

Cookbook for KANKAKEE LINCOLN CULTURAL CENTER

Created by HPS Menu Planner

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Chicken Mini Corn Dog Bites



Servings:	40.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1558

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECOMMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. 240 count per case	864190

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	290.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	380.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	7.00g

Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Spanish rice



Servings:	108.00	Category:	Grain
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1665

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	36 1/2 Cup	Oven Method: combine 11 cups Boiling Water to 1-36oz box of dry spanish rice. to yeild 18 servings. 1 case prepared = 216-1/2 cup servings	834850

Preparation Instructions

Serving size 4 oz- use # 8 Scoop

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

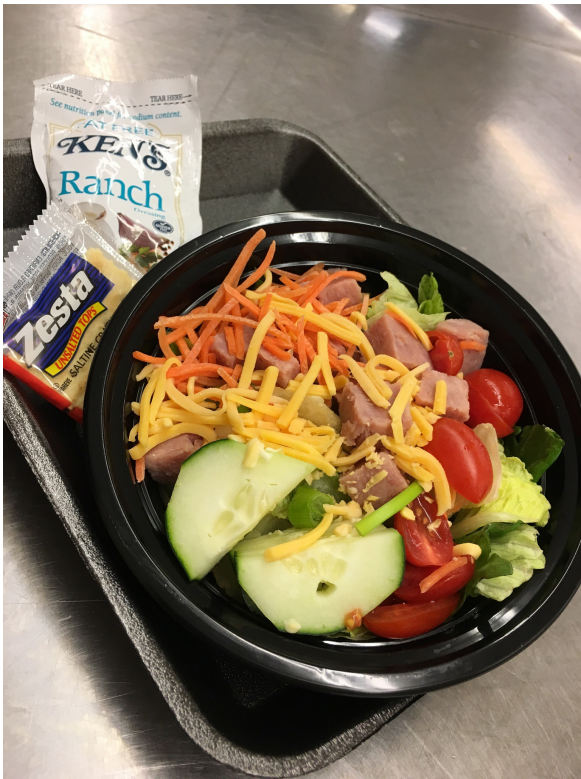
Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.33 Cup

Amount Per Serving			
Calories	215.07		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	522.31mg		
Carbohydrates	46.09g		
Fiber	2.05g		
Sugar	2.05g		
Protein	4.10g		
Vitamin A	768.10IU	Vitamin C	18.43mg
Calcium	20.48mg	Iron	1.84mg

Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2573

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	24 Each	<p>Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <p>Oven temperatures may vary. Adjust baking time and/or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
TURKEY HAM DCD 2-5 JENNO	72 Ounce		202150
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	24 Ounce		359572

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
 Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)
 Add 1/4 cup -5 cherry tomatoes
 Add 1/4 cup-4 slices of cucumbers
 Add 1/4 cup 3 baby carrots
 and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

SLE Components

Amount Per Serving

Meat	5.00
Grain	1.00
Fruit	0.00
GreenVeg	1.00
RedVeg	3.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	544.44		
Fat	17.74g		
SaturatedFat	9.06g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	1410.40mg		
Carbohydrates	63.20g		
Fiber	5.32g		
Sugar	5.00g		
Protein	29.46g		
Vitamin A	10899.64IU	Vitamin C	76.60mg
Calcium	422.80mg	Iron	3.81mg

Mashed Potatoes

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2609

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	200 Fluid Ounce	In a steam table pan add 1 gallon of boiling water to dry gravy mix. 1 bag yeilds 71 servings (2oz servings)	552050
POTATO MASH INST 6-26Z BRILLIANT	302 Ounce	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes. 1 case yields 241 servings of 3.02oz serving. 40 (3.02oz) servings per bag use # 10 scoop	675031

Preparation Instructions

Serving size per student

3.02 oz of Mashed Potatoes-(use #10 SCOOP)

OPTIONAL-2oz of Gravy-(USE #16 SCOOP)

SLE Components

Amount Per Serving

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

Starch

0.50

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 430.31

Fat 2.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1102.66mg

Carbohydrates 86.06g

Fiber 4.72g

Sugar 0.00g

Protein 9.44g

Vitamin A 8.97IU **Vitamin C** 30.01mg

Calcium 40.06mg **Iron** 2.60mg

Roasted Turkey served w/Cornbread & gravy

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	1 Case = 120 (4 x 30 per Tray) Cornbread, Sliced, Frozen THAW-LEAVE CORNBREAD IN TRAY WITH PLASTIC WRAP. THAW WHOLE SHEET AT ROOM TEMPERATURE: 1-1/2 TO 2 HOURS.	579785
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

