

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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Breakfast Anytime K-12

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen: Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer. Shelf life: Frozen = 180 days	184970

Preparation Instructions

4 Stick and 1 patty per serving portion

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
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	270.00
Fat	8.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	53.00g
Fiber	2.00g

Sugar	12.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.42mg

KHS-Hot Dog Bar-chili cheese dog



Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10598

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	80 Ounce	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	80 Each	Thaw under refrigeration for approximately 72 hours. Shelf life:Frozen = 210 days from date of production Heat in steamer: Heat to an internal temperature of 160 degrees F. 5-10 minutes from thawed.	140572

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

SLE Components

Amount Per Serving

Meat	2.79
Grain	2.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

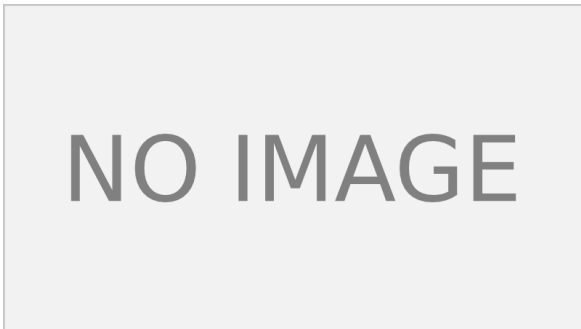
Servings Per Recipe: 80.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	361.22
Fat	20.52g
SaturatedFat	8.32g
Trans Fat	0.50g
Cholesterol	49.35mg
Sodium	670.04mg
Carbohydrates	30.93g
Fiber	3.69g
Sugar	4.86g
Protein	15.49g

Vitamin A	214.75IU	Vitamin C	3.26mg
Calcium	108.50mg	Iron	1.31mg

KHS-Chicken Italian Sausage w/Sauteed peppers & Onions



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10600

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z 4-2.5	50 Each	THAW UNDER REFRIGERATION 24-48 hours FULLY COOKED - JUST HEAT AND SERVE. Place thawed sausage in steam table pan in a single layer and heat for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	223240
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	if using whole peppers rinse and slice to 1/4" pieces	560715
ONION RING 1/4 2-5 RSS	6 1/4 Cup		542326
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	1/2 Cup		732900
6" Whole Grain Rich Hot Dog Bun	50 Each		3709

Preparation Instructions

To Sautee red peppers and onions: Place sliced peppers and sliced onions in a large mixing bowl add 1/2 cup olive oil and 1/4 cup Italian seasoning mix thoroughly. Heat skillet to med temperature, add seasoned peppers & onion. cook until tender and light brown (caramelized).

Place 1 chicken sausage on hot dog bun top with 2oz of pepper/onion mixture, use #16 scoop

SLE Components

Amount Per Serving

Meat	2.00
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Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

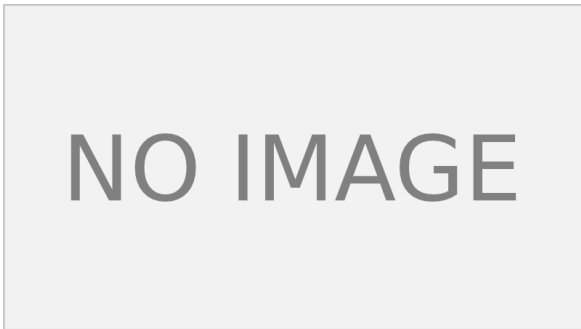
Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	229.95
Fat	8.29g
SaturatedFat	0.66g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	660.70mg
Carbohydrates	23.88g
Fiber	0.40g
Sugar	4.63g
Protein	16.30g

Vitamin A	1299.94IU	Vitamin C	59.34mg
Calcium	3.94mg	Iron	0.16mg

Veg-Broccoli



Servings:	100.00	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	400 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: 100.00

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