

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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KHS-Buffalo Chicken Wing



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE BUFF WNG 4-1GAL SWTBRAY	2 Cup	4/1 gallon per case 1 Tbl per serving	886640

Preparation Instructions

Toss the chicken wings with the buffalo sauce until covered in a large mixing bowl. Once coated with the buffalo sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components	
Amount Per Serving	
Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	280.36		
Fat	20.18g		
SaturatedFat	5.27g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	751.44mg		
Carbohydrates	4.44g		
Fiber	0.40g		
Sugar	0.40g		
Protein	21.18g		
Vitamin A	111.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Garlic Parmesan Chicken Wing

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	2 Cup	4/5 gallons per case	167403

Preparation Instructions

Toss the chicken wings with the garlic parmesan sauce until covered in a large mixing bowl. Once coated with the garlic parmesan sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.56		
Fat	22.10g		
SaturatedFat	5.59g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	617.04mg		
Carbohydrates	4.44g		
Fiber	0.40g		
Sugar	0.40g		
Protein	21.18g		
Vitamin A	175.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Honey BBQ Chicken Wing



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ HNY 6-.5GAL GFS	4 1/2 Cup	2 tbl per serving size 6/5 gallon per case	547742
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592

Preparation Instructions

Toss the chicken wings with the honey bbq sauce until covered in a large mixing bowl. Once coated with bbq sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	331.56		
Fat	19.54g		
SaturatedFat	5.27g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	671.44mg		
Carbohydrates	18.92g		
Fiber	0.40g		
Sugar	14.08g		
Protein	21.18g		
Vitamin A	111.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Loaded French Fries

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovations 6- 5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 3oz (Use #10 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 3oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

SLE Components

Amount Per Serving

Meat	1.17
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.06
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		445.54	
Fat		22.43g	
SaturatedFat		9.15g	
Trans Fat		0.00g	
Cholesterol		52.66mg	
Sodium		952.23mg	
Carbohydrates		40.79g	
Fiber		2.59g	
Sugar		1.68g	
Protein		17.11g	
Vitamin A	307.38IU	Vitamin C	8.83mg
Calcium	258.37mg	Iron	1.07mg

Roasted Brussel Sprouts



Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 20.00mg **Iron** 0.00mg