

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

Table of Contents

Roasted Turkey served w/Cornbread & gravy

KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings

KHS-Ultimate Mac & Cheese w/ Chili & toppings

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

Steamed Carrots

Red Pepper Strips

Roasted Turkey served w/Cornbread & gravy



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

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

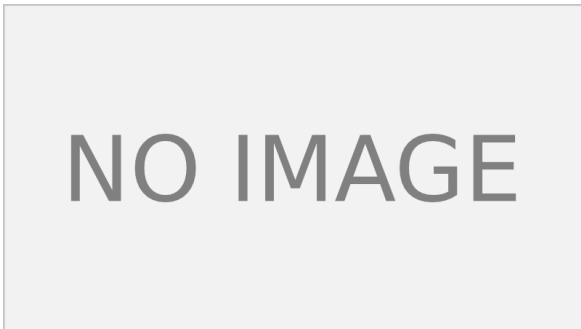
Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.24g		
Cholesterol	75.00mg		
Sodium	650.00mg		
Carbohydrates	27.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	20.50g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma 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
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BEEF CRMBL CKD 6-5 SMRTPCKS	220 Ounce	Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 2oz beef crumbles use #10 scoop	674312
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543

Description	Measurement	Prep Instructions	DistPart #
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is Place in B24SB black square container w/ lid, 1 Cup (8oz) use #8 scoop twice.

Top with 2oz of beef crumbles use #10 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

SLE Components

Amount Per Serving

Meat	3.70
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

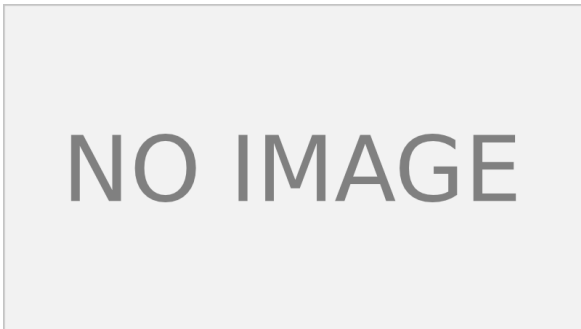
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	508.84
Fat	20.90g
SaturatedFat	10.45g
Trans Fat	0.00g
Cholesterol	61.50mg
Sodium	876.63mg
Carbohydrates	46.91g
Fiber	4.13g
Sugar	2.77g
Protein	28.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.00mg	Iron 3.03mg

KHS-Ultimate Mac & Cheese w/ Chili & toppings



Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma 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
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	200 Ounce	Keep Frozen until ready to use. Thaw under refrigeration 24-28 hours Place bag of frozen chili in steam table pan and put in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2oz serving use #16 scoop	344012

Preparation Instructions

To make Ultimate mac & cheese: cook Pasta according to manufacturers instructions, once drained place into large bowl or 6" steam table pan. Add to the pasta the warm cheddar cheese sauce, mix to thoroughly coat pasta.

To Assemble in B24SB black square container w/lid

- 1) Add 1 Cup of cooked pasta, use #8 scoop twice
- 2) Top with 2 oz of chili, use #16 scoop, the add 1 oz of diced tomatoes, use #30 scoop
- 3) Add 1/2 oz of bacon bits, use#70 scoop
- 4) garnish with 1/2 oz of chopped chives, use # 70 scoop

SLE Components

Amount Per Serving

Meat	2.19
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	439.99		
Fat	14.92g		
SaturatedFat	7.73g		
Trans Fat	0.00g		
Cholesterol	44.63mg		
Sodium	823.53mg		
Carbohydrates	52.05g		
Fiber	5.50g		
Sugar	4.48g		
Protein	21.48g		
Vitamin A	429.50IU	Vitamin C	6.52mg
Calcium	353.50mg	Iron	2.87mg

KHS-Ultimate Mac & Cheese w/ Chicken and toppings



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10646

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6- 106Z LOL	300 Ounce	4oz Use #6 scoop= 2 ozeqn m/ma 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
PASTA ELBOW MACAR 51 WGRAIN 2-10	200 Ounce	SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES. 2-OUNCE DRY SERVING (1-1 1/2 CUPS COOKED) 1 cup cooked pasta per serving 2/10# bags-320 oz dry pasta	229941
BACON CRUMBLES CKD 12-1 GFS	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	Cook from frozen. Thaw under refrigeration for 24-48 hours. Place chicken in steam table pan with 1/2 cup of water. place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer 1 Case = 160 Ounces (2 x 80 Ounces per Bag) 2.2oz #16 scoop	467802

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is Place in B24SB in black square container w/lid, 1 Cup (8oz) use #8 scoop twice.

Top with 2.2 oz of chicken use #16 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

SLE Components

Amount Per Serving

Meat	2.97
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	483.18		
Fat	16.87g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	78.00mg		
Sodium	828.96mg		
Carbohydrates	47.64g		
Fiber	4.13g		
Sugar	2.77g		
Protein	31.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	336.00mg	Iron	2.37mg

Steamed Carrots

NO IMAGE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Red Pepper Strips



Servings:	150.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	562 1/2 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	560715

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.75
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories 31.74

Fat 0.17g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 2.34mg

Carbohydrates 8.35g

Fiber 1.34g

Sugar 5.01g

Protein 1.00g

Vitamin A 3340.56IU **Vitamin C** 194.23mg

Calcium 10.22mg **Iron** 0.52mg