

# **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-Ranch Veggie Wrap Bento Box

NO IMAGE

<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-10301

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	4/1gallon case 128 fl oz/bag-512 fl oz/case 1 Tablespoon per tortilla wrap	472999
Baby Spinach	50 Cup	1/2 cup per wrap	15R76
Cucumber	150 Slice	Wash and slice 1/4" thick 3 slices per wrap	
TOMATO SLCD 1/4 5 RSS	100 Slice	1/4 cup (2oz) per wrap=2 slices	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	.50 oz per wrap	313157
Shredded Cheddar redu fat/sodium	100 Ounce	1/4 cup shredded cheese per wrap use #16 scoop	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	1/4 cup per wrap (2oz)	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	2oz-2 slices per serving wrap	534040

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	<b>STEAM</b> <b>PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standing bag 4 - 6 hours at room temperature. <b>HEATING STEAM CABINET:</b> Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL:</b> Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
Apple, orange, strawberries, grapes	50 Each	<b>READY_TO_EAT</b> Wash, trim & cut place one whole orange in bento box	

## Preparation Instructions

To Assemble:

- 1) Place thawed tortillas in a single layer on a parchment lined sheet trays
- 2) Spread evenly 1 tablespoon (use#60 scoop) of ranch dressing on tortilla stay a 1/2" from edges
- 3) Place 1 cup of baby spinach in the middle of tortilla in a line vertically
- 4) Add 3 cucumber slices, 2 slices of tomatoes, 2oz of green peppers, 1oz of red onion and top with 1/4 cup of shredded cheddar cheese (use#16 scoop)
- 5) fold into center both outside left and right sides of tortilla
- 6) holding sides in fold bottom of tortilla (closest to your body) up to the middle
- 7) Pull back on middle fold until fairly tight
- 8) roll from bottom (closest to your body) up until top of tortilla is at the bottom of the wrap.
- 9) cut on a bias (diagonal) w/a sharp knife (not a bread knife we want clean lines)
- 10) place wrap in bento box with both insides facing up, add 2 slices of cheddar cheese (cut into 2" strips and layered on top of each other), add whole orange

### SLE Components

Amount Per Serving

<b>Meat</b>	0.80
<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

Amount Per Serving			
<b>Calories</b>	603.74		
<b>Fat</b>	25.40g		
<b>SaturatedFat</b>	14.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	54.40mg		
<b>Sodium</b>	777.75mg		
<b>Carbohydrates</b>	48.24g		
<b>Fiber</b>	5.70g		
<b>Sugar</b>	10.69g		
<b>Protein</b>	21.48g		
<b>Vitamin A</b>	1014.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	601.79mg	<b>Iron</b>	1.88mg