

# **Cookbook for Kankakee High School 4**

**Created by HPS Menu Planner**

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# BBQ Chicken Meatball w/Ranch Rice



<b>Servings:</b>	100.00	<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-4460

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FC Chicken Meatball	300 Ounce	Servings size 3ea (2.78oz) 2/5# case 160oz-62 servings Cook from Frozen 1.90 cs=100 servings PLACE FROZEN MEATBALLS IN SAUCE, COVER PAN AND HEAT IN OVEN AT 375°F FOR APPROX 30-40 MINUTES. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	50 Cups of cooked rice=100 servings 1/4 cup dry=1 cup prepared 1 bag: 160oz = 80 cups (cooked) servings 1.25 bags: 200oz = 100 Cup(cooked) servings CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES.	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	12.5# Wash and peel Carrots- Dice the carrots into 1/4" pieces.	03680
CELERY CHL STICKS 5 LB CS	25 Cup	25 C=200oz=12.5# Wash celery & slice into 1/8" pieces.	02493
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup		513857
LEMON JUICE 100 12-32FLZ GFS	6 1/4 Cup		311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/4 Cup		473308
Diced Tomatoes cnd	1 #10 CAN	Open & Drain tomatoes	100329

Description	Measurement	Prep Instructions	DistPart #
Vegetable broth	2 1/2 Cup	READY_TO_EAT Ready to use	Wilkens Food Service
SAUCE BBQ 4-1GAL SWTBRAY	12 1/2 Cup		655937
SPICE BLND ORIG 3-21Z MDASH	2 1/2 Cup		265103

## Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 2-6" steam table pan per manufacturers instructions. Mix together half of following ingredients: 25 cups of dry rice add in 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 50 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving( USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.25
<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>	627.47		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.00mg		
<b>Sodium</b>	718.20mg		
<b>Carbohydrates</b>	105.39g		
<b>Fiber</b>	2.26g		
<b>Sugar</b>	18.35g		
<b>Protein</b>	24.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	28.30mg	<b>Iron</b>	4.24mg

# KHS-Beef Street Tacos

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10089

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	150 Ounce	Keep Frozen until ready to use: Thaw under refrigeration 24-48 hours. Convection Oven: Preheat oven to 325 degrees F. Remove product from bag. If thawed, heat for 30 minutes. Not recommended if frozen. Frozen = 365 days from date of production 480oz per case=3oz serving = 160 servings per case 1oz of sliced beef per tortilla	598762
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	413429

## Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of sliced beef, use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro

diced onions

shredded romaine lettuce

salsa  
avocado spread  
queso fresco cheese  
jalapeno slices-2 per taco

## SLE Components

Amount Per Serving

<b>Meat</b>	2.16
<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: 50.00

Serving Size: 3.00 Each

### Amount Per Serving

<b>Calories</b>	296.27		
<b>Fat</b>	12.79g		
<b>SaturatedFat</b>	3.78g		
<b>Trans Fat</b>	0.54g		
<b>Cholesterol</b>	48.56mg		
<b>Sodium</b>	639.82mg		
<b>Carbohydrates</b>	31.20g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.88g		
<b>Protein</b>	17.75g		
<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	18.02mg	<b>Iron</b>	1.77mg

# KHS-Shredded Chicken Street Tacos

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10090

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior to cooking.	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen: Place frozen chicken in 6" steam table pan and cook for 20-30 minutes or until the internal temperature reaches 165 degrees for 15 seconds or longer. 3oz serving 1oz per tortilla use #30 scoop	467802

## Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

diced onions

shredded romaine lettuce

salsa

avocado spread

queso fresco cheese  
jalapeno slices-2 per taco

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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: 50.00

Serving Size: 3.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	264.40		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	463.45mg		
<b>Carbohydrates</b>	27.88g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.72g		
<b>Protein</b>	23.72g		
<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.98mg



# KHS-Pork Carnitas Street Tacos

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10091

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4.5" Corn Tortillas	150 Each	READY_TO_EAT Set grill or hot plate to 350°F. Heat individual tortilla for 7-10 seconds on each side. Keep in cooler Shelf Life of 75 days from date of production 3 tortillas per serving	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to meat prior to cooking.	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	150 Ounce	4/5# bags per case=320oz 30z serving=107 serving per case 1oz per tortilla	549412

## Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned Pork Carnitas meat use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

cilantro

avocado spread

diced onions

queso fresco cheese

shredded romaine lettuce

jalapeno slices-2 per taco

salsa

## SLE Components

Amount Per Serving

<b>Meat</b>	2.40
<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: 50.00

Serving Size: 3.00 Each

### Amount Per Serving

<b>Calories</b>	313.20		
<b>Fat</b>	11.60g		
<b>SaturatedFat</b>	3.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.60mg		
<b>Sodium</b>	416.85mg		
<b>Carbohydrates</b>	28.08g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.92g		
<b>Protein</b>	22.92g		
<b>Vitamin A</b>	720.12IU	<b>Vitamin C</b>	2.16mg
<b>Calcium</b>	12.00mg	<b>Iron</b>	0.91mg

# KHS-Mexican Street Corn-Entree

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	100 Cup	Keep frozen until ready to serve. Thaw under refrigeration for 24-48 hours. Heat skillet on med-high temperature. Place corn in oiled skillet and grill corn until it caramelizes (light brown in color) or until the internal temperature reaches 135 degrees F for 15 seconds or longer. turning every 2-3 minutes to prevent burning, 1/2 cup corn per servings	283730
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	4 Cup	Place 2 tablespoons of oil in hot skillet.	732900
DRESSING SALAD LT 4- 1GAL GFS	4 Cup	4/1 gallon per case	429422
SOUR CREAM 4-5 GCHC	4 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
LIME 200CT 40 MRKN	32 Each		774121
SPICE CHILI POWDER MILD 16Z TRDE	1 1/4 Cup	2/3 Cup	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	8 Cup	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas.	559862
CILANTRO CLEANED 4- 1 RSS	8 Cup		219550

## Preparation Instructions

1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly

charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes

2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder.

3) Place 1 cup of corn mixture in 12 oz square bowl, garnish with 2/3 Cup(.66oz) of queso fresco cheese use #50 scoop and top with 2/3 Cup (.66oz) chopped cilantro Use #50 scoop

1 Cup of Mexican street Corn for a Entree

## 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>	0.75

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	283.37		
<b>Fat</b>	14.64g		
<b>SaturatedFat</b>	2.16g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	14.56mg		
<b>Sodium</b>	170.00mg		
<b>Carbohydrates</b>	36.22g		
<b>Fiber</b>	3.59g		
<b>Sugar</b>	4.99g		
<b>Protein</b>	5.44g		
<b>Vitamin A</b>	239.97IU	<b>Vitamin C</b>	9.82mg
<b>Calcium</b>	35.88mg	<b>Iron</b>	0.67mg

# KHS-Mexican Street Corn

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	25 Cup	Keep frozen until ready to serve. Thaw under refrigeration for 24-48 hours. Heat skillet on med-high temperature. Place corn in oiled skillet and grill corn until it caramelizes (light brown in color) or until the internal temperature reaches 135 degrees F for 15 seconds or longer. turning every 2-3 minutes to prevent burning, 1/2 cup corn per servings	283730
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	1 Cup	Place 2 tablespoons of oil in hot skillet.	732900
DRESSING SALAD LT 4- 1GAL GFS	1 Cup	4/1 gallon per case	429422
SOUR CREAM 4-5 GCHC	1 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
LIME 200CT 40 MRKN	8 Each		774121
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon		331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	2 Cup	READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas.	559862
CILANTRO CLEANED 4- 1 RSS	2 Cup		219550

## Preparation Instructions

1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly

charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes

2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder.

3) Place 1/2 cup of corn mixture in 12 oz square bowl, garnish with .33oz of queso fresco cheese use #100 scoop and top with .33oz chopped cilantro Use #100 scoop

1/2 Cup of Mexican street Corn for a side dish.

## 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>	0.37

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	141.68		
<b>Fat</b>	7.32g		
<b>SaturatedFat</b>	1.08g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	7.28mg		
<b>Sodium</b>	70.60mg		
<b>Carbohydrates</b>	18.11g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	2.49g		
<b>Protein</b>	2.72g		
<b>Vitamin A</b>	119.99IU	<b>Vitamin C</b>	4.91mg
<b>Calcium</b>	17.94mg	<b>Iron</b>	0.33mg