

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	192.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.</p> <p>Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop</p>	550512
Vegetable Fried Rice	288 Serving	<p>HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff.</p> <p>Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full</p>	78001

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.38
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 502.50

Fat 12.75g

SaturatedFat 1.38g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 860.00mg

Carbohydrates 73.25g

Fiber 6.00g

Sugar 17.00g

Protein 24.25g

Vitamin A 0.00IU **Vitamin C** 1.50mg

Calcium 0.00mg **Iron** 0.90mg

Assorted Fresh Fruit

Servings:	150.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	1 Serving	READY_TO_EAT Rinse under cool water and let dry	310

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.01mg		
Carbohydrates	0.16g		
Fiber	0.03g		
Sugar	0.12g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.08mg	Iron	0.00mg

KHS-Pepper Steak over Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11478

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	125 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 fill up 3/4 with hot water. Heat for 1 hour. 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. 19-2.5oz servings per bag 192 servings per case(480 oz) 2.5oz per serving</p>	598762
SPICE PAPRIKA SMOKED 19Z TRDE	1/2 Cup		860430
BUTTER SUB 24-4Z BTRBUDS	1 Cup	1-4oz pouch yields 18 tablespoon	209810
GARLIC MINCED IN WTR 6-32Z ITALR	33/100 Cup		874910
Mult-Color Pepper	128 Ounce	<p>READY_TO_EAT 128oz = 8#</p>	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	<p>1/4C dry= 1 cup prepared 1.) In a pan combine water with rice. Bring to a boil. 2) Reduce heat to low, cover tightly, and simmer 20-25 minutes or until all water is absorbed. 3.)Remove from heat. Fluff with a fork before serving. See recipe book for cooking instructions.</p>	699181
ONION SLCD 3/16 2-5 RSS	8 3/10 Cup		591122
Brown Gravy	11 1/12 Cup	<p>RECONSTITUTE Pour hot water into mixing bowl, pour mix into water while vigorously stirring with a wire whisk or a mixer on low speed. Continue stirring until mix is completely dissolved and gravy is smooth. stir before using.</p>	9389
TOMATO DCD I/JCE MW 6-10 GFS	1 3/10 #10 CAN	Drain liquid from can prior to mixing into meat.	246131

Preparation Instructions

1. sprinkle thawed meat with paprika, in a large skillet add butter buds to medium high heat, add sliced beef and minced garlic and water. Simmer, covered for 30 minutes. Add sliced multi-colored pepper strips and sliced onions. Cover and continue to simmer for 5 minutes.
2. stir brown gravy into meat mixture. cook and stir until all meat is coated with gravy. Gently stir in drained diced tomatoes heat until internal temperature reaches 165 degrees F for 15 seconds or longer.
3. Place 1 cup of cooked rice on plate top with 6oz of pepper steak mixture per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	376.99		
Fat	9.19g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	485.09mg		
Carbohydrates	60.51g		
Fiber	9.01g		
Sugar	19.70g		
Protein	22.62g		
Vitamin A	793.93IU	Vitamin C	1.08mg
Calcium	83.83mg	Iron	4.63mg

KHS-Burger w/Sauteed onions with Provolone cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING 1/4 2-5 RSS	100 Ounce	2/5# bag per case=160oz per case 1oz per burger Sautee' raw onion with oil for 8-10 minutes or until onions are tender and golden brown.	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	6/1 gallon per case 1 tablespoon of oil per 50oz for sauteed onions	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	Keep in cooler until ready to use time Shelf Life: use by expiration date on packaging. 1 slice per serving	726532
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Thaw under refrigeration for 24 hours or at room temperature for 1-2 hours 1 bun per serving	3354
Mult-Color Pepper	1 Cup	READY_TO_EAT	3858
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup		874910
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	100 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer.	658622

Preparation Instructions

Sautee' raw onion, multi-colored peppers and minced garlic with oil for 8-10 minutes or until onions are tender and golden brown.

