

Cookbook for Kankakee High School 3

Created by HPS Menu Planner

Table of Contents

KHS-Grape PB & J Bento Box

KHS-Strawberry PB & J Bento Box

KHS-Roasted Veggie Wrap w/Hummus Spread

Classic Hummus

KHS-Grape PB & J Bento Box



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.00mg	Iron	3.00mg

KHS-Strawberry PB & J Bento Box



Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Calcium 0.00mg **Iron** 0.00mg

KHS-Roasted Veggie Wrap w/Hummus Spread



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	2 Cup	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	Wilkins Food Service
BEAN GARBANZO 6-10 GFS	1 1/2 #10 CAN	Drain and rinse	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/4 cup per tortilla	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	1/4 cup per tortilla	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	1/4 cup per tortilla	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup		732900
GARLIC MINCED IN WTR 6-32Z ITALR	6 Teaspoon		874910

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	6 Teaspoon		225045
Apples, Gala	50 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5 oz plastic up and place lid on.

Store in in cooler overnight until serving time.

Combine oil and seasonings: black pepper & minced garlic in a large mixing bowl-Place all raw vegetables and toss until completely covered with seasoned oil.

place on a parchment lined perforated sheet tray in a single layer-put in pre-heated oven of 400 degrees F. and roast vegetables for 15-20 minutes or until tender or internal temperature reaches 135 degrees F for 15 seconds or longer. Let cool down for 5 minutes.

Warm tortillas in warmer for 2-3 minutes-they will be easier to work with and not rip

To assemble Roasted Veggie Wrap:

- 1) place on parchment lined sheet tray in a single layer tortilla
- 2) Evenly spread 1 tablespoon of hummus to middle of tortilla leaving 1/4" from edges
- 3) Place in a Horizontal line the Veggie mixture
- 4) Fold both sides into middle of veggies
- 5) Fold bottom of tortilla (still holding the sides) over the vegetables and pull back tightly with veggies & wrap.
- 6) Roll wrap from the bottom up to where the top of the tortilla is under the completed wrap.
- 7) Cut wrap on the bias(diagonal) and place in bento box and place an apple in box as well.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
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	786.73
Fat	51.19g
SaturatedFat	5.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	491.25mg
Carbohydrates	75.12g
Fiber	12.61g
Sugar	26.54g
Protein	11.40g

Vitamin A	999.94IU	Vitamin C	58.56mg
Calcium	176.33mg	Iron	2.62mg

Classic Hummus

NO IMAGE

Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-7466

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	Wilkens Food Service
BEAN GARBANZO 6-10 GFS	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	Wilkens Food Service

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve 1-1/2 cup hummus with 1 bag of pita chips.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 182.72

Fat 6.62g

SaturatedFat 1.23g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 355.64mg

Carbohydrates 25.66g

Fiber 5.70g

Sugar 3.57g

Protein 4.43g

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

Calcium 44.34mg **Iron** 0.53mg