

Cookbook for PROEGLER

Created by HPS Menu Planner

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Double Hamburger w/cheese on WG Bun

Hot Dog Bar-chili cheese dog

BAKED MOSTACCIOLI-K-12

Roasted Turkey served w/Cornbread & gravy

Chef Salad

Baked Beans

Fruit Salad Entree

Apple Chicken Cranberry Wrap

Apple Chicken Cranberry Wrap

KHS-Sesame Asian Noodle Bowl

Sesame Asian Noodle Bowl

KHS-Teriyaki Chicken Asian Noodle Bowl

do not use-Yang's Mandarin Orange Chicken & Asian Fried Rice

Hot Turkey served w/Stuffing & gravy

Classic Chicken Popper Mashed Potato Bowl

Yang's Mandarin Orange Chicken & Asian Fried Rice

Southern Oven Fried Chicken

Soft Pretzel

PRO-Soft Pretzel

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Spicy Breaded Chicken Patty Sandwich

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Mesquite Glazed Drumstick

Loaded French Fries

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KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings

Nacho Grande Turkey

Tony's Cheese Pizza

Individual Pan Pepperoni Pizza

Egg & Cheese Breakfast Wrap

Lumberjack

Egg & Bacon Sandwich

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PB & J Sandwich Strawberry

Corn Dog

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KHS-BBQ Bacon Jalapeno Burger

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Sweet Potato Mashed

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

Rockin'ola Strawberry Yogurt Parfait-K-6

Rockin'ola Strawberry & Vanilla Yogurt Parfait-JHS/KHS

Smoky Honey Rib Sandwich

Ultimate Mac & Cheese

Zesty Beef, Bean & Cheese Burrito

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Classic Hummus

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Personal Deep Dish Cheese Pizza

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KHS-BAKED MOSTACCIOLI w/Lentil pasta