- 1) Place bottoms of warm buns in a single layer on sheet tray
- 2) Add 1 cooked hamburger patty on bun add 1 slice of provolone cheese and 1/4 cup of sauteed onions & peppers

- 3) Place top of bun on top and serve
 1 complete burger per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	323.45
Fat	15.78g
SaturatedFat	7.02g
Trans Fat	0.50g
Cholesterol	55.00mg
Sodium	420.00mg
Carbohydrates	24.24g
Fiber	2.03g
Sugar	4.06g
Protein	20.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.18mg	Iron 9.09mg

KHS-Texas Western BBQ Pulled Pork served on Mashed Potatoes

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11961

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
POTATO MASH INST 6-26Z BRILLIANT	64 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. 6/26oz bags per case= 244-1/2 cup servings 64oz dry potatoes = 100 1/2 cup servings	675031

Preparation Instructions

To assemble:

Place 1/2 cup of mashed Potatoes on tray use #8 scoop

Add 4oz of pulled pork use # 8 scoop

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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	300.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	365.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	23.00g		
Vitamin A	1.90IU	Vitamin C	6.36mg

Calcium 8.49mg **Iron** 0.55mg

KHS-Roasted Turkey served w/Cornbread & gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11965

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	300 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
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 3 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop
2. Add 1 slice of corn bread to tray

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
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 130.00

Fat 2.25g

SaturatedFat 0.75g

Trans Fat 0.00g

Cholesterol 52.50mg

Sodium 600.00mg

Carbohydrates 2.00g

Fiber 0.00g

Sugar 0.00g

Protein 26.00g

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

Calcium 0.00mg **Iron** 0.54mg

KHS-Mesquite Glazed Drumstick

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11966

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 cobbet 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
SAUCE BBQ SMOKY 4- 1GAL CATL	2 Cup		300829

Preparation Instructions

Toss drumsticks in with smoky bbq sauce

1 drumstick per portion

1 corn cobbett

Meal Components (SLE)

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	0.13

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	256.10		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	399.24mg		
Carbohydrates	22.37g		
Fiber	2.15g		
Sugar	3.91g		
Protein	18.15g		
Vitamin A	30.48IU	Vitamin C	0.18mg

Calcium 9.00mg **Iron** 1.00mg

KHS-Breakfast Anytime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	Keep Frozen: Convection Oven: arrange frozen french toast sticks on a sheet pan in a single layer. Bake uncovered at 325 degrees for 6-8 minues. Shelf Life:Frozen = 365 days from date of production	611201
SAUSAGE PTY TURKEY RAW 1.5Z 10 PERD	2 Each	106 per case THAW IN REFRIGERATED UNIT OR PREPARE FROZEN, Shelf Life FROZEN= 12 MONTHS. Basic Preparation COOK TO INTERNAL TEMPERATURE OF 165 DEGREES. FOLLOW CONVECTION OVEN OR CONVENTIONAL OVEN INSTRUCTIONS ON BOX. PRODUCT CAN ALSO BE GRILLED.	211761

Preparation Instructions

4 Stick and 2 patties per serving portion

Meal Components (SLE)

Amount Per Serving

Meat	0.02
Grain	0.00
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	211.70		
Fat	4.62g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	15.60mg		
Sodium	695.90mg		
Carbohydrates	53.01g		
Fiber	2.00g		
Sugar	12.00g		
Protein	8.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.20mg	Iron	2.71mg

KHS-Sweet Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	2 #10 CAN	Wipe can free of debris open can and place in steam table pan cover with lid and heat in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Once heated thoroughly-mash sweet potatoes to a creamy consistency.	118605
Rockin'ola Pro granola	100 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	4244

Preparation Instructions

1/2 cup of sweet potatoes per serving use # 8 scoop

Add 1oz of granola to the top of each serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.67
Grain	0.67
Fruit	0.00
GreenVeg	0.00
RedVeg	0.39
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	170.19		
Fat	4.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.26mg		
Carbohydrates	29.13g		
Fiber	4.21g		
Sugar	13.83g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.84mg	Iron	6.67mg

