

# **Cookbook for KANKAKEE LINCOLN CULTURAL CENTER**

**Created by HPS Menu Planner**

# Table of Contents

**Chicken Mini Corn Dog Bites**

**Spanish rice**

**Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick**

**Mashed Potatoes**

**Roasted Turkey served w/Cornbread & gravy**

**Mesquite Glazed Drumstick**

**Individual Pan Pepperoni Pizza**

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

**Zesty Beef, Bean & Cheese Burrito**

**Breakfast Bagel-K-12**

**Personal Deep Dish Cheese Pizza**

**Pizza Cheese Crunchers**

**KHS-BAKED MOSTACCIOLI w/Lentil pasta**

**Sweet Potato Mashed**

**Refried Beans**

**Assorted Cereal**

**Trix Strawberry Banana Bash Kit**

# Chicken Mini Corn Dog Bites



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<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: 40.00

Serving Size: 6.00 Each

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

<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.80mg

# Spanish rice

NO IMAGE

<b>Servings:</b>	108.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.33 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<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

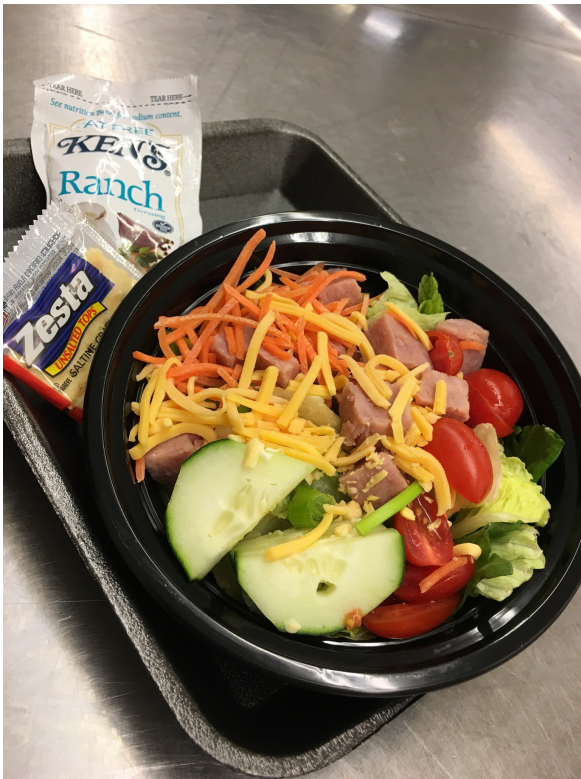
### Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.33 Cup

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

# Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>Thawing Instructions</b> 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. <b>Convection Oven</b> 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. <b>CAUTION: FILLING MAY BE HOT!</b> 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. 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.	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

<b>Meat</b>	5.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.60
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

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

# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>RECONSTITUTE</b> 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

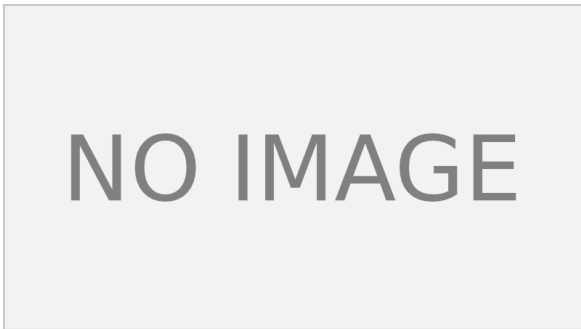
**Sugar** 0.00g

**Protein** 9.44g

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

**Calcium** 40.06mg      **Iron** 2.60mg

# Roasted Turkey served w/Cornbread & gravy



<b>Servings:</b>	100.00	<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-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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<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: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	300.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	20.50g		
<b>Vitamin A</b>	71.47IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

# Mesquite Glazed Drumstick



<b>Servings:</b>	105.00	<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-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

<b>Meat</b>	2.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.25

## Nutrition Facts

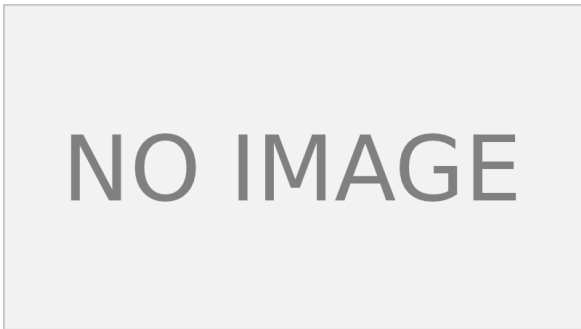
Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	320.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg

# Individual Pan Pepperoni Pizza



<b>Servings:</b>	80.00	<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-4709

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	80 Each	<b>BAKE</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

NO IMAGE

<b>Servings:</b>	24.00	<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-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

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<b>Fruit</b>	0.50
<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: 24.00

Serving Size: 1.00 Serving

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

# Zesty Beef, Bean & Cheese Burrito



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<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

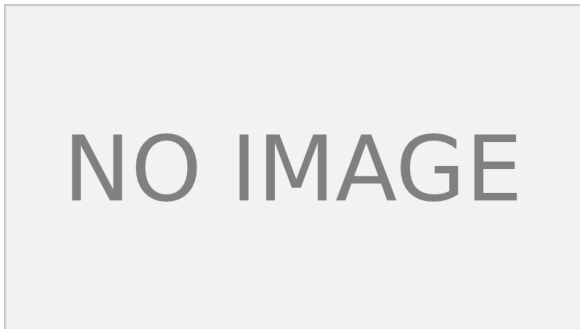
Servings Per Recipe: 60.00

Serving Size: 5.00 Ounce

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

<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg

# Breakfast Bagel-K-12



<b>Servings:</b>	84.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.13 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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 that 30 minutes.

1 complete sandwich per student

## SLE Components

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<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: 84.00

Serving Size: 4.13 Ounce

### Amount Per Serving

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

# Personal Deep Dish Cheese Pizza

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5"Deep Dish Cheese Pizza	80 Each	<b>BAKE</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

**Calcium** 0.45mg **Iron** 0.15mg

# Pizza Cheese Crunchers

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	395 1/2 Ounce	<b>BAKE</b> 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! <b>CONVECTION OVEN:</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	1.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 71.00  
Serving Size: 5.48 Ounce

---

**Amount Per Serving**

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

---

<b>Vitamin A</b>	277.24IU	<b>Vitamin C</b>	4.33mg
<b>Calcium</b>	11.88mg	<b>Iron</b>	0.10mg

# KHS-BAKED MOSTACCIOLI w/Lentil pasta



<b>Servings:</b>	160.00	<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-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><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> 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><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>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><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <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

<b>Meat</b>	2.88
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.40
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.25
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

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

# Sweet Potato Mashed

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	33 3/4 Cup	<b>RECONSTITUTE</b> 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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	1.01
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	1.01

### Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.25 Cup

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

# Refried Beans

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.47
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

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

**Calcium** 42.29mg **Iron** 1.88mg

# Assorted Cereal



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.83
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.67
<b>Grain</b>	0.67
<b>Fruit</b>	0.50
<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: 48.00

Serving Size: 1.00 Kit

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

**Calcium** 22.67mg **Iron** 6.67mg