BAKED MOSTACCIOLI

BAKED MOSTACCIOLI

BBQ Chicken Meatball w/Ranch Rice

Cornbread

Sweet Potato Mashed

Far East Vegetable Blend

Refried Beans

Steamed Carrots

Broccoli florets

Corn

Green Beans

Roasted Brussel Sprouts

Mashed Potatoes

PRO & STE-Yang's Mandarin Orange Chicken & Asian Fried Rice

Nacho Grande

PRO STE-Classic Chicken Popper Mashed Potato Bowl

PRO & STE-Ultimate Mac & Cheese

PRO & STE-BBQ Chicken Meatball w/Ranch Rice

Far East Vegetable Blend

PRO & STE-Refried Beans

Steamed Carrots-PRO & STE

PRO & STE-Broccoli florets

PRO & STE-Corn

Green Beans

Bush's Baked Beans

PRO & STE-Mashed Potatoes

Breakfast English Muffin Sandwich

Assorted Cereal

Mini Chocolate Donut Kit

Mini Powdered Donut Kit

Trix Strawberry Banana Bash Kit

PRO & STE-Breakfast Anytime

Pro & STE-Individual Pan Pepperoni Pizza

PRO & STE-Breaded Chicken Patty Sandwich

PRO & STE-Roasted Brussel Sprouts

PRO & STE-Roasted Turkey served w/Cornbread & gravy

PRO & STE-Mesquite Glazed Drumstick

Loaded French Fries

PRO & STE-Soft Beef Tacos

PRO & STE-Texas Western BBQ Pulled Pork on Garlic Texas Toast

PRO-BAKED MOSTACCIOLI w/Lentil pasta

STE-BAKED MOSTACCIOLI w/Lentil pasta

Nacho Grande

Chicken Popper Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

BAKED MOSTACCIOLI w/Lentil pasta

BBQ Chicken Meatball w/Ranch Rice-HUFF

KHS-Loaded French Fries

BAKED MOSTACCIOLI K-8

Tex Mex Hummus

Classic Hummus

KHS-Boom Boom Sauce

Chicka Boom Boom Sandwich

KHS-Italian Supreme Sub Sandwich

KHS-Philly Cheesesteak on Ciabatta bread

KHS-Cuban Style Salad

KHS-Cuban-Style Ham & Cheese Panini

KHS-Roasted Veggie Flatbread

KHS-Pickled Jalapeno Pickle Relish

KHS-Cheeseburger Sauce

KHS-Cheeseburger Flatbread mixture

KHS-Thai Chicken Flatbread

KHS-BBQ Chicken Pizza

KHS-Meat Lover's Supreme Flatbread

KHS-Veggie Burger

KHS-Turkey Burger

KHS-Smoky BBQ Pulled Pork Burger

KHS-Beef Street Tacos

KHS-Shredded Chicken Street Tacos

KHS-Pork Carnitas Street Tacos

KHS-Carne Asada Torta

KHS-Nachos-chicken

KHS-Nachos-Beef

KHS-Nachos-pork

KHS-Burrito Bowl-Beef

KHS-Burrito Bowl-Chicken

KHS-Burrito Bowl-Pork Carnita

KHS-Mexican Street Corn

KHS-Mexican Street Corn-Entree

KHS-Strawberry PB & J Bento Box

KHS-Grape PB & J Bento Box

KHS-Banana Bread Bento Box

KHS-Classic Hummus Bento Box

KHS-Egg Salad Sandwich Bento Box

KHS-Ranch Veggie Wrap Bento Box

KHS-Mini Chocolate Chip Loaf Bento Box

KHS-Veggie & Fruit w/Cornbread Bento Box

KHS-Roasted Veggie Wrap w/Hummus Spread

KHS-Egg Salad Wrap Bento Box

KHS-Mini Blueberry Loaf Bento Box

KHS-Ranch Burger

KHS-Roasted Red Pepper w/Mozzarella Burger

KHS-Patty Melt w/caramelized onion & american cheese

KHS-Stir Fry Beef w/Yakisoba noodles

KHS-Stir Fry Chicken w/Yakisoba noodles

KHS-Stir Fry Pork w/Yakisoba noodles

Stir Fry Beef w/Asian Fried Rice

KHS-Stir Fry Chicken w/Asian Fried Rice

KHS-Stir Fry Pork w/Asian Fried Rice

KHS-Chicken Ramen Bowl

KHS-Beef Ramen Bowl

KHS-Pork Ramen Bowl

KHS-Honey BBQ Chicken Wing

KHS-Garlic Parmesan Chicken Wing

KHS- Chicken Wing

KHS-Hot Dog Bar-chili cheese dog

KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

KHS-Chicken Pot Pie

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

KHS-Ultimate Mac & Cheese w/ Chili & toppings

Chicken Alfredo over Penne Pasta K-3

KHS-Chicken & Broccoli Alfredo

KHS-Margherita Meatball Sandwich

KHS-Chicken Parm Sandwich w/Italian Vegetables

KHS-Grilled Chicken Parm Sandwich w/Italian Roasted Vegetables

Spicy Pepperjack Grilled Cheese Sandwich

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

KHS-Cuban Style Salad-1

KHS-Cuban-Style Ham & Cheese Panini-1

Chicken Parmesan over Pasta

Italian Beef Sandwich

Assorted Fresh Fruit

KHS-Pepper Steak over Rice

KHS-Burger w/Sauteed onions with Provolone cheese

KHS-Texas Western BBQ Pulled Pork served on Mashed Potatoes

KHS-Roasted Turkey served w/Cornbread & gravy

KHS-Mesquite Glazed Drumstick

KHS-Breakfast Anytime

KHS-Sweet Potatoes

Pepper Steak over Rice-supper program

KHS-Seasoned Pork Loin

Italian Supreme Sub Sandwich

BBQ Rib Tips

Smokin' Powerhouse Chili

BAKED MOSTACCIOLI

Baked Chicken Quarters

Spicy Pepperjack/Provolone Grilled Cheese Sandwich w/sliced tomato

Oven Roasted Potatoes & Carrots

BAKED MOSTACCIOLI-SP

Texas Western BBQ Pulled Pork served on Hamburger Bun

Beef and Broccoli over rice

pizza kit

Smokin' Powerhouse Chili-20 servings

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

Roasted Red Pepper Hummus

Grilled American Cheese Sandwich

Philly Cheesesteak on Ciabatta bread

Beef and Broccoli over rice

Roasted Mixed Vegetables

Roasted Mixed Vegetables

KHS-Breakfast Anytime

Brown Rice

Seasoned Roast Beef

KHS-Roasted Turkey Breast

Roast Beef and Cheddar Sandwich

Hot Roast Beef and Cheddar Panini

KHS-Buffalo Glazed Drumsticks

KHS-Assorted Whole Grain Cereal

KHS-Chicken & Broccoli Alfredo

Breakfast Banana Split w/fresh berries

Breakfast Banana Pops

Biscuits and Sausage Gravy

Sausage Gravy and Biscuits

Sunshine Orange Smoothie

Blueberry Smoothie

Strawberry Smoothie

Breakfast Banana Split w/fresh berries

Breakfast Banana Split w/fresh berries

Chicken Alfredo over Penne Pasta

Home Style Biscuits and Gravy

Banana Berry Smoothie

All American Breakfast

All American Breakfast

All American Breakfast

Homemade Blueberry Oat Bars

Homemade Breakfast Casserole

Homemade Strawberry Oat Bars

Homemade Peach Oat Bars

Homemade Apple Oat Bars

Pancakes & Breakfast Sausage w/Maple syrup

Pancakes & Breakfast Sausage w/Maple syrup

Assorted Cup Fruit

Assorted Fresh Vegetable

Assorted Fruit Juice

Garden Fresh Tossed Side Salad

Buffalo Flavored Cheese Crunchers

Italian Meat Sauce over Penne Pasta(GF)