KHS-Seasoned Pork Loin

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LN BNLS CC 2-8AVG HALP	400 Ounce	<p>For the best results, yield, and product performance always prepare from fresh. If frozen, thaw packaged product overnight in cooler on a flat tray.</p> <p>Shelf Life Cooler Storage: 30 days from the date of production when stored between 28 and 34 degrees Fahrenheit (-2 and 1 degree Celsius).</p> <p>Basic Preparation Ready to prepare as a roast or to portion into boneless chops or cutlets. No trimming necessary. All pork should be cooked to an internal temperature of 145 degrees Fahrenheit to comply with federal food code.</p>	120980
SPICE BLND ORIG 3-21Z MDASH	3 Tablespoon		265103
GARLIC MINCED IN WTR 6-32Z ITALR	2 Tablespoon		874910
SEASONING SPAGHETTI ITAL 12Z TRDE	1/4 Cup		413453

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
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	280.90
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	101.61mg
Carbohydrates	0.18g
Fiber	0.00g
Sugar	0.00g

Protein		31.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	20.00mg	Iron	1.12mg

BAKED MOSTACCIOLI

Servings:	120.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12801

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 3/5 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
SEASONING ITAL HRB 6Z TRDE	3 3/5 Tablespoon		428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 2/5 Tablespoon		565164
OIL BLND CNOLA/XVRGN 90/10 6- 1GAL GFS	3/5 Cup		732900
BEEF CRMBL CKD 6-5 SMRTPCKS	240 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 TEMPERATURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
CHEESE MOZZ SHRD 4-5 LOL	30 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups mix half of the cheese in with the cooked noodles and meat/sauce, then place remaining cheese on top of pasta mixture and melt.	645170
Diced Yellow Onions	1 1/5 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	240 Ounce	BOIL Add 1 bag pasta to boiling water. Reduce heat to medium high, stir occasionally. cook 9 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service	4519

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT GFS	120 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THOROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARIA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 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 MOSTACCIOLI and 1 slice of garlic toast

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.64
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	541.81		
Fat	20.08g		
SaturatedFat	7.58g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	843.37mg		
Carbohydrates	57.09g		
Fiber	6.51g		
Sugar	6.13g		
Protein	33.51g		
Vitamin A	516.74IU	Vitamin C	7.49mg
Calcium	276.66mg	Iron	2.12mg

Spicy Pepperjack/Provolone Grilled Cheese Sandwich w/sliced tomato

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12838

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	READY_TO_EAT Keep Frozen Thaw under refrigeration for 24 hours or room temperature for 1-2 hours. 12/28oz per case-26 usable pieces per case 2 slices of bread per serving	Wilkens Food Service
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	1 1/2 Slice	4/120 slice per case-480 count per slice 2 slices per grilled cheese	257271
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 1/2 Slice		726532
Tomato Slice	2 Slice		

Preparation Instructions

To grill cheese sandwich:

- 1) Lightly spray each side of outside of bread slices,
 - 2) Add to hot grill place 1 1/2 slices of pepperjack cheese and 1 1/2 slice provolone cheese to unbuttered side of bread, add 2 sliced of tomato
 - 3) Place unbuttered side facing down on top of tomato & cheese slices and cook for 2 minutes or until cheese starts to melt
 - 4) Gently, flip the the grilled cheese sandwich over to toast the other side
 - 5) Place on sandwich wrap and serve whole
- 1 complete sandwich per serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
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: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	388.00		
Fat	19.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	922.00mg		
Carbohydrates	31.06g		
Fiber	2.40g		
Sugar	4.56g		
Protein	18.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	352.50mg	Iron	0.00mg

pizza kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12912

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BREAD ULTRA LOCO SQUARED 12-12CT TFT	1 Each	READY_TO_EAT 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 THAW 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	220462
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041
PEPPERONI TKY SLCD 15/Z 8- 2.25 JENNO	1 20/87 Ounce		276662

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	335.35		
Fat	11.77g		
SaturatedFat	4.92g		
Trans Fat	0.00g		
Cholesterol	39.60mg		
Sodium	780.20mg		
Carbohydrates	35.23g		
Fiber	5.00g		
Sugar	5.62g		
Protein	18.54g		
Vitamin A	362.00IU	Vitamin C	6.00mg
Calcium	95.23mg	Iron	3.90mg

KHS-Oven Roasted Chicken & Asparagus w/Alfredo sauce over Penne Pasta

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF DRY PASTA AND STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING. 1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION 2ox dry= 1 cup cooked	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon		225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	100 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS CUTS/TIPS IQF 12-2 GCHC	50 Cup		530395
Oven Roasted Chicken- Graves County Schools	230 Ounce	BAKE	100080

Preparation Instructions

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Then mix in the minced garlic to the white sauce, then add in the steamed broccoli florets.

