

# **Cookbook for Kankakee High School 3**

**Created by HPS Menu Planner**

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# KHS-Grape PB & J Bento Box



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case 1/2 cup per serving	9999
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. 1-5.3oz uncrustable per serving 72 count/case	516761

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	740.00
<b>Fat</b>	34.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	100.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	61.00g
<b>Protein</b>	20.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.00mg	<b>Iron</b>	3.00mg

# KHS-Strawberry PB & J Bento Box

NO IMAGE

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Uncrustables-Strawberry	72 Serving	READY_TO_EAT Keep Frozen until ready to use. Thaw under refrigeration for 24-48 hours	Wilkens Food Service
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case	9999

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	1.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

<b>Calories</b>	740.00		
<b>Fat</b>	34.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	100.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	61.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# KHS-Veggie & Fruit w/Cornbread Bento Box



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	READY_TO_EAT Thaw desired amount at room temperature for approximately two hours, Remove all packaging from product before placing in any heating device. 1 cornbread muffin per serving 48 per case	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat 100 per case	Wilkens Food Service
Broccoli Florets	25 Cup	READY_TO_EAT 1/2 cup of broccoli florets, place in 5oz cup w/lid per bento box	Wilkens Food Service
Pineapple Tidbits in Juice	50 Serving	READY_TO_EAT Shelf Stable-Use by expiration date 1-1/2 cup per serving	Wilkens Food Service

## Preparation Instructions

To assemble Bento Box:

1) Neatly arrange in box: 1 cornbread muffin, 1/2 cup of broccoli florets(raw), place in 5 oz cup w/lid and 1-1/2 cup of pineapple tidbits and 1-1oz of ranch dipping cup

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50

<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	435.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	59.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	32.00g
<b>Protein</b>	6.50g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	36.00mg