

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

Table of Contents

KHS-BAKED MOSTACCIOLI w/Lentil pasta

KHS-Beef Ramen Bowl

KHS-Chicken Ramen Bowl

KHS-Pork Ramen Bowl

KHS-BAKED MOSTACCIOLI w/Lentil pasta



Servings:	160.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	800 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	Wilkens Food Service
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 16OZ OF DICED ONION, MIX A 1/4 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 CUP PORTION OF BAKED MOSTACCIOLI
SERVE WITH A BOSCO CHEESE STICK

SLE Components

Amount Per Serving

Meat	2.88
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.31
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		563.17	
Fat		15.36g	
SaturatedFat		6.61g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		670.23mg	
Carbohydrates		70.09g	
Fiber		7.32g	
Sugar		4.83g	
Protein		37.19g	
Vitamin A	322.96IU	Vitamin C	4.68mg
Calcium	392.97mg	Iron	1.72mg

KHS-Beef Ramen Bowl

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
BEEF SLCD CKD 10-3# ADV	125 Ounce	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. 2.5oz serving use #10 scoop	598762

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Beef Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

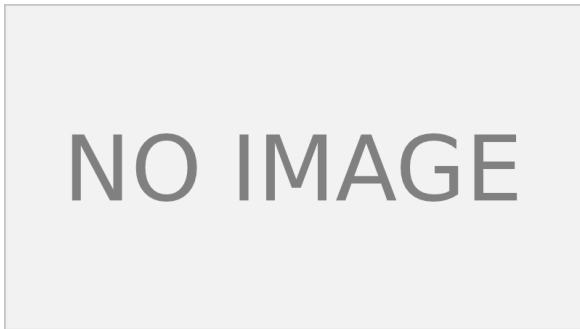
Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.23		
Fat	12.38g		
SaturatedFat	3.28g		
Trans Fat	0.45g		
Cholesterol	40.47mg		
Sodium	1041.09mg		
Carbohydrates	28.42g		
Fiber	0.21g		
Sugar	4.50g		
Protein	16.11g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	27.16mg	Iron	1.29mg

KHS-Chicken Ramen Bowl



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
Nested Yakisoba Noodles- WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6- 32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	284.81		
Fat	8.76g		
SaturatedFat	1.66g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	928.61mg		
Carbohydrates	25.85g		
Fiber	0.21g		
Sugar	2.70g		
Protein	24.45g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	12.14mg	Iron	0.76mg

KHS-Pork Ramen Bowl



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	40 Cup	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	Wilkens Food Service
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup		732900
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup		466425
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	Keep Frozen until servings. Thaw under refrigeration for 24-28 hours. Place thawed pork on grill and heat to 160 degrees F for 15 seconds or longer. 2.5oz use #10 scoop	549412

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Pork Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	314.21		
Fat	12.88g		
SaturatedFat	3.24g		
Trans Fat	0.00g		
Cholesterol	53.00mg		
Sodium	916.61mg		
Carbohydrates	25.93g		
Fiber	0.21g		
Sugar	3.70g		
Protein	20.53g		
Vitamin A	0.00IU	Vitamin C	1.97mg
Calcium	22.14mg	Iron	0.58mg