

# **Cookbook for Kankakee High School 2**

**Created by HPS Menu Planner**

# Table of Contents

**Roasted Turkey served w/Cornbread & gravy**

**KHS-Big Kay's Burger**

**KHS-Veggie Burger**

**Steamed Carrots**

**Red Pepper Strips**

# Roasted Turkey served w/Cornbread & gravy



<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-3254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

## Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	300.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# 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- 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

<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

---

**Amount Per Serving**

<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

---

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



# Steamed Carrots

NO IMAGE

<b>Servings:</b>	157.00	<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-8582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

## Preparation Instructions

1/2 cup per serving.

### 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>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	18.92		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	147.15mg		
<b>Carbohydrates</b>	4.20g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	2.10g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Red Pepper Strips



<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	562 1/2 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	560715

## Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

### 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>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.75 Cup

### Amount Per Serving

**Calories** 31.74

**Fat** 0.17g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 2.34mg

**Carbohydrates** 8.35g

**Fiber** 1.34g

**Sugar** 5.01g

**Protein** 1.00g

**Vitamin A** 3340.56IU **Vitamin C** 194.23mg

**Calcium** 10.22mg **Iron** 0.52mg