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of pasta use 2-#8 scoop 1/3 cup Alfredo sauce & broccoli florets Use # 10 scoop

and 1 Garlic toast

Meal Components (SLE)

Amount Per Serving

Meat	2.96
Grain	3.00
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	613.10
Fat	29.03g
SaturatedFat	10.03g
Trans Fat	0.00g
Cholesterol	86.20mg
Sodium	752.07mg
Carbohydrates	55.36g
Fiber	8.13g
Sugar	2.00g
Protein	35.44g
Vitamin A 128.80IU	Vitamin C 0.00mg
Calcium 365.49mg	Iron 4.27mg

Roasted Red Pepper Hummus

Servings:	24.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	24 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	4937
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	24 Bag	READY_TO_EAT Ready to Eat	2742
SALSA 103Z 6-10 REDG	6 Ounce	READY_TO_EAT None	452841
Mult-Color Pepper	3/5 Cup	READY_TO_EAT mix peppers with olive oil and roast in preheated oven at 375 degrees F. roast for 15-20 minutes.	3858
SEASONING TACO 21Z TRDE	3/10 Cup		413429

Preparation Instructions

Place 1 can of drained garbanzo beans in food processor add 1/2 of bag of hummus sauce, 6 oz of salsa, 2/3 cup roasted red peppers and 1/3rd cup taco seasoning.

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

Scoop 1/2 cup of hummus into 5oz plastic up and place lid on.

Store in in cooler overnight until serving time

Serve a 1/2 cup hummus with 1 bag of pita chips.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.00

Legumes	0.54
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 24.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	268.19		
Fat	11.16g		
SaturatedFat	2.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	679.69mg		
Carbohydrates	34.40g		
Fiber	7.46g		
Sugar	5.85g		
Protein	6.84g		
Vitamin A	29.67IU	Vitamin C	0.33mg
Calcium	67.95mg	Iron	0.97mg

Philly Cheesesteak on Ciabatta bread

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13134

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	2 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	18 3/4 Cup	2 case per 100 servings	637442
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
BEEF SLCD CKD 10- 3# ADV	250 Ounce	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. 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 Shelf life of 365 days frozen or 5 days in ambient temperature. 2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag	598762
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	100 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6-106oz pouches per case	135261

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 ciabatta bread on tray then add 2.5 oz sliced beef use# 10 scoop, add 1 oz of cheddar cheese sauce over meat, use# 30 scoop
 - 4) Top with 1/4 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
 - 5) Add the top of ciabatta bread to complete sandwich
- 1 sandwich per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.37
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	426.40		
Fat	20.02g		
SaturatedFat	6.57g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	583.36mg		
Carbohydrates	41.21g		
Fiber	3.98g		
Sugar	7.05g		
Protein	21.65g		
Vitamin A	576.83IU	Vitamin C	3.06mg
Calcium	727.11mg	Iron	3.86mg

KHS-Breakfast Anytime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	200 Piece	<p>THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.</p> <p>Shelf Life FROZEN= 270 DAYS FROM THE DATE OF PRODUCTION.</p> <p>Basic Preparation PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. TOP WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT CAN BE DEEP FRIED AT 350 DEGREES FOR 1 1/2 MINUTES.</p> <p>1 cs=108 each</p>	432180
HASHBROWN RND 6-5 MCCAIN	100 Each	<p>Item Yield 1 Case = 480 Ounces (6 x 80 Ounces per Bag) Hashbrowns, Round, Frozen</p> <p>Thawing Instructions Cook from frozen</p> <p>Shelf Life Frozen = 540 days from date of production</p> <p>Basic Preparation Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.</p> <p>2 each serving size</p>	389003
SAUSAGE PTY TURKEY RAW 1.5Z 10 PERD	100 Each		211761

