

Cookbook for Kankakee High School 4

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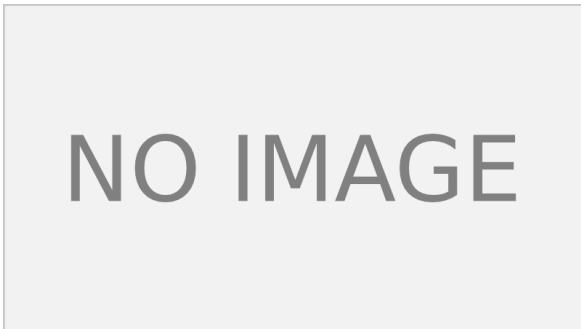
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KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice



Servings:	192.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.</p> <p>Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop</p>	550512
Vegetable Fried Rice	288 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full</p>	Wilkens Food Service

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	502.50		
Fat	12.75g		
SaturatedFat	1.38g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	860.00mg		
Carbohydrates	73.25g		
Fiber	6.00g		
Sugar	17.00g		
Protein	24.25g		
Vitamin A	0.00IU	Vitamin C	1.50mg
Calcium	0.00mg	Iron	0.90mg

KHS-Chicken Pot Pie



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GFS	5 3/4 Cup	2/128 oz tub per case	855863
1% Lowfat White Milk	20 fl. oz	READY_TO_EAT keep chilled 2.5 cartons	Kemps
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
Shredded Cheddar redu fat/sodium	3 Cup		344721
PEAS & CARROT 30 GFS	8 Cup	480 oz per case	285730
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. 1 biscuit per serving 216 per case	269200
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/5 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hour prior to using. 2/5#bags per case	570533

Preparation Instructions

Pot Pie Filling instructions:

- 1) Mix Soup, milk and pepper together until combined. Add remaining ingredients and stir until combined. Pour into greased 2" full steam table pan and cover with foil.
- 2) Heat in a 350 degrees F convection oven for 30 to 35 minutes or until 165 degrees F internal temperature for 15 seconds or longer.

To Assemble:

Place 4oz of pot pie filling into black square bowl #B16SB Use #8 scoop. Top with 1 baked biscuit.

SLE Components

Amount Per Serving

Meat	2.03
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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	429.10
Fat	18.47g
SaturatedFat	9.23g
Trans Fat	0.00g
Cholesterol	60.29mg
Sodium	741.93mg
Carbohydrates	38.19g
Fiber	3.73g
Sugar	7.68g
Protein	25.08g
Vitamin A 1016.06IU	Vitamin C 6.70mg
Calcium 215.94mg	Iron 2.29mg

Far East Vegetable Blend

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND FAR EAST 12-2 GFS	48 Cup	DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE.	491209

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	20.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.50g
Fiber	1.00g
Sugar	1.00g
Protein	0.50g

Vitamin A	375.00IU	Vitamin C	7.50mg
Calcium	10.00mg	Iron	0.18mg