Preparation Instructions

Prepare portion size-

1. Place 2 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
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	300.00		
Fat	11.50g		
SaturatedFat	2.50g		
Trans Fat	0.24g		
Cholesterol	75.00mg		
Sodium	660.00mg		
Carbohydrates	27.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	20.50g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

Mesquite Glazed Drumstick

NO IMAGE

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	PREPARATION: Appliances vary, adjust accordingly. BAKE: Convection Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place pan of water in bottom of oven during cooking.	591160
CORN COB EARS LITTLE 2.75 96CT GFS	105 Each	Do not thaw prior to cooking. Place frozen cobbett in steam table pan. add small amount of boiling water to pan w/corn cobbett. palce in steam table and cook/steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1 case = 96 count	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

SLE Components

Amount Per Serving

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

Starch

0.25

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 90.00mg

Sodium 320.00mg

Carbohydrates 21.00g

Fiber 1.00g

Sugar 5.00g

Protein 3.00g

Vitamin A 0.00IU **Vitamin C** 3.60mg

Calcium 9.00mg **Iron** 1.00mg

Individual Pan Pepperoni Pizza

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	80 Each	BAKE Keep frozen: Preheat oven to 325 degrees F. Place pizza on parchment lined sheet tray. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes or until internal temperature reaches 165 degrees F for 15 seconds. 5.63 oz individual 450.4 oz = 80 ind per case	80549

Preparation Instructions

1 individual pizza per serving

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g

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

Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

NO IMAGE

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6833

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT 96oz per bag-16 (6oz) Servings 6 oz per portion	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	36 Ounce	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	4244

Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 Cup of berries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro

granola

7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

SLE Components

Amount Per Serving

Meat	2.50
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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1675.78
Fat	18.71g
SaturatedFat	4.48g
Trans Fat	0.00g
Cholesterol	44.78mg
Sodium	891.42mg
Carbohydrates	330.11g
Fiber	6.75g
Sugar	216.26g
Protein	55.78g
Vitamin A 0.00IU	Vitamin C 14.40mg
Calcium 1630.94mg	Iron 11.18mg

Zesty Beef, Bean & Cheese Burrito



Servings:	60.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	1 Case = 60 Burritos, Beef/Bean/Cheese, Whole Grain, Raw, Frozen, 5 Ounce THAW UNDER RERIGERATION, DO NOT THAW AT ROOM TEMPERATURE. REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES or until internal temperature reaches 165 degrees F for 15 seconds or longer.	497221

Preparation Instructions

1- 5.0 oz Burrito per students

SLE Components

Amount Per Serving

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

Nutrition Facts

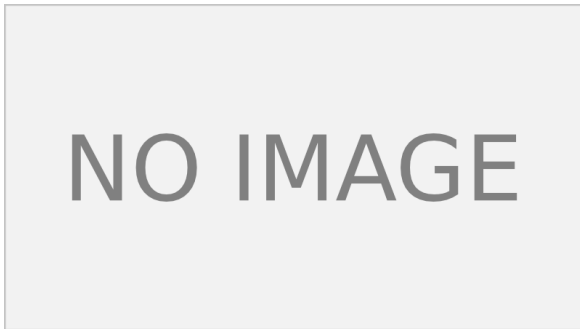
Servings Per Recipe: 60.00

Serving Size: 5.00 Ounce

Amount Per Serving	
Calories	360.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	3.00g

Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

Breakfast Bagel-K-12



Servings:	84.00	Category:	Entree
Serving Size:	4.13 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7642

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bagel, WG, sliced	184 4/5 Ounce	READY_TO_EAT Keep frozen Thaw under refrigeration for 24 hours 84 per case	Wilkens Food Service
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	84 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes 369 ct per case. shelf life frozen 270 days from production.	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	84 Slice	READY_TO_EAT shelf life 180 days from date of production	100036
BACON TKY CKD 12- 50CT JENNO	84 Slice	PREPARE FROM FROZEN CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED. shelf life-frozen 365 days	834770

Preparation Instructions

To assemble:

On a sheet tray lined with parchment paper-

Place on top of bottom half of bagel: 1 cooked egg patty, 1 slice of cheese and 1 slice of bacon sliced in half and put top half of bagel on top.