Preparation Instructions

2 bosco sticks and 1 hashbrown , 1 sausage patties & 1/2 Cup marinara sauce(as condiment) per serving portion

Meal Components (SLE)

Amount Per Serving

Meat	2.88
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.25

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 575.00

Fat 21.75g

SaturatedFat 8.75g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 967.50mg

Carbohydrates 62.50g

Fiber 2.50g

Sugar 2.00g

Protein 31.50g

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

Calcium 310.00mg **Iron** 4.14mg

Seasoned Roast Beef

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13591

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF KNUCKLE COW PLD UTL 6-12AVG	176 Ounce	11# cooked roast = 44- 4oz portions 3 sliced cooked = 4oz serving	487671
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE BLND ORIG 3-21Z MDASH	3 Tablespoon		265103
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045

Preparation Instructions

Pre-heat oven to 425 degrees

Take roast out of packaging and pat dry with paper towel. let sit at room temperature while combining the seasoning.

Blend olive oil, garlic powder, mrs. dash & pepper together.

Once thoroughly blended, completely cover roast with seasoned oil.

Place in 4" hotel pan or on parchment lined sheet tray and place in pre-heated oven, bake 20-25 minutes per pound of meat, roughly bake for 4 hours or until internal temperature reaches 140 degrees for 15 seconds or longer.

Once internal temperature is reached allow meat to rest 10-15 minutes, then slice into 1/4" thick pieces.

3 slices per serving = 4oz of meat.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	163.04
Fat	6.54g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.41mg
Carbohydrates	0.82g
Fiber	0.08g

Sugar	0.00g		
Protein	24.27g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	6.52mg	Iron	2.46mg

KHS-Roasted Turkey Breast

Servings:	26.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13605

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST FREN CUT 2-7AVG	104 Ounce	1-7# raw = 6.5# cooked and no skin = 26 portions of 4oz servings.	494832
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE BLND ORIG 3-21Z MDASH	3 Tablespoon		265103
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045

Preparation Instructions

Pre-heat oven to 325 degrees F.

Take turkey breast out of package and pat dry with paper towel. Let sit at room temperature on parchment lined sheet tray until done mixing seasoned oil.

Blend oil, garlic powder, black pepper and onion powder thoroughly. Then cover completely turkey breast skin with seasoned oil.

Once seasoned place turkey breast in pre-heated oven for 3-4 hours or until internal temperature reaches 160 degrees F for 15 seconds or longer.

Let rest for 10-15 minutes before carving. Slice 1/4" pieces per slice. 4 slices per serving.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	162.06
Fat	8.15g
SaturatedFat	1.65g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	390.69mg
Carbohydrates	1.38g
Fiber	0.14g
Sugar	0.00g

Protein	20.14g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	20.87mg	Iron	1.15mg

Roast Beef and Cheddar Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST CKD DELI SLCD 5-2 BRICK	4 Ounce	4 slices of roast beef	820130
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	READY_TO_EAT No baking necessary.	Wilkens Food Service
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice		534040

Preparation Instructions

Place 1 slice of pullman and top with 4 sliced of roast beef and 1 slice of cheddar cheese then top with 2nd piece of pullman bread. serve cold.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1050.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	35.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.16mg

Hot Roast Beef and Cheddar Panini

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13622

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST CKD DELI SLCD 5-2 BRICK	4 Ounce	4 slices of roast beef	820130
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice		534040
BREAD PANINI 192- .82Z PILLS	2 Piece	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161

Preparation Instructions

4 sliced of roast beef and 1 slice of cheddar cheese on 1 piece of panini bread. Place in conveyor to melt cheese, once heated up place top piece of panini bread.