Buffalo Flavored Cheese Crunchers

Stir Fried Vegetable

Stir Fried Vegetable

Cheese Ravioli topped with Marinara Sauce served w/Garlic Toast

Cheese Ravioli topped with Marinara Sauce served w/Garlic Toast

Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds

KHS-BAKED MOSTACCIOLI w/Lentil pasta

Hot Roast Beef and Cheddar Cheese on Pretzel Bun

Beef Burrito

Shredded Chicken Burrito

Pork Carnita Burrito

Beef Stew over White Rice

Beef Brisket w/Mashed Potatoes & Gravy

Breakfast Bagel

French Fries

Breakfast Banana Split topped w/Berries served w/Granola

Homemade Oat Bars w/Fruit Jam

Maple Breakfast Tornado

Breakfast Tornado

Campbell's Tomato Soup

Campbell's Chicken Noodle Soup

Turkey Taco

Italian Combo Platter

Assorted Mini Loaf

Rockin'ola Strawberry & Blueberry Yogurt Parfait-HUFF

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-474
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	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 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.

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	0.00mg
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

PRO-Mashed Potatoes

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-664
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	100 Fluid Ounce	552061
POTATO PRLS PREM 10-29.3Z NATROWN	200 Ounce	193610

Preparation Instructions

Starchy Vegetable:

Serving size: 1/4 cup (#16 Scoop)

OPTIONAL-Chicken gravy add 1 oz (#30 Scoop)

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 141.19

Fat 2.14g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 3.76mg

Sodium 447.58mg

Carbohydrates 23.96g

Fiber 2.78g

Sugar 0.75g

Protein 3.53g

Vitamin A 2.69IU **Vitamin C** 8.86mg

Calcium 19.21mg **Iron** 0.40mg

PRO-Southern Chicken

Servings:	90.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-667
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	90 Piece	603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly.

Conventional Oven

1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes.

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Nutrition Facts

Servings Per Recipe: 90.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories			220.00
Fat			13.00g
SaturatedFat			3.00g
Trans Fat			0.00g
Cholesterol			60.00mg
Sodium			530.00mg
Carbohydrates			6.00g
Fiber			1.00g
Sugar			0.00g
Protein			19.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

Veg-Californian Blend-GFS#610891

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-668
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
VEG BLEND CALIF 6-4 GCHC	384 Fluid Ounce	610891

Preparation Instructions

SERVING SIZE: 1/2 CUP (#8 SCOOP)

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 12.50

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.00mg

Carbohydrates 2.50g

Fiber 1.50g

Sugar 1.00g

Protein 1.00g

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

Calcium 15.00mg **Iron** 0.50mg

Pineapple Chunks-Wilkens

Servings:	159.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-670
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
PINEAPPLE CHNK IN JCE 6-10 DOLE	636 Fluid Ounce	116300

Preparation Instructions

1. Place 1/2 cup (#8 Scoop) of pineapple chunks in 5 oz cup with lid
2. Place pre-made cups in cooler until serving time.

MUST SERVE COLD!

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

PRO-Taquito Chix Fiesta

Servings:	54.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1073

Ingredients

Description	Measurement	DistPart #
Taquito Chix Fiesta	54 Each	870511

Preparation Instructions

Allergens: Milk, Wheat, Soy

Serving size: 1 each

Serve with 1/2 cup of salsa and 1 packet of sour cream

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 220.00

Fat 11.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 380.00mg

Carbohydrates 20.00g

Fiber 0.00g

Sugar 1.00g

Protein 10.00g

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

Calcium 0.00mg **Iron** 1.44mg

Pizza-Pepperoni

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1553

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	814301

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.20mg

Pizza-Cheese

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1554

Ingredients

Description	Measurement	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3-3CT	72 Slice	814291

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 2.00mg

Pizza-Buffalo Chicken

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1555

Ingredients

Description	Measurement	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	72 Slice	627101

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 14-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	390.00
Fat	19.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.20mg

Pizza-4-Meat

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1556

Ingredients

Description	Measurement	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	72 Slice	731211

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 15-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories 370.00

Fat 17.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 650.00mg

Carbohydrates 36.00g

Fiber 4.00g

Sugar 9.00g

Protein 20.00g

Vitamin A 72.00IU **Vitamin C** 0.00mg

Calcium 282.00mg **Iron** 2.40mg

Chicken-Mini Corn Dog Bites

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1557
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	240 Piece	497360

Preparation Instructions

BAKE

REHEATING FROM THAWED STATE IS RECOMMENDED

HEAT OVEN TO 350 DEGREES F FOR (FROZEN) 15 MINUTES, THAWED (10 MINUTES)

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING TIME.