Place in oven for 1-2 minutes to melt cheese.

Place a plastic bag over sheet tray and put in hot holding until serving time. Do not leave in more than 30 minutes.

1 complete sandwich per student

SLE Components

Amount Per Serving

Meat	2.50
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: 84.00

Serving Size: 4.13 Ounce

Amount Per Serving

Calories	270.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	112.50mg		
Sodium	660.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

Personal Deep Dish Cheese Pizza

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	80 Each	BAKE Pre-heat oven to 325 degrees F. Place on a perforated baking sheet lined with parchment paper. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Or until internal temperature reaches 165 degrees F. 1 case 80 count = 439.20oz	841180

Preparation Instructions

Portion size: 1 individual deep dish pizza

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.02
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	17.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.10IU	Vitamin C	0.10mg

Calcium 0.45mg **Iron** 0.15mg

Pizza Cheese Crunchers

NO IMAGE

Servings:	71.00	Category:	Entree
Serving Size:	5.48 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.25
Fruit	0.00
GreenVeg	0.00

RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 71.00
Serving Size: 5.48 Ounce

Amount Per Serving

Calories	448.60
Fat	21.43g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	898.62mg
Carbohydrates	45.29g
Fiber	7.43g
Sugar	5.86g
Protein	21.43g

Vitamin A	277.24IU	Vitamin C	4.33mg
Calcium	11.88mg	Iron	0.10mg

KHS-BAKED MOSTACCIOLI w/Lentil pasta



Servings:	160.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNEED. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	320 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service 1 case = 160 oz dry pasta = 80 portions of 3/4 Cup cooked	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 16OZ OF DICED ONION, MIX A 1/4 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 3/4 CUP PORTION OF BAKED MOSTACCOLI
SERVE WITH A 1 BOSCO CHEESE STICK

SLE Components

Amount Per Serving

Meat	2.88
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.40
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		513.56	
Fat		15.36g	
SaturatedFat		6.61g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		670.59mg	
Carbohydrates		60.74g	
Fiber		6.58g	
Sugar		4.83g	
Protein		34.21g	
Vitamin A	322.96IU	Vitamin C	4.69mg
Calcium	392.51mg	Iron	1.73mg

Sweet Potato Mashed



Servings:	134.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8578

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	33 3/4 Cup	RECONSTITUTE Pour 1.8L (2 Quarts) of hot water (170-190 degrees F) into 4" deep, third-size steam-table pan. Add all potatoes, stir until fully combined. Serve. Tip: For creamier texture increase the amount of hot water. Mix by hand or prepare in a mixer.	447825

Preparation Instructions

1/4 Cup serving size

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.01
OtherVeg	0.00
Legumes	0.00
Starch	1.01

Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	130.97		
Fat	1.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	211.57mg		
Carbohydrates	29.22g		
Fiber	3.02g		
Sugar	13.10g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Refried Beans

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8581

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.47
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	131.57		
Fat	1.88g		
SaturatedFat	0.47g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	498.10mg		
Carbohydrates	21.62g		
Fiber	5.64g		
Sugar	0.94g		
Protein	7.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 42.29mg **Iron** 1.88mg

Assorted Cereal

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8782

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL FRSTD FLKS RS BKFST KIT 44CT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT 36CT	10 Package		676160

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.83
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 208.33

Fat 3.50g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 188.33mg

Carbohydrates 43.17g

Fiber 3.33g

Sugar 15.50g

Protein 3.17g

Vitamin A 608.33IU **Vitamin C** 56.30mg

Calcium 118.83mg **Iron** 4.04mg

Trix Strawberry Banana Bash Kit

NO IMAGE

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberry Banana Bash Yogurt	192 fl. oz	READY_TO_EAT Keep Refrigerated	Wilkens Food Service
JUICE BOX PNCH 100 125ML 40CT	48 Each		733230
Rockin'ola Pro granola	48 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	4244

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.67
Grain	0.67
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories	260.00		
Fat	4.83g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	108.33mg		
Carbohydrates	46.00g		
Fiber	2.67g		
Sugar	27.33g		
Protein	10.00g		
Vitamin A	500.00IU	Vitamin C	60.00mg

Calcium 22.67mg **Iron** 6.67mg