Meal Components (SLE)

Amount Per Serving

Meat	0.75
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	430.00
Fat	13.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1000.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	2.00g
Protein	35.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 130.00mg **Iron** 3.96mg

KHS-Buffalo Glazed Drumsticks

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	200 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Convection Oven From Frozen: 23-27 minutes at 350°F. From Thawed: 18-22 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 12 minutes of cooking, then remove. 4. Heat for 18 - 23 minutes.	838181

Preparation Instructions

2 drumsticks per serving

Meal Components (SLE)

Amount Per Serving

Meat	5.00
Grain	0.00
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	340.00		
Fat	20.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	500.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	2.00mg

KHS-Assorted Whole Grain Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-14603

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL ASST CUP 1.86Z 60CT GENM	60 Each	READY_TO_EAT Ready to eat dry cereal in a convenient, portable cup. shelf Life-270 days from date of production	229420

Preparation Instructions

Order from GFS

130924-Cocoa Puffs-Gluten Free

130928-Honey Nut Cheerios

130922-Cinnamon Toast Crunch-Gluten Free

130925-Lucky Charms

130926-Cinnamon Chex

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.00 Serving

Amount Per Serving

Calories	209.30		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	297.50mg		
Carbohydrates	43.00g		
Fiber	2.90g		
Sugar	17.00g		
Protein	3.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.71mg	Iron	9.56mg

KHS-Chicken & Broccoli Alfredo

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-14920

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	251 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. ADD 1# OF DRY PASTA AND STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING. 1 Case = 160 Ounces (2 x 80 Ounces per Bag) of Pasta, Penne, Rigate, 100% Whole Wheat COOL, DRY, STORAGE= 365 DAYS FROM DATE OF PRODUCTION 2ox dry= 1 cup cooked	654571
Broccoli Florets	63 Cup	READY_TO_EAT Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.	2332
SPICE PEPR BLK 30 MESH REG GRIND 5	3/8 Cup		225045
GARLIC MINCED IN WTR 6-32Z ITALR	2 Cup	6/32oz per case	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 1/4 Cup	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
BREAD GARL TST SLC WGRAIN 12-12CT GFS	75 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	41 1/4 Cup		855863

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	288 Ounce	UNSPECIFIED Not currently available	570533
CHEESE MOZZ LMPS SHRD FTHR 4-5#	250 1/2 Ounce		265041

Preparation Instructions

Steam broccoli florets until 135 degree F for 15 seconds or longer.

Place cooked pasta in 6" steam table pan drizzle the oil evenly over the pasta.

Mix chicken, minced garlic and broccoli soup together and heat to 165 degrees F for 15 seconds or longer.

Blend cooked pasta and Chicken broccoli mixture and mozzarella cheese together.

To assemble on the line:

Place 24 oz black bowl on tray, 1 cup of chicken & pasta mixture use #8 scoop twice and 1/2 cup or 3 florets per serving.

and 1 Garlic toast

Meal Components (SLE)

Amount Per Serving

Meat	5.90
Grain	4.35
Fruit	0.00
GreenVeg	0.84
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1047.96
Fat	46.31g
SaturatedFat	21.16g
Trans Fat	0.00g
Cholesterol	142.51mg
Sodium	1327.99mg
Carbohydrates	91.11g
Fiber	14.11g
Sugar	7.20g
Protein	65.40g
Vitamin A 0.00IU	Vitamin C 65.52mg
Calcium 162.53mg	Iron 66.33mg

Breakfast Banana Split w/fresh berries

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	24 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 64oz per bag 2 1/4 bags 6oz per serving use #10 scoop two times	811500
Rockin'ola Pro granola	36 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	4244
BLUEBERRY 12-1PT P/L	6 Cup	2oz per serving	451690
STRAWBERRY 8 MRKN	48 Ounce	2 oz per serving-2 strawberries slice strawberries in half	212768

Preparation Instructions

place 6oz of vanilla yogurt (use #10 scoop two times) in a 2# boat
1 banana sliced long ways in half place 1/2 of banana on either side of yogurt
top with 2 oz of fresh blueberries and 2 oz sliced strawberries
add 1.5 oz rockin'ola
1 serving grade 7-12