INTERNAL TEMPERATURE OF 165 DEGREES F.

K-6

6 MINI CORN DOGS PER STUDENT

Condiments Optional:

1 packet of Ketchup (25g Na)

1 packet of Mustard (85g Na)

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.00

Fat 12.00g

SaturatedFat 3.75g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 480.00mg

Carbohydrates 30.00g

Fiber 0.00g

Sugar 7.50g

Protein 10.50g

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

Calcium 75.00mg **Iron** 1.50mg

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
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	864190

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

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

Chicken-Nuggets

Servings:	102.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1559
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	321 Ounce	281831

Preparation Instructions

BAKE FROM FROZEN STATE PLACE ON A PERFORATED SHEET PAN

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

6-8 minutes at 375°F from frozen.

INTERNAL TEMPERATURE OF 165 DEGREE F

Serve: 4 Nuggets per student

Nutrition Facts

Servings Per Recipe: 102.00

Serving Size: 5.00

Amount Per Serving			
Calories	165.22		
Fat	9.44g		
SaturatedFat	1.57g		
Trans Fat	0.00g		
Cholesterol	15.74mg		
Sodium	251.76mg		
Carbohydrates	10.23g		
Fiber	1.57g		
Sugar	0.79g		
Protein	10.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.60mg	Iron	1.57mg

Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1560
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	1000 Each	394053
Buttermilk ranch dipping cup	100 Each	3098

Preparation Instructions

10 nuggets per student/serving

1 ranch dipping cup

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 377.14

Fat 24.86g

Saturated Fat 3.64g

Trans Fat 0.00g

Cholesterol 67.14mg

Sodium 735.71mg

Carbohydrates 16.29g

Fiber 1.43g

Sugar 2.00g

Protein 22.86g

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

Calcium 0.00mg **Iron** 0.00mg

Nacho Bites

Servings:	72.00	Category:	Grain
Serving Size:	8.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1561
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	432 Each	655322

Preparation Instructions

K-6

8 pieces per serving

Condiment Optional

1/2 cup of Salsa

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00

Amount Per Serving

Calories 225.00

Fat 9.75g

SaturatedFat 2.63g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 390.00mg

Carbohydrates 24.75g

Fiber 2.25g

Sugar 0.75g

Protein 10.50g

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

Calcium 140.25mg **Iron** 0.75mg

Nacho Bites

Servings:	48.00	Category:	Entree
Serving Size:	12.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1562
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BITES NACHO .5Z 8-72CT LIL BITES	576 Each	655322

Preparation Instructions

BAKE

Cooking Instructions:

Convection Oven-

Preheat oven to 375° F; arrange frozen Lil' Bites in a single layer on a pan

Bake for 6-8 minutes or until hot

Let Lil' Bites stand for 2 minutes before eating

Filling will be very hot; be cautious on first bite

Due to variance in appliances, cooking times and
or temperatures

may require adjustment to meet a minimum of 160 °

DIRECTIONS BASED ON COOKING PRODUCT FROM FROZEN

JHS/KHS

12 pieces per serving

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 12.00

Amount Per Serving

Calories 450.00

Fat 19.50g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 780.00mg

Carbohydrates 49.50g

Fiber 4.50g

Sugar 1.50g

Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.50mg	Iron	1.50mg

Chicken Nugget

Servings:	43.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1581
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	258 Serving	281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

JHS/KHS

12 Nuggets per student

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 6.00

Amount Per Serving

Calories	315.00		
Fat	18.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	480.00mg		
Carbohydrates	19.50g		
Fiber	3.00g		
Sugar	1.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	3.00mg

PRO-MINI CORN DOG BITES

Servings:	59.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1589
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	238 Each	497360

Preparation Instructions

THAW UNDER REFRIGERATION ONLY.

PRE-HEAT OVEN TO 350 DEGREE F.

IF FROZEN BAKE FOR 15 MINUTES , IF THAWED BAKE FOR 10 MINUTES

HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

SERVE 4 PER STUDENT

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 4.00

Amount Per Serving

Calories 181.53

Fat 8.07g

SaturatedFat 2.52g

Trans Fat 0.00g

Cholesterol 30.25mg

Sodium 322.71mg

Carbohydrates 20.17g

Fiber 0.00g

Sugar 5.04g

Protein 7.06g

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

Calcium 50.42mg **Iron** 1.01mg

PRO-CORNBREAD STUFFING

Servings:	348.00	Category:	Grain
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1590
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
STUFFING MIX CRNBRD 12-31.125Z GCHC	93 3/7 Ounce	455761

Preparation Instructions

ADD SEASONING PACKET TO 7 CUPS OF BOILING WATER.

