

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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Breakfast Anytime K-12

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen: Place in a single layer on a parchment lined sheet tray. Place in a preheated oven at 350 degrees. Bake for 10-15 minutes. heat until internal temperature reaches 165 degrees F for 15 seconds or longer. Shelf life: Frozen = 180 days	184970

Preparation Instructions

4 Stick and 1 patty per serving portion

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
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	270.00
Fat	8.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	770.00mg
Carbohydrates	53.00g
Fiber	2.00g

Sugar	12.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	Iron 3.42mg

KHS-Carne Asada Torta

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 6 TRDE	1 Cup	Ingredient for Marinade	513857
SPICE ONION POWDER 19Z TRDE	1 Cup	Ingredient for Marinade	126993
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup	Ingredient for Marinade	860430
SPICE CUMIN GRND 15Z TRDE	3/4 Cup	Ingredient for Marinade	273945
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup	Ingredient for Marinade	331473
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	Ingredient for Marinade	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	Ingredient for Marinade	874910
LIME 2 RNDM 40 MRKN	3 1/8 Cup	Ingredient for Marinade	774117
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 17/25 Cup	Ingredient for Marinade	732900

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	125 Ounce	<p>BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes.</p> <p>GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F. Convection Oven: From thawed state, preheat oven to 350 degrees F. Remove product from pouch and arrange product in a single layer in a 2 inch hotel pan. Break up any large pieces and cover with foil. Heat for 20-22 minutes or until internal temperature reaches 145 degrees F. drain off excess fat after cooking.</p>	598762
Hoagie Roll, WG Split top	50 Each	<p>READY_TO_EAT Keep frozen until day before serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days</p>	Wilkens Food Service
Lettuce Chopped Romaine 6/2#	12 1/2 Cup	<p>6/2# bags per case 32oz per bag/192oz per case. 3 1/4 bags per 50 servings</p>	2783
AVOCADO CHNKY 8-2 MRKN	15 33/50 Cup	<p>8/2# per case 32oz per tray/256 oz 4 trays per 50 servings 2.5oz use a #12 spread</p>	789942
TOMATO 6X6 LRG 25 MRKN	16 Cup	<p>25# per case=80 6x6 tomatoes (6 slices per tomato) 8 tomatoes = 50 servings w/2 slices per torta</p>	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	<p>2/3# bags per case=48oz per bag/96oz per case 1/8 cup-1oz sliced red onion per torta</p>	313157
CHEESE QUESO FRESCO CRMBL 6-2 V&V	6 1/4 Cup	<p>READY_TO_EAT Ready to eat. Crumble on salads, soups, beans, tacos, tostadas, side dishes, or as a filling for enchiladas. 1/8 cup -1oz per serving use #30 scoop</p>	559862
PEPPERS JALAP SLCD 4-106Z ELPAS	3 1/8 Cup	<p>READY_TO_EAT Refrigerate after opening. 3 Tbs per torta (3 slices)</p>	786802

Preparation Instructions

Marinade:

Place marinade Ingredients into a large bowl with a lid. Whisk all ingredients together thoroughly. Next add sliced beef to mixture and place lid on container. Allow meat to marinate from 2 to 12 hours prior to using.

Cooking meat:

Heat grill to high heat. Spray surface with cooking spray and grill meat for about 4-8 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

2.5oz serving use #12 scoop per torta

To Assemble Torta:

- 1) Place opened hoagie roll on sheet tray. Add 1/4 cup of avocado spread to top and bottom of roll (use #20 scoop)
- 2.) Add 2.5oz Use #12 scoop cooked marinated meat to bottom of roll,
- 3.) top with 2 slices of tomato, 1/8 cup sliced red onion use #30 scoop, 1/4 cup (2oz) use #16 scoop of chopped romaine lettuce, add 1/8 cup(1oz) use #30 scoop of Queso Fresco Cheese
- 4.) Top with (3 slices) of jalapenos use #10 scoop
- 5.) Gently press top bun over the sandwich.

1 Torta per serving

Have 1 packet of Texas Pete's hot sauce available

SLE Components

Amount Per Serving

Meat	1.80
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.32
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	511.51
Fat	33.86g
SaturatedFat	5.55g
Trans Fat	0.47g
Cholesterol	43.22mg
Sodium	628.08mg
Carbohydrates	41.10g
Fiber	2.85g
Sugar	6.80g
Protein	18.74g
Vitamin A 2094.77IU	Vitamin C 11.26mg
Calcium 58.63mg	Iron 3.30mg

KHS-Mexican Street Corn-Entree

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

KHS-Mexican Street Corn

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.37

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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