

# **Cookbook for Kankakee High School 4**

**Created by HPS Menu Planner**

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# Southern Oven Fried Chicken

NO IMAGE

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case</p> <ul style="list-style-type: none"><li>- 1 breast pc. = 2.25 m/ma &amp; 0.75 oz. grain</li><li>- 1 drum = 2 m/ma &amp; 0.75 oz. grain</li><li>- 1 thigh = 3.25 m/ma &amp; 1 oz. grain</li></ul>	258610

## Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	0.83
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

### Amount Per Serving

**Calories** 190.00

**Fat** 11.00g

**SaturatedFat** 2.50g

**Trans Fat** 0.00g

**Cholesterol** 70.00mg

**Sodium** 470.00mg

**Carbohydrates** 6.00g

**Fiber** 1.00g

**Sugar** 0.00g

**Protein** 16.00g

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

**Calcium** 20.00mg      **Iron** 1.08mg

# KHS-Chicken & Broccoli Alfredo



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10649

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF DRY PASTA AND STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING. 1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION 2ox dry= 1 cup cooked	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
Broccoli Florets	50 Cup	READY_TO_EAT Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.	Wilkens Food Service
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon		225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	230 Ounce	Keep frozen until ready to cook Place frozen diced chicken in 6" steam table pan add 1/2 cup of water. cover with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case 160 oz per case: 69 servings per case 2.3 oz per portion use #10 scoop	570533

## Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Then mix in the minced garlic to the white sauce, then add in the steamed broccoli florets.

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of pasta use 2-#8 scoop 1/3 cup Alfredo sauce & broccoli florets Use # 10 scoop

and 1 Garlic toast

### SLE Components

Amount Per Serving

<b>Meat</b>	2.85
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	550.27
<b>Fat</b>	22.74g
<b>SaturatedFat</b>	8.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.57mg
<b>Sodium</b>	783.20mg
<b>Carbohydrates</b>	57.13g
<b>Fiber</b>	8.50g
<b>Sugar</b>	2.00g
<b>Protein</b>	32.22g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 39.00mg
<b>Calcium</b> 358.12mg	<b>Iron</b> 39.49mg

# Sweet Potato Mashed



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6733

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Classic Hummus

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7466

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service

## Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve 1-1/2 cup hummus with 1 bag of pita chips.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00



Starch

0.00

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

### Amount Per Serving

**Calories** 182.72

**Fat** 6.62g

**SaturatedFat** 1.23g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 355.64mg

**Carbohydrates** 25.66g

**Fiber** 5.70g

**Sugar** 3.57g

**Protein** 4.43g

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

**Calcium** 44.34mg      **Iron** 0.53mg