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.72
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	1667.52
Fat	16.16g
SaturatedFat	9.06g
Trans Fat	0.00g
Cholesterol	44.78mg
Sodium	768.57mg
Carbohydrates	338.31g
Fiber	9.16g

Sugar	225.43g
Protein	55.75g
Vitamin A 102.30IU	Vitamin C 47.20mg
Calcium 1633.13mg	Iron 10.64mg

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-19312

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
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 BROWNE. 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 until 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
SPICE GARLIC GRANULATED 24Z TRDE	3 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BEEF GRND 80/20 FREE FALL 2-10 GCHC	320 Ounce		330868

Preparation Instructions

COOKING INSTRUCTIONS:

- 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)
- 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 HOT TILT SKILLET 2 BAG OF RAW GROUND BEEF CRUMBLES, ADD 3 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER. COOK UNTIL BEEF IS BROWNED 15-20 MINUTES

4. NEXT TRANSFER TO "6 STEAM TABLE PAN, MIX BEEF WITH 3 CANS OF MARINARIA SAUCE TOGETHER.

5.ADD IN 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

Meal Components (SLE)

Amount Per Serving

Meat	0.63
Grain	0.00
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		450.00	
Fat		15.99g	
SaturatedFat		6.24g	
Trans Fat		0.75g	
Cholesterol		61.88mg	
Sodium		418.13mg	
Carbohydrates		43.81g	
Fiber		4.59g	
Sugar		3.83g	
Protein		32.47g	
Vitamin A	322.96IU	Vitamin C	4.69mg
Calcium	170.55mg	Iron	1.40mg

Hot Roast Beef and Cheddar Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST SLCD FRESH 6-2 HRML	4 Slice	Thaw under refrigeration for 24-48 hours Place in steam table pans with juice and place in steamer for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer	860131
BUN HAMB PRTZL 3.31Z 4-6CT PRETZILLA	1	Thaw under refrigeration for 24-48 hours	142004
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice	Thaw under refrigeration for 24-48 hours	534040

Preparation Instructions

Place bottom bun on parchment lined sheet trays, add 4 slices of hot roast beef then add 1 slice of cheddar cheese then place top half of bun.

Cover with bun pan cover and place in hot box for 10-15 minutes or until cheese is slightly melted.

1 complete sandwich per portion

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	160.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	590.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 100.00mg **Iron** 0.72mg

Beef Burrito

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19892

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	413429
SPICE GARLIC POWDER 6 TRDE	18 Teaspoon		513857
BEEF GRND 80/20 FREE FALL 2-10 GCHC	300 Ounce		330868
SPICE PAPRIKA SMOKED 19Z TRDE	18 Teaspoon		860430
SPICE CUMIN GRND 15Z TRDE	18 Teaspoon		273945
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each		720526
BEAN REFRD 6-10 GRSZ	100 Ounce		293962

Preparation Instructions

To assemble:

- 1) Place 1 tortilla on tray
- 2) add to bottom 3rd of shell, 1oz refried beans use #30 scoop
- 3) 3oz of seasoned beef, use #16 scoop, 1oz salsa, 1/2oz shredded cheese and 1/2 oz shredded lettuce.

Take bottom portion of filled tortilla and roll up tightly to middle of tortilla, then fold in both sides, continue to roll to complete burrito.

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro-gfs#219550

diced onions-Wilkens

shredded romaine lettuce-Wilkens

salsa-gfs#452841

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per taco-gfs#786802

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	797.83		
Fat	36.07g		
SaturatedFat	11.00g		
Trans Fat	1.13g		
Cholesterol	78.75mg		
Sodium	1367.60mg		
Carbohydrates	76.08g		
Fiber	13.29g		
Sugar	3.09g		
Protein	41.98g		
Vitamin A	297.68IU	Vitamin C	0.41mg
Calcium	91.45mg	Iron	8.51mg

Shredded Chicken Burrito

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	413429
SPICE GARLIC POWDER 6 TRDE	18 Teaspoon		513857
SPICE PAPRIKA SMOKED 19Z TRDE	18 Teaspoon		860430
SPICE CUMIN GRND 15Z TRDE	18 Teaspoon		273945
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each		720526
BEAN REFRD 6-10 GRSZ	100 Ounce		293962
CHIX PULLED WHT & DRK BLND 2-5 TYS	300 Ounce	UNSPECIFIED Not Currently Available	467802

Preparation Instructions

To assemble:

- 1) Place 1 tortilla on tray
- 2) add to bottom 3rd of shell, 1oz refried beans use #30 scoop
- 3) 3oz of seasoned chicken, use #16 scoop, 1oz salsa, 1/2oz shredded cheese and 1/2 oz shredded lettuce.

