

# **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



<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-Egg Salad Sandwich Bento Box



<b>Servings:</b>	25.00	<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-10284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
32 oz Pullman Loaf WW	25 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24 hours-good for 5 days at ambient temperature. 1 slice =1oz Per sandwich 2oz or 2 slices 12/28oz bags per case 26-1oz slices/bag=13 sandwiches/bag 156 sandwiches/case	
Diced Pears in Juice	12 1/2 Cup	READY_TO_EAT	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	READY_TO_EAT 1/2 cup per serving (2oz)	Wilkens Food Service
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	Wilkens Food Service

## Preparation Instructions

To assemble sandwich:

- 1) Place bread in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad on bread slices
- 3) Gently press 2nd slice of bread on top of egg salad
- 4) With a bread knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of diced pears and 1-1/2 cup of broccoli florets (do not need to be in cup) & 1 ranch dipping cup

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<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

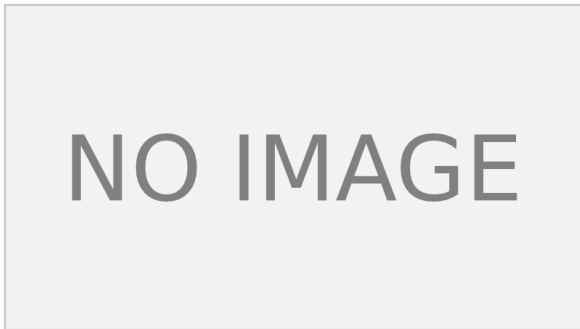
Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	575.00		
<b>Fat</b>	40.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	300.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	3.50g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	15.50g		
<b>Vitamin A</b>	400.00IU	<b>Vitamin C</b>	39.00mg
<b>Calcium</b>	88.87mg	<b>Iron</b>	37.79mg



# KHS-Egg Salad Wrap 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-10341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat	Wilkens Food Service
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep frozen until ready to use. Thaw under refrigeration for 24 hours. Warm tortilla in hot holding for a few minutes. 1 tortilla per wrap	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	1/2 cup of red pepper strips per serving	560715
Applesauce, Unsweetened	50 Serving	READY_TO_EAT 96 per case	Wilkens Food Service

## Preparation Instructions

Warm Tortillas in hot holding for a few minutes

To assemble Wrap:

- 1) Place tortillas in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad in a horizontal line in the middle of each tortilla.
- 3) Fold in both sides toward the middle, then while holding the sides fold bottom of wrap up past the egg salad and pull back to tighten. Then roll from the bottom up until the top of tortilla is under the wrap.
- 4) With a knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of applesauce and 1-1/2 cup of red pepper (do not need to be in cup) & 1 ranch dipping cup

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<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: 50.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	599.00		
<b>Fat</b>	41.60g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	300.00mg		
<b>Sodium</b>	636.40mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	12.60g		
<b>Vitamin A</b>	2399.88IU	<b>Vitamin C</b>	116.28mg
<b>Calcium</b>	66.12mg	<b>Iron</b>	2.11mg

# Red Pepper Strips

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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