

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-Mini Berry Loaf Bento Box](#)

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-Mini Berry Loaf Bento Box



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	6/64oz bag/case READY_TO_EAT Ready to use with pouch & serving tip. 4oz cup of yogurt (use #8 scoop) place in 5oz cup w/lid	811500
Apples, Gala	50 Serving	READY_TO_EAT Rinse under cool water and let dry	Wilkens Food Service
Mini Berry Loaf	50 Each	READY_TO_EAT Keep frozen until ready to use Thaw at room temperature	Wilkens Food Service

Preparation Instructions

Yogurt: Place 5oz cups on sheet tray-add 4oz of yogurt to each cup use #8 scoop, cover with lid
Add to bento box: Mini Berry loaf, 1 whole Apple & 4oz Yogurt cup

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	1.00
GreenVeg	0.00
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	358.00
Fat	5.75g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	194.50mg
Carbohydrates	71.03g

Fiber	5.00g		
Sugar	48.84g		
Protein	6.93g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	112.00mg	Iron	0.21mg