Take bottom portion of filled tortilla and roll up tightly to middle of tortilla, then fold in both sides, continue to roll to complete burrito.

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro-gfs#219550

diced onions-Wilkens

shredded romaine lettuce-Wilkens

salsa-gfs#452841

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per taco-gfs#786802

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	685.33		
Fat	26.07g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1423.85mg		
Carbohydrates	77.08g		
Fiber	13.29g		
Sugar	3.09g		
Protein	36.23g		
Vitamin A	297.68IU	Vitamin C	0.41mg
Calcium	96.45mg	Iron	7.49mg

Pork Carnita Burrito

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-19894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	Add 1 1/2 Cups of taco seasoning and 1/2 cup of water to beef slices prior cooking.	413429
SPICE GARLIC POWDER 6 TRDE	18 Teaspoon		513857
SPICE PAPRIKA SMOKED 19Z TRDE	18 Teaspoon		860430
SPICE CUMIN GRND 15Z TRDE	18 Teaspoon		273945
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each		720526
BEAN REFRD 6-10 GRSZ	100 Ounce		293962
CARNITA PORK CHPD 4-5 BROOKWOOD	300 Ounce		549412

Preparation Instructions

To assemble:

- 1) Place 1 tortilla on tray
- 2) add to bottom 3rd of shell, 1oz refried beans use #30 scoop
- 3) 3oz of seasoned pork, use #16 scoop, 1oz salsa, 1/2oz shredded cheese and 1/2 oz shredded lettuce.

Take bottom portion of filled tortilla and roll up tightly to middle of tortilla, then fold in both sides, continue to roll to complete burrito.

condiments to add on top-1/2oz of each per tortilla-Use #70 scoop

cilantro-gfs#219550

diced onions-Wilkens

shredded romaine lettuce-Wilkens

salsa-gfs#452841

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per taco-gfs#786802

Meal Components (SLE)

Amount Per Serving

Meat	2.40
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	744.13		
Fat	30.67g		
SaturatedFat	8.60g		
Trans Fat	0.00g		
Cholesterol	63.60mg		
Sodium	1372.25mg		
Carbohydrates	77.28g		
Fiber	13.29g		
Sugar	4.29g		
Protein	39.43g		
Vitamin A	297.68IU	Vitamin C	2.57mg
Calcium	103.45mg	Iron	7.13mg

Beef Stew over White Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	125 Ounce	GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F.	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	6/32oz bottles per case	874910
Brown Gravy	19 Cup	RECONSTITUTE Pour hot water into mixing bowl, pour mix into water while vigorously stirring with a wire whisk or a mixer on low speed. Continue stirring until mix is completely dissolved and gravy is smooth. stir before using.	9389
PEAS & CARROT 30 GFS	19 Cup	Place peas and carrots in steam table pan, cover and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	285730
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	Follow Manufacturers instructions for rice to water ratio. Place rice & water in steam table pan cover and place in steamer for 15-20 minutes.	699181

Preparation Instructions

To make 1 entree:

- 1) Heat meat & garlic in steamer according from instructions above.
- 2) White rice from instructions above use white rice and peas and carrots cooked in steamer.
- 3) Combine beef with Peas and Carrots and blend in brown gravy

Portion size

1/2 cup white rice use #8 scoop and top with beef and vegetable mixture use 3oz use #10 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.35
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.56
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	324.94mg
Carbohydrates	48.91g
Fiber	1.70g
Sugar	4.27g
Protein	17.13g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	3.28mg