LET STAND 5 MINUTES. GENTLY STIR IN CORNBREAD CRUMBS.

COVER AND LET STAND 15 MINUTES.

FLUFF WITH A FORK AND SERVE.

Serving size of 2 oz (1/4 cup) use #16 Scoop

Nutrition Facts

Servings Per Recipe: 348.00

Serving Size: 2.00

Amount Per Serving

Calories 64.41

Fat 0.54g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 284.46mg

Carbohydrates 12.88g

Fiber 0.54g

Sugar 1.61g

Protein 1.61g

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

Calcium 13.95mg **Iron** 0.54mg

PRO-Mashed Potatoes

Servings:	160.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1593
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	80 Ounce	193610

Preparation Instructions

RECONSTITUTE- 1 POUCH= 80 SERVINGS OF 2 OZ

- 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15-20 seconds.
- 3: Let stand for 7 minutes, stir and serve.

SERVING PER STUDENT

2oz USE #16 SCOOP

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 2.00

Amount Per Serving

Calories	55.56		
Fat	0.69g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.56mg		
Carbohydrates	9.72g		
Fiber	1.39g		
Sugar	0.00g		
Protein	1.39g		
Vitamin A	1.35IU	Vitamin C	4.43mg
Calcium	5.85mg	Iron	0.20mg

Turkey Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1655
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	303 Ounce	768230
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	25 Cup	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	25 Cup	242489
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
Tortillas, Whole Grain	100 1 each	110394

Preparation Instructions

To assemble taco

1. Add 3.03oz (Use #8 scoop) Taco filling in center of tortilla shell
 2. top with 2 oz of mexican cheddar cheese
 3. offer salad mix as a topping-shredded lettuce & diced tomatoes
- 1-8" taco per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories 353.13

Fat 17.00g

Saturated Fat 9.00g

Trans Fat 0.00g

Cholesterol 85.00mg

Sodium 701.25mg

Carbohydrates 24.63g

Fiber 0.29g

Sugar 1.33g

Protein 23.04g

Vitamin A 400.00IU **Vitamin C** 0.00mg

Calcium 222.88mg **Iron** 1.10mg

Spanish rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1665
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SALSA 103Z 6-10 REDG	1 1/2 #10 CAN	452841
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	699181
SEASONING TACO 21Z TRDE	3/4 Cup	413429

Preparation Instructions

Cooking Rice: place 6.25 Cup into 6" steam table pan add water according to manufacturers directions.

Once Rice is cooked add 3/4 Cup taco season and 1 1/2 #10 cans of salsa. Blend thoroughly.

Cover with foil and lid and place in hot holding until ready to serve

Serving size 4 oz- use # 8 Scoop

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 123.10

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 387.04mg

Carbohydrates 26.12g

Fiber 0.00g

Sugar 2.42g

Protein 2.36g

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

Calcium 0.00mg **Iron** 3.00mg

PRO-Chicken Nuggets

Servings:	128.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1726
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	512 Each	281831

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Bake:

6-8 minutes at 375°F from frozen.

Serving Size- 4 Chicken Nugget per student

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 210.00

Fat 12.00g

SaturatedFat 2.00g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 320.00mg

Carbohydrates 13.00g

Fiber 2.00g

Sugar 1.00g

Protein 13.00g

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

Calcium 30.00mg **Iron** 2.00mg

PRO-Cheeseburger

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1727
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	170 Each	676151
CHEESE AMER 160CT SLCD R/F 6-5 LOL	170 Slice	722360

Preparation Instructions

Flamebroiled Beef Patty-Prepare from frozen state

Convection Oven: Pre-heat oven to 350 Degrees F.

Bake for 8-9 minutes

Place on parchment lined sheet tray in a single layer

Once Baked place bun bag over sheet tray to keep moist.

Place tray in hot box no longer than 30 minutes

BE SURE TO PLACE A PAN OF WATER IN THE BOTTOM OF THE HOT BOX TO MAINTAIN MOISTURE LEVEL.

Hamburger Buns- Thaw under refrigeration or at room temperature for 24 hours

ASSEMBLE BURGER-

Place 1 beef patty on bottom portion of hamburger bun

Place 1 slice of American cheese on top of patty

Next, place top of bun on beef patty to complete hamburger

You may pre make up hamburgers prior to serving, as long as, they will not be sitting longer than 15 minutes in the hot box!

