

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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KHS-Loaded French Fries

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	Wilkens Food Service
Fries 3/8 S/C Ovations 6- 5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 3oz (Use #10 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 3oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

SLE Components

Amount Per Serving

Meat	1.17
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.06
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		445.54	
Fat		22.43g	
SaturatedFat		9.15g	
Trans Fat		0.00g	
Cholesterol		52.66mg	
Sodium		952.23mg	
Carbohydrates		40.79g	
Fiber		2.59g	
Sugar		1.68g	
Protein		17.11g	
Vitamin A	307.38IU	Vitamin C	8.83mg
Calcium	258.37mg	Iron	1.07mg

KHS-Nacho Bowl-Beef



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10199

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	Keep Frozen To thaw, place product under refrigeration overnight. 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 of beef crumbles per servings. Use #16 scoop	674312

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	1 Cup		413429

Preparation Instructions

Seasoned Beef:

Add 1 cup taco seasoning to Beef Crumbles prior to cooking.

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2oz Beef Crumbles use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.19

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	443.29
Fat	18.62g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1154.13mg
Carbohydrates	45.13g
Fiber	5.87g
Sugar	2.23g
Protein	23.22g
Vitamin A 517.39IU	Vitamin C 0.90mg
Calcium 241.50mg	Iron 3.77mg

KHS-Nacho Bowl-chicken



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen: Fully cooked Thaw under refrigeration 24-48 hours. 2/5# bags per case 80oz bag/160 oz per case Heat Thawed Chicken in steam table pan for 15- 20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per serving Use # 16 scoop	467802
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6- 10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2- 5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	1 Cup		413429

Preparation Instructions

Seasoned Chicken: Mix 1 cup of taco seasoning into thawed chicken prior to cooking- add 1/2 cup of water

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
- 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.2oz chicken use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

SLE Components

Amount Per Serving

Meat	2.47
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.19

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	428.62		
Fat	15.29g		
SaturatedFat	5.60g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	1118.46mg		
Carbohydrates	45.86g		
Fiber	5.87g		
Sugar	2.23g		
Protein	27.89g		
Vitamin A	517.39IU	Vitamin C	0.90mg
Calcium	241.50mg	Iron	3.22mg

KHS-Nacho Bowl-pork



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10203

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BOWL EDIBOWL 6.25 12-12CT	50 Each	Ready to eat Shelf Stable 12/12 count-144 count per case	549096
Lettuce Chopped Romaine 6/2#	100 Cup	6/2# bags/case 32oz per bag/192 oz per case 2 cups per serving (16oz)	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/10# cans Clean cans free from debris Drain and rinse beans 1/4 cup of beans per serving Use #16 scoop	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6/106oz pouches=636oz per case 53-1/4 cup (2oz) servings per pouch 318-1/4 cup (2oz) servings per case 1/4 cup serving use #16 scoop	135261
CORN CUT IQF 30 KE	12 1/2 Cup	30# bag/case Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. Serve at ambient cooler temperature 1/4 cup per servings Use #16 scoop	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	2/5# trays per case 80oz per tray or 160oz per case 1/8 cup (1oz) per serving	786543

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	<p>Keep Frozen</p> <p>Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.</p> <p>Shelf Life: Frozen = 365 days from date of production</p> <p>4/#3 bags per case</p> <p>80oz per bags/320oz per case</p> <p>1 1/5 bags per 50 servings</p>	549412

Preparation Instructions

To Assemble Edible bowl:

- 1) Place Edible Bowls on parchment lined sheet trays
 - 2) Add 2 Cups of Chopped romaine lettuce, top with 1/4 cup black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.5oz Pork Carnita meat use # 12 scoop
 - 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
 - 4) top with 3 tablespoons jalapenos (3 slices)
- Condiments: 1 packet of sour cream and 1/4 cup salsa (2oz)

SLE Components

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.13
Starch	0.19

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	472.69		
Fat	19.62g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	73.00mg		
Sodium	865.49mg		
Carbohydrates	44.21g		
Fiber	5.87g		
Sugar	2.75g		
Protein	28.74g		
Vitamin A	37.31IU	Vitamin C	2.70mg
Calcium	251.50mg	Iron	3.06mg

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

Roasted Brussel Sprouts

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	600 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	9 3/8 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3 33/64 Cup		732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 2.00g

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

Calcium 20.00mg **Iron** 0.00mg

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