

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

Table of Contents

Southern Oven Fried Chicken

KHS-Beef Ramen Bowl

KHS-Chicken Ramen Bowl

KHS-Pork Ramen Bowl

Sweet Potato Mashed

Southern Oven Fried Chicken

NO IMAGE

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain - 1 drum = 2 m/ma & 0.75 oz. grain - 1 thigh = 3.25 m/ma & 1 oz. grain</p>	258610

Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.83
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 190.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 470.00mg

Carbohydrates 6.00g

Fiber 1.00g

Sugar 0.00g

Protein 16.00g

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

Calcium 20.00mg **Iron** 1.08mg

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 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 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

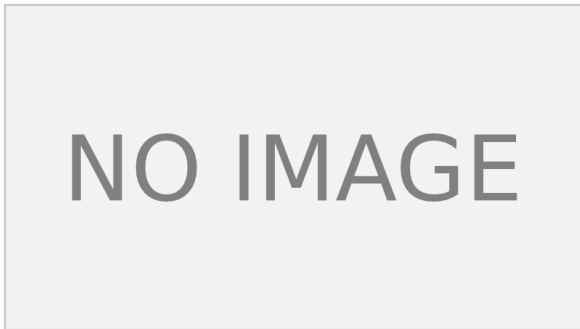
Servings Per Recipe: 50.00

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

Sweet Potato Mashed



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6733

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

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	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg