

Cookbook for Kankakee High School 2

Created by HPS Menu Planner

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KHS-BAKED MOSTACCIOLI w/Lentil pasta



Servings:	160.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	800 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 16OZ OF DICED ONION, MIX A 1/4 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 CUP PORTION OF BAKED MOSTACCIOLI
SERVE WITH A BOSCO CHEESE STICK

SLE Components

Amount Per Serving

Meat	2.88
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.31
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		563.17	
Fat		15.36g	
SaturatedFat		6.61g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		670.23mg	
Carbohydrates		70.09g	
Fiber		7.32g	
Sugar		4.83g	
Protein		37.19g	
Vitamin A	322.96IU	Vitamin C	4.68mg
Calcium	392.97mg	Iron	1.72mg

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

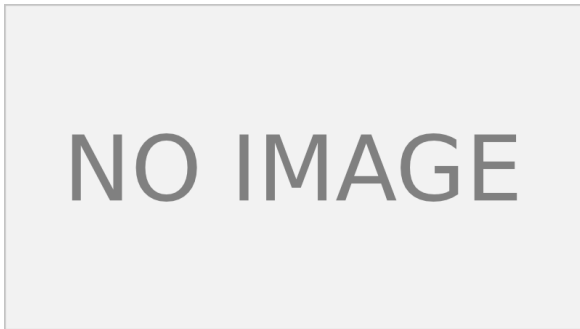
Servings Per Recipe: 100.00

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-Pizza Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	READY_TO_EAT Warm marinara sauce in 2" half pan in the oven covered for 15- 20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer. Portion size of .5oz use #70 scoop	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	Thaw under refrigeration for 24 hours. Portion size=2 slices	276662
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. 40-40z patties per case	753760
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# per case=320oz 80oz per bag 1/2 oz per burger use #70 scoop	265041
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours prior to use or thaw at room temperature for 1-2 hours 1 bun per serving	1711

Preparation Instructions

To Assemble:

- 1)Place bottom of hamburger bun on tray, add cooked hamburger patty
- 2)evenly spread .5 oz of marinara sauce on top of patty use #70

- 3) place 2 slices of pepperoni on top of marinara sauce
 - 4) place .5 oz of mozzarella cheese use #70 scoop
 - 5) Place in warming conveyer to melt the cheese
 - 6) place top of hamburger bun on top of cheese
- Serve 1 hamburger per student

SLE Components

Amount Per Serving

Meat	4.47
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
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	498.73		
Fat	28.13g		
SaturatedFat	11.11g		
Trans Fat	0.00g		
Cholesterol	100.24mg		
Sodium	814.09mg		
Carbohydrates	27.18g		
Fiber	2.36g		
Sugar	4.71g		
Protein	35.52g		
Vitamin A	69.29IU	Vitamin C	1.07mg
Calcium	12.86mg	Iron	8.04mg

Veg-Broccoli

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	384 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.67
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	5.33g		
Fiber	2.67g		
Sugar	2.67g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	40.00mg
Calcium	26.67mg	Iron	0.00mg