Serving

Meat	3.75
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	497.93		
Fat	26.30g		
SaturatedFat	9.09g		
Trans Fat	0.00g		
Cholesterol	91.25mg		
Sodium	712.46mg		
Carbohydrates	35.38g		
Fiber	3.78g		
Sugar	7.63g		
Protein	31.45g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	47.26mg	Iron	8.87mg

Far East Vegetable Blend



Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	75 Cup	DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE.	491209

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.50g
Fiber	1.00g
Sugar	1.00g
Protein	0.50g

Vitamin A	375.00IU	Vitamin C	7.50mg
Calcium	10.00mg	Iron	0.18mg

Pineapple Chunks-Wilkens

NO IMAGE

Servings:	159.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-670

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IN JCE 6-10 DOLE	636 Fluid Ounce	READY_TO_EAT Ready to Eat	116300

Preparation Instructions

1. Place 1/2 cup (#8 Scoop) of pineapple chunks in 5 oz cup with lid
 2. Place pre-made cups in cooler until serving time.
- MUST SERVE COLD!

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg