

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

Table of Contents

KHS-Loaded French Fries

KHS-Thai Chicken Flatbread

KHS-Philly Cheesesteak on Hoagie Roll

KHS-Big Kay's Burger

KHS-Pizza Burger

KHS-Grape PB & J Bento Box

KHS-Strawberry PB & J Bento Box

KHS-Egg Salad Sandwich Bento Box

KHS-Egg Salad Wrap Bento Box

KHS-Honey BBQ Chicken Wing

KHS-Garlic Parmesan Chicken Wing

KHS-Buffalo Chicken Wing

Roasted Brussel Sprouts

KHS-Loaded French Fries



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9667

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GFS	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	5543
Fries 3/8 S/C Ovations 6-5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 3oz (Use #10 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 3oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

SLE Components

Amount Per Serving

Meat	1.17
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.06
Legumes	0.00
Starch	1.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		445.54	
Fat		22.43g	
SaturatedFat		9.15g	
Trans Fat		0.00g	
Cholesterol		52.66mg	
Sodium		952.23mg	
Carbohydrates		40.79g	
Fiber		2.59g	
Sugar		1.68g	
Protein		17.11g	
Vitamin A	307.38IU	Vitamin C	8.83mg
Calcium	258.37mg	Iron	1.07mg

KHS-Thai Chicken Flatbread



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10038

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	THAW UNDER REFRIGERATION OR ROOM TEMPERATURE FOR 1-2 HOURS HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen 1 slice per serving 144 count per case	220462
SAUCE CHS WHT BLND 6-106Z LOL	9 3/8 Cup	6/106 bag per case 75oz per 50 servings 3/4 of bag-9 1/3rd cup per 50 servings	235631
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 1/2 Cup	4/5 gal per case 1 1/2 cup per 50 servings	606431
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	4 Pound	4/5# bags per case 2/3rd cup per flatbread	198234
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/8 Pound	Fully cooked. Simply use or heat and use. Fully cooked-heat in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2/5# bags per case-160oz per case 1oz of chicken per flatbread	467802
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# bags 1/4 cup per 50 servings	265041
CILANTRO CLEANED 4-1 RSS	2 Cup	4/1# bag 1/8Cup per flatbread	219550

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets	1 Pound	1/8 cup per flatbread	2755

Preparation Instructions

- 1) To make cheese sauce: combine 36 oz of cheese sauce with 3/4 cup sriracha chili sauce blend until thoroughly combined. cover and set aside in cooler until ready to use.
- 2) Place flatbread in a single layer on parchment lined sheet tray,
- 3) Spread evenly 3 1/2 oz (Use #8 scoop) of Thai sauce mixture on each flatbread, top with 2oz of shredded chicken, Next, Add 1/4 cup of vegetables (combination of 1/8 cup rainbow coleslaw and 1/8 cup broccoli florets), sprinkle 1oz (#30 Scoop) of mozzarella cheese.
- 4) Bake in a 400 degree F oven for 10-12 minutes, until internal temperature reaches 165 degrees F for 15 seconds or longer. and edges are golden brown.
- 5) Add 2 Tablespoons of chopped cilantro on top of each flatbread when ready to serve.

SLE Components

Amount Per Serving

Meat	1.73
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

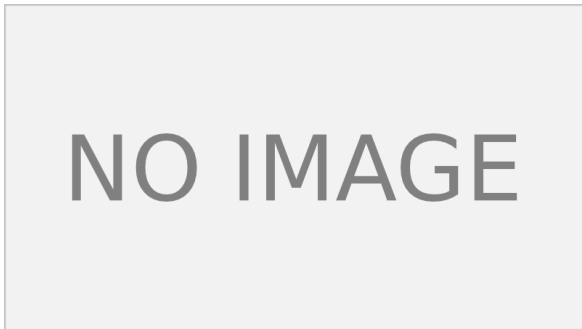
Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.71		
Fat	11.29g		
SaturatedFat	4.88g		
Trans Fat	0.00g		
Cholesterol	36.91mg		
Sodium	493.98mg		
Carbohydrates	28.23g		
Fiber	3.11g		
Sugar	1.22g		
Protein	18.23g		
Vitamin A	6.25IU	Vitamin C	0.00mg
Calcium	100.63mg	Iron	2.78mg

KHS-Philly Cheesesteak on Hoagie Roll



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Yellow Onions	12 1/2 Pound	READY_TO_EAT 2 1/2 cases	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	37 1/2 Cup	2 case per 100 servings	637442
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	1/8 cup per sandwich 1 1/4 bag per 100 servings	265041
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
Hoagie Roll, WG Split top	100 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	250 Ounce	<p>BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour.</p> <p>From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes</p> <p>Shelf life of 365 days frozen or 5 days in ambient temperature.</p> <p>2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag</p>	598762

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Sautee Mushrooms, Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes
 - 3) Place bottom of hoagie roll on tray then add 2.5 oz sliced beef use# 10 scoop, add 1.25 oz of cheese over meat, use# 20 scoop
 - 4) Top with 1/2 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
 - 5) Add the top of Hoagie roll to complete sandwich
- 1 sandwich per serving

SLE Components

Amount Per Serving

Meat	2.80
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.38
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	464.02		
Fat	25.03g		
SaturatedFat	7.79g		
Trans Fat	0.45g		
Cholesterol	55.47mg		
Sodium	626.69mg		
Carbohydrates	37.02g		
Fiber	1.28g		
Sugar	7.22g		
Protein	25.30g		
Vitamin A	576.83IU	Vitamin C	3.38mg
Calcium	618.99mg	Iron	1.96mg

KHS-Big Kay's Burger

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6226

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 5OCT JENNO	200 Slice	Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case	753760
Pretzel Roll, 2.7oz WG	100 Serving	READY_TO_EAT Ready to Eat Keep frozen- Pre-heat oven to 375 - 400 degrees F, bake for 1-2 minutes just to warm	8888

Preparation Instructions

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
- 2) place 1 slice of cheddar cheese
- 3) add 2 slices of bacon

4) Place top of bun on to complete the burger

1 complete burger per student

SLE Components

Amount Per Serving

Meat	5.75
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	630.00		
Fat	36.00g		
SaturatedFat	14.50g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	770.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	40.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

KHS-Pizza Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6213

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	READY_TO_EAT Warm marinara sauce in 2" half pan in the oven covered for 15- 20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer. Portion size of .5oz use #70 scoop	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	Thaw under refrigeration for 24 hours. Portion size=2 slices	276662
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-40z patties per case	753760
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# per case=320oz 80oz per bag 1/2 oz per burger use #70 scoop	265041
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours prior to use or thaw at room temperature for 1-2 hours 1 bun per serving	1711

Preparation Instructions

To Assemble:

- 1)Place bottom of hamburger bun on tray, add cooked hamburger patty
- 2)evenly spread .5 oz of marinara sauce on top of patty use #70

- 3) place 2 slices of pepperoni on top of marinara sauce
 - 4) place .5 oz of mozzarella cheese use #70 scoop
 - 5) Place in warming conveyer to melt the cheese
 - 6) place top of hamburger bun on top of cheese
- Serve 1 hamburger per student

SLE Components

Amount Per Serving

Meat	4.47
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	498.73		
Fat	28.13g		
SaturatedFat	11.11g		
Trans Fat	0.00g		
Cholesterol	100.24mg		
Sodium	814.09mg		
Carbohydrates	27.18g		
Fiber	2.36g		
Sugar	4.71g		
Protein	35.52g		
Vitamin A	69.29IU	Vitamin C	1.07mg
Calcium	12.86mg	Iron	8.04mg

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	21028
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-Egg Salad Sandwich Bento Box



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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)	2332
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	3098

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

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

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

KHS-Egg Salad Wrap Bento Box

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	3098
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	5721

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

Meat	2.00
Grain	1.00
Fruit	0.50
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	599.00
Fat	41.60g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	300.00mg
Sodium	636.40mg
Carbohydrates	41.00g
Fiber	2.80g
Sugar	21.00g
Protein	12.60g
Vitamin A 2399.88IU	Vitamin C 116.28mg
Calcium 66.12mg	Iron 2.11mg

KHS-Honey BBQ Chicken Wing



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10474

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ HNY 6-.5GAL GFS	4 1/2 Cup	2 tbl per serving size 6/5 gallon per case	547742
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592

Preparation Instructions

Toss the chicken wings with the honey bbq sauce until covered in a large mixing bowl. Once coated with bbq sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.56
Fat	19.54g
SaturatedFat	5.27g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	671.44mg
Carbohydrates	18.92g
Fiber	0.40g
Sugar	14.08g
Protein	21.18g

Vitamin A	111.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Garlic Parmesan Chicken Wing

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	2 Cup	4/5 gallons per case	167403

Preparation Instructions

Toss the chicken wings with the garlic parmesan sauce until covered in a large mixing bowl. Once coated with the garlic parmesan sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.56
Fat	22.10g
SaturatedFat	5.59g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	617.04mg
Carbohydrates	4.44g
Fiber	0.40g
Sugar	0.40g
Protein	21.18g

Vitamin A	175.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

KHS-Buffalo Chicken Wing



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GFS	150 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 3 wings per serving	183662
CELERY STIX 4-3 RSS	10 Cup	4/3# bags= average 318 count 1/4 cup (4 sticks)	781592
SAUCE BUFF WNG 4-1GAL SWTBRAY	2 Cup	4/1 gallon per case 1 Tbl per serving	886640

Preparation Instructions

Toss the chicken wings with the buffalo sauce until covered in a large mixing bowl. Once coated with the buffalo sauce place chicken wings in a single layer on foil lined perforated sheet tray. Bake in convection oven at 400 degrees F for 13-16 minutes uncovered.

Serve immediately.

3 wings served with 1/4 cup celery sticks.

SLE Components	
Amount Per Serving	
Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.36
Fat	20.18g
SaturatedFat	5.27g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	751.44mg
Carbohydrates	4.44g
Fiber	0.40g
Sugar	0.40g
Protein	21.18g

Vitamin A	111.35IU	Vitamin C	0.77mg
Calcium	9.92mg	Iron	1.13mg

Roasted Brussel Sprouts



Servings:	250.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	1000 Each	3/2#bags per case 4 each per serving	241502
SPICE BLND ORIG 3-21Z MDASH	15 5/8 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	5 49/57 Cup		732900

Preparation Instructions

Pre heat oven to 400 degrees F.

Place brussel sprouts in a large mixing bowl add 3/4 cup oil blend and 3 tablespoons of mrs. dash original blend and toss until brussel sprouts are coated.

Pour mixture onto parchment lined perforated sheet tray and roast in oven for 30- 45 minutes. shaking pan every 5-7 minutes for even browning. Brussel sproats should be brown not black. Serve immediately.

4 brussel sprouts per servings=1/2 cup

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 2.00g

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

Calcium 20.00mg **Iron** 0.00mg