Serve 1 complete hamburger per student

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories 255.00

Fat 11.50g

SaturatedFat 4.75g

Trans Fat 0.50g

Cholesterol	47.50mg		
Sodium	425.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	17.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.00mg	Iron	2.08mg

PRO- Broccoli

Servings:	192.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1728
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	384 Each	610902

Preparation Instructions

Prepare from frozen state

Place frozen broccoli in 4" steam table pan place in steamer for 10-15 minutes or until temperature reaches 135 Degrees F.

Once cooked cover with plastic wrap and place in hot box until serving time.

Portion per student- 2 oz or 2 two pieces of broccoli

1/4 cup of vegetable servings

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 66.67

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 40.00mg

Carbohydrates 13.33g

Fiber 8.00g

Sugar 2.67g

Protein 8.00g

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

Calcium 93.33mg **Iron** 2.67mg

PRO-Baked Beans

Servings:	170.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1729
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	42 1/2 Cup	570710

Preparation Instructions

Place 3-#10 Cans in 4" steam table pan
Place in 350 Degree oven
and bake for 20-25 minutes
Until internal temperature reaches 165 Degress F
Portion per Student
2 oz (use #16 scoop) or 1/4 cup serving.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	14.50g		
Fiber	2.50g		
Sugar	5.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.90mg

PRO & STE-Cheese Pizza

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1730
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
5"Deep Dish Cheese Pizza	444 1/2 Ounce	841180

Preparation Instructions

BAKE

Product must be cooked from frozen state.

COOKING GUIDELINES: COOK BEFORE EATING.

Place 24 pizzas in 18" x 26" lightly greased baking sheet.

CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes.

NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments.

Rotate pans one half turn half way through cooking to prevent cheese from burning.

Refrigerate or discard any unused portion.

Serving Per Student-1 Individual cheese pizza

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories 1999.98

Fat 94.44g

SaturatedFat 44.44g

Trans Fat 0.00g

Cholesterol 194.44mg

Sodium 2833.31mg

Carbohydrates 188.89g

Fiber 16.67g

Sugar 22.22g

Protein 111.11g

Vitamin A 0.56IU **Vitamin C** 0.56mg

Calcium 2.50mg **Iron** 0.83mg

PRO-PB & J Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1733
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	72 Each	536012

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer on sheet tray

After thawing, sandwiches should be served within 8-10 hours. do not microwave.

Serving size is one 2.6 oz sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	300.00
Fat	16.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	15.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 44.00mg	Iron 1.00mg

PRO-PB&J Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1734
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	72 Each	527462

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer

After thawing, sandwiches should be served within 8-10 hours

Do not microwave

Serve 1- 2.6 ounce Sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1735
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
TURKEY BRST STK SLCD 4-6.17 JENNO	2 Slice	563652
32 oz Pullman Loaf WW	2 Each	12265

Preparation Instructions

Turkey

Thaw under refrigeration for at least 48 hours for a single bag or up to 72 hours for multiple bag units in box.
DO NOT THAW AT ROOM TEMPERATURE.

2 slices per sandwich

Pullman Bread

Thaw at room temperature for 24 hours

American Cheese Slices

Let sit out for 20 minutes or so to reach 50 degrees F

One slice per sandwich

ASSEMBLE

PLACE ON TOP OF BOTTOM SLICE OF BREAD 2 SLICES OF TURKEY, 1 SLICE OF AMERICAN CHEESE AND
ADD TOP SLICE OF BREAD

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 275.00

Fat 4.50g

SaturatedFat 1.75g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 910.00mg

Carbohydrates 29.00g

Fiber	4.00g		
Sugar	4.50g		
Protein	28.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	153.74mg	Iron	1.78mg

Pro-Chicken Parmesan on Ciabatta bread

Servings:	312.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1902
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Chicken Patty-Breaded CN-Fully Cooked	483 2/3 Ounce	827841
CHEESE MOZZ SHRD 4-5 LOL	312 Ounce	645170
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	156 Each	831221
SAUCE MARINARA SMOOTH 6-10 PG	312 Fluid Ounce	231762

Preparation Instructions

CHICKEN PATTY-CONVECTION

Convection Oven: from frozen state:

Preheat oven to 375 degrees F for 9-11 minutes or until internal temperature reaches 165 degree F. PLACE CHICKEN PATTY ON PERFORATED SHEET TRAY IN SINGLE LAYER

CIABATTA BREAD-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.

TO ASSEMBLE: PLACE CHICKEN PATTY ON BOTTOM PORTION OF CIABATTA BREAD PLACE 1 OZ OF MARINARA SAUCE AND TOP WITH 1 OZ SHREDDED MOZZARELLA CHEESE. CUT SANDWICH IN HALF AND SERVE 1 HALF TO STUDENT.

ONE PORTION IS HALF A SANDWICH.

