

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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Classic Chicken Popper Mashed Potato Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<p>BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION</p>	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<p>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. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production</p>	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	<p>Keep in cooler Ready to use 4/5lb bags-1 bag=80oz</p>	359572
Chicken Gravy	17 Cup	<p>MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS</p>	Wilkens Food Service
Corn cnd	2 #10 CAN	<p>Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup</p>	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

SLE Components

Amount Per Serving

Meat	2.68
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	388.40
Fat	19.33g
SaturatedFat	5.73g
Trans Fat	0.00g
Cholesterol	34.32mg
Sodium	653.07mg
Carbohydrates	33.05g
Fiber	4.93g
Sugar	2.64g
Protein	20.69g
Vitamin A 310.28IU	Vitamin C 3.98mg
Calcium 123.94mg	Iron 2.31mg

KHS-Burrito Bowl-Beef



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10218

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	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. 6/5# bags per case=80oz per bag/480oz per case 2oz portion per serving. use #16 scoop	674312
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into beef crumbles prior to cooking meat	413429

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched 1/4 Cup dry uncooked rice = 1 cup cooked	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning in beef crumbles prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2oz of cooked seasoned beef (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
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	533.83		
Fat	20.38g		
SaturatedFat	6.13g		
Trans Fat	0.00g		
Cholesterol	28.76mg		
Sodium	464.44mg		
Carbohydrates	65.13g		
Fiber	8.87g		
Sugar	2.23g		
Protein	22.85g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	4.13mg

KHS-Burrito Bowl-Chicken



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into shredded chicken prior to cooking meat	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	Keep Frozen until ready to use- Thaw under refrigeration for 24-48 hours. Place Thawed Chicken in 2" steam table pan with 1/2 cup water, mix in 1 cup taco seasoning thoroughly. Heat for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-80oz per bag/160oz per case. 2.2oz serving use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed shredded chicken prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.2oz of cooked seasoned shredded chicken (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	1.72
Grain	1.00
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	519.16		
Fat	17.04g		
SaturatedFat	4.23g		
Trans Fat	0.00g		
Cholesterol	47.76mg		
Sodium	428.78mg		
Carbohydrates	65.86g		
Fiber	8.87g		
Sugar	2.23g		
Protein	27.52g		
Vitamin A	592.51IU	Vitamin C	0.90mg
Calcium	91.58mg	Iron	3.58mg

KHS-Burrito Bowl-Pork Carnita



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	8/2# trays=32oz per tray or 768oz per case Use 4 trays per 50 servings. 2.5oz per serving use #12 scoop per portion	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	1oz per serving Use #30 scoop	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO 21Z TRDE	1 Cup	add 1 cup of taco seasoning into pork prior to cooking meat	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours. Place thawed pork carnita meat in 4" steam table pan add 1 cup taco seasoning with 1/2 cup water mix thoroughly. Heat for 15-20 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 4/5# bags/case 80oz per bag/320oz per case 2.5oz per serving use #12 scoop	549412

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Shelf Life DAYS = 365	699181

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed pork carnita prior to cooking

To assemble:

- 1) Place 1/2 cup of cooked rice(use #8 scoop) in bottom of black square bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.5oz of cooked seasoned pork Carnita (use #12 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

SLE Components

Amount Per Serving

Meat	2.25
Grain	1.00
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	572.83		
Fat	21.38g		
SaturatedFat	6.13g		
Trans Fat	0.00g		
Cholesterol	56.76mg		
Sodium	401.44mg		
Carbohydrates	66.13g		
Fiber	8.87g		
Sugar	3.23g		
Protein	28.85g		
Vitamin A	592.51IU	Vitamin C	2.70mg
Calcium	101.58mg	Iron	3.59mg

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

Mashed Potatoes

NO IMAGE

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

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

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