

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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Roasted Turkey served w/Cornbread & gravy

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
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	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.24g		
Cholesterol	75.00mg		
Sodium	650.00mg		
Carbohydrates	27.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	20.50g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

KHS-Stir Fry Beef w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
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.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Asian Fried rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm asian fried rice and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.26		
Fat	18.37g		
SaturatedFat	3.89g		
Trans Fat	0.45g		
Cholesterol	40.47mg		
Sodium	779.71mg		
Carbohydrates	45.11g		
Fiber	6.73g		
Sugar	7.66g		
Protein	20.94g		
Vitamin A	6228.55IU	Vitamin C	57.75mg
Calcium	61.07mg	Iron	30.37mg

KHS-Stir Fry Chicken w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10380

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3 Teaspoon	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Description	Measurement	Prep Instructions	DistPart #
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.07
Fat	14.38g
SaturatedFat	2.24g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	893.91mg
Carbohydrates	42.65g
Fiber	6.73g
Sugar	5.86g
Protein	29.65g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Pork w/Asian Fried Rice



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Description	Measurement	Prep Instructions	DistPart #
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	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. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412
Vegetable Fried Rice	50 Serving	HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle	Wilkens Food Service

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	421.37
Fat	16.26g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	593.91mg
Carbohydrates	42.03g
Fiber	6.73g
Sugar	6.86g
Protein	25.25g
Vitamin A 6228.55IU	Vitamin C 59.55mg

Calcium 56.05mg **Iron** 29.65mg

KHS-Stir Fry Beef w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
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.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Tablespoon	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	33/100 Cup	16oz	513695

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE 6-.5GAL KIKK	2 1/4 Cup	6/.5 gal per case	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 1/4 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	1.80
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
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	319.26
Fat	13.31g
SaturatedFat	3.35g
Trans Fat	0.45g
Cholesterol	40.47mg
Sodium	755.11mg
Carbohydrates	33.59g
Fiber	4.73g
Sugar	5.66g
Protein	17.42g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 61.07mg	Iron 30.37mg

KHS-Stir Fry Chicken w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop	467802

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

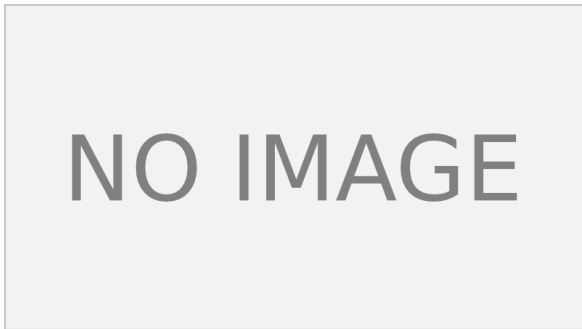
Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.37
Fat	9.88g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	578.91mg
Carbohydrates	31.31g
Fiber	4.73g
Sugar	3.86g
Protein	25.65g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 46.05mg	Iron 29.83mg

KHS-Stir Fry Pork w/Yakisoba noodles



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	2/5# bags-80oz per bag/160oz	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup		560715
ONION RING 1/4 2-5 RSS	10 Cup		542326
Broccoli Florets	20 Cup	READY_TO_EAT	Wilkens Food Service
Yakisoba noodles-Whole Grain	50 Serving	Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F.	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	6/32oz bottles per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	6/1 gallon per case	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	16oz	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	6/.5 gal per case	466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	4/1 gallon per case READY_TO_EAT Use directly from the bottle.	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	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. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case	549412

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.40
RedVeg	0.00
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	336.97
Fat	12.88g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	520.91mg
Carbohydrates	30.83g
Fiber	4.73g
Sugar	4.86g
Protein	21.65g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

Steamed Carrots

NO IMAGE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.92		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.15mg		
Carbohydrates	4.20g		
Fiber	1.05g		
Sugar	2.10g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Red Pepper Strips

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	560715

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

SLE Components

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories 31.74

Fat 0.17g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 2.34mg

Carbohydrates 8.35g

Fiber 1.34g

Sugar 5.01g

Protein 1.00g

Vitamin A 3340.56IU **Vitamin C** 194.23mg

Calcium 10.22mg **Iron** 0.52mg