Nutrition Facts

Servings Per Recipe: 312.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 290.02

Fat 13.38g

SaturatedFat 4.75g

Trans Fat 0.00g

Cholesterol 27.50mg

Sodium	545.03mg
Carbohydrates	24.75g
Fiber	2.00g
Sugar	4.00g
Protein	18.50g
Vitamin A 1.00IU	Vitamin C 12.50mg
Calcium 212.00mg	Iron 5.40mg

PRO-Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2162
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	80 Each	517830

Preparation Instructions

Serving size: Place 1 hot dog in hot dog bun

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 280.00

Fat 17.50g

SaturatedFat 6.00g

Trans Fat 0.50g

Cholesterol 35.00mg

Sodium 605.00mg

Carbohydrates 21.00g

Fiber 3.00g

Sugar 3.00g

Protein 10.00g

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

Calcium 53.89mg **Iron** 1.77mg

PRO-Cheeseburger Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2163
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641
GRAVY MIX BROWN 8-13.37Z TRIO	100 Fluid Ounce	741141

Preparation Instructions

Serving size- 1 portion (2.90oz) meatloaf topped with 1oz of brown gravy.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	11.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	1109.99mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

PRO-Pasta Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2179
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	300 Each	785860
PASTA PENNE CKD 4-5 PG	200 Ounce	835900
SAUCE MARINARA SMOOTH 6-10 PG	200 Fluid Ounce	231762
BREAD GARL TST SLC WGRAIN 12-12CT	50 Slice	277862

Preparation Instructions

Serving size

2oz Penne Pasta

2 Meatballs

2oz Marinara Sauce

1/2 slice Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 248.25

Fat 10.75g

SaturatedFat 3.38g

Trans Fat 0.45g

Cholesterol 27.00mg

Sodium 520.75mg

Carbohydrates 26.25g

Fiber 2.75g

Sugar 6.00g

Protein 13.00g

Vitamin A 3.75IU **Vitamin C** 0.75mg

Calcium 64.50mg **Iron** 3.53mg

PRO-Hot Turkey & Gravy Pot Pie

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2180
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	375 Ounce	653171
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	100 Each	521782

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 208.17

Fat 8.56g

SaturatedFat 4.85g

Trans Fat 0.00g

Cholesterol 40.56mg

Sodium 678.75mg

Carbohydrates 15.80g

Fiber 0.00g

Sugar 0.00g

Protein 18.23g

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

Calcium 60.00mg **Iron** 0.68mg

PRO-Smoky Honey Rib Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2181
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	451410
BUN SUB SLCD WGRAIN 8 10-6CT	100 Each	406343

Preparation Instructions

To Prepare:

Place bottom of bun on tray, place 1 rib patty on bun and place top of bun to complete sandwich

1 per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 420.00

Fat 13.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 890.00mg

Carbohydrates 53.00g

Fiber 5.00g

Sugar 16.00g

Protein 22.00g

Vitamin A 400.00IU **Vitamin C** 1.20mg

Calcium 140.00mg **Iron** 4.50mg

PRO-Sloppy Joe

Servings:	132.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2235
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	480 Ounce	564790
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	132 Each	676151

Preparation Instructions

Assemble

Add 3.63 oz using #8 scoop to bottom half of bun, then place top of bun over sloppy joe mixture.

Nutrition Facts

Servings Per Recipe: 132.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 245.25

Fat 7.51g

Saturated Fat 2.20g

Trans Fat 0.00g

Cholesterol 44.08mg

Sodium 532.73mg

Carbohydrates 30.02g

Fiber 5.00g

Sugar 11.01g

Protein 17.02g

Vitamin A 459.80IU **Vitamin C** 6.01mg

Calcium 81.06mg **Iron** 3.00mg

Hot Dog Bar-Plain Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2510
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog placed in 1 bun

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 17.50g

SaturatedFat 6.00g

Trans Fat 0.50g

Cholesterol 35.00mg

Sodium 730.00mg

Carbohydrates 27.00g

Fiber 3.00g

Sugar 3.00g

Protein 10.00g

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

Calcium 8.89mg **Iron** 0.77mg

Hamburger w/cheese on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2512
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	235541
Hamburger bun, Whole Grain, White	170 Each	Wilkins Food Service

Preparation Instructions

Serve:

Place 1 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.21

Fat 9.51g

SaturatedFat 3.51g

Trans Fat 0.50g

Cholesterol 40.04mg

Sodium 351.29mg

Carbohydrates 24.01g

Fiber 3.00g

Sugar 5.01g

Protein 13.02g

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

Calcium 0.44mg **Iron** 1.08mg

Hamburger on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2513
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	658622
Hamburger bun, Whole Grain, White	170 Each	Wilkens Food Service

Preparation Instructions

Serve:

