

# **Cookbook for Kankakee High School 4**

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# Mesquite Glazed Drumstick



<b>Servings:</b>	105.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4640

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbett in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

## Preparation Instructions

1 drumstick per portion

1 corn cobbett

### SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<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

Starch

0.25

## Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg

# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	262.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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

**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