

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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Classic Chicken Popper Mashed Potato Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<p>BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Brealed, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION</p>	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<p>RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production</p>	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	<p>Keep in cooler Ready to use 4/5lb bags-1 bag=80oz</p>	359572
Chicken Gravy	17 Cup	<p>MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS</p>	Wilkens Food Service
Corn cnd	2 #10 CAN	<p>Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup</p>	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

SLE Components

Amount Per Serving

Meat	2.68
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	388.40
Fat	19.33g
SaturatedFat	5.73g
Trans Fat	0.00g
Cholesterol	34.32mg
Sodium	653.07mg
Carbohydrates	33.05g
Fiber	4.93g
Sugar	2.64g
Protein	20.69g
Vitamin A 310.28IU	Vitamin C 3.98mg
Calcium 123.94mg	Iron 2.31mg

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

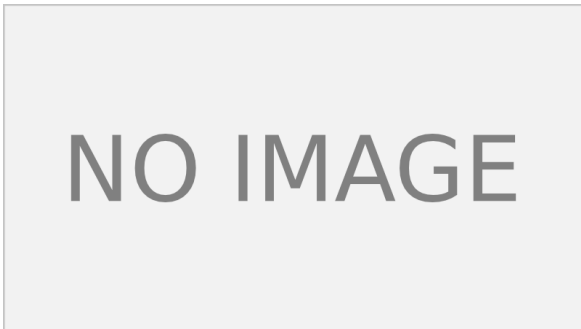
Servings Per Recipe: 80.00
Serving Size: 1.00 Serving

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

Corn



Servings:	159.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8584

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

Preparation Instructions

1/2 cup serving per portion.

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	0.49

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.45		
Fat	0.98g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.64mg		
Carbohydrates	14.64g		
Fiber	1.95g		
Sugar	2.93g		
Protein	1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mashed Potatoes

NO IMAGE

Servings:	262.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8587

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	729 Ounce	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031
BUTTER SUB 24-4Z BTRBUDS	5 Package	1-40z package make 56 servings. 5 packages= 262 servings USE DRY OR RECONSTITUTED. EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS. MAY BE REHEATED.	209810

Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

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

Nutrition Facts

Servings Per Recipe: 262.00

Serving Size: 3.00 Cup

Amount Per Serving**Calories** 306.83**Fat** 0.00g**SaturatedFat** 0.00g**Trans Fat** 0.00g**Cholesterol** 0.00mg**Sodium** 521.38mg**Carbohydrates** 61.58g**Fiber** 4.35g**Sugar** 0.00g**Protein** 8.70g**Vitamin A** 8.26IU **Vitamin C** 27.65mg**Calcium** 36.91mg **Iron** 2.39mg