

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

Baked Beans

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2613

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	550.00mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	10.00g
Protein	7.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4648

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
BREAD GARL TST SLC WGRAIN 12-12CT GFS	200 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862

Preparation Instructions

To assemble:

Place 2 slices of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic toast.

SLE Components

Amount Per Serving

Meat	2.00
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 459.00

Fat 24.00g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 533.00mg

Carbohydrates 39.00g

Fiber 2.00g

Sugar 16.00g

Protein 22.00g

Vitamin A 1650.00IU **Vitamin C** 25.20mg

Calcium 80.00mg **Iron** 4.50mg