Place 1-2.0 oz hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 250.00

Fat 9.50g

SaturatedFat 3.50g

Trans Fat 0.50g

Cholesterol 40.00mg

Sodium 350.00mg

Carbohydrates 24.00g

Fiber 3.00g

Sugar 5.00g

Protein 13.00g

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

Calcium 0.00mg **Iron** 1.08mg

Cheesey Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2537
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
Dinner Roll, WG	100 Piece	4372
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641

Preparation Instructions

Serve 1 slice per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 260.00

Fat 11.50g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 550.00mg

Carbohydrates 25.00g

Fiber 3.00g

Sugar 7.00g

Protein 16.00g

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

Calcium 60.00mg **Iron** 1.44mg

Pasta Bowl to Go

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2538
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 P/L	20 Cup	254500
PASTA PENNE CKD 4-5 PG	40 Cup	835900
MEATBALL CKD .65Z 6-5 COMM	152 Ounce	785860

Preparation Instructions

Serving Size

Place 1/2 cup-4oz (#8 Scoop) of pasta on tray

Add 1/2 cup-4oz(#8 Scoop) of marinara sauce over the top of pasta

Next Place 4 meatballs on tray and

Condiment Optional

1 packet of Parmesan cheese (55g Na)

1 piece garlic bread/toast

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 226.73

Fat 9.03g

Saturated Fat 2.16g

Trans Fat 0.29g

Cholesterol 17.10mg

Sodium 240.10mg

Carbohydrates 28.38g

Fiber 1.48g

Sugar 7.45g

Protein 11.20g

Vitamin A 2.38IU **Vitamin C** 0.48mg

Calcium 49.40mg **Iron** 3.00mg

Pasta To Go w/meat sauce

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2570
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	785860
BREAD GARL TST SLC WGRAIN 12-12CT	80 Slice	277862

Preparation Instructions

SERVE:

PLACE 1/2 CUP-4 OZ (SLOTTED 4OZ LADLE /USE #8 SCOOP) OF PASTA ON TRAY

ADD 1/2 CUP-4 OZ (#8 SCOOP) OF MEAT SAUCE ON TOP OF PASTA

ADD 4 MEATBALLS TO THE TRAY AND 1 PIECE OF GARLIC BREAD.

CONDIMENT OPTIONAL

1 PACKET OF PARMESAN CHEESE

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 312.21

Fat 12.33g

SaturatedFat 3.77g

Trans Fat 0.35g

Cholesterol 25.72mg

Sodium 328.27mg

Carbohydrates 35.69g

Fiber 2.76g

Sugar 2.78g

Protein 14.28g

Vitamin A 60.66IU **Vitamin C** 2.27mg

Calcium 49.93mg **Iron** 3.38mg

Turkey and Gravy w/Biscuit

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2572
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	445 1/8 Ounce	653171
PEAS & CARROT 12-2.5 GCHC	60 Ounce	119458
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	107 Each	521782

Preparation Instructions

To Prepare: Mix 1 BAG Turkey and Gravy with 7.5 cups Peas and Carrots (60 oz or 1 1/2 bags). Keep heated to internal temperature of 135 degrees or above.

SERVE: 1 PORTION

Place 1-1 oz biscuit split open on try with 4 oz (#8 SCOOP/4 oz ladle) of Turkey, Gravy and pea/carrot mixture.

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 261.85

Fat 9.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 746.74mg

Carbohydrates 24.37g

Fiber 2.51g

Sugar 3.35g

Protein 21.67g

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

Calcium 60.00mg **Iron** 1.31mg

Garden Fresh Tossed Salad

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

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO CHERRY 11 MRKN	120 Each	569551
Cucumber	96 Slice	16P98
Carrots, baby	72 Each	18D69
CHEESE AMER SHRD FTTHR 4-5 BONGARDS - Bongards - W	24 Ounce	359572
TURKEY HAM DCD 2-5 JENNO	72 Ounce	202150

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.

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	394.44
Fat	12.74g
SaturatedFat	6.56g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	1190.40mg
Carbohydrates	46.20g
Fiber	3.32g

Sugar	6.00g
Protein	21.46g
Vitamin A 899.64IU	Vitamin C 16.60mg
Calcium 192.80mg	Iron 2.09mg

Mashed Potatoes

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

Ingredients

Description	Measurement	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	200 Fluid Ounce	552050
POTATO MASH INST 6-26Z BRILLIANT	302 Ounce	675031

Preparation Instructions

Serving size per student

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

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

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

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2613
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	130.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Fruit Salad Side

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2617
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	80 Ounce	811500
BLUEBERRY IQF 4-5 GFS	5 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	5 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	5 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	5 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	5 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1/2 bag Blueberries, 1/2 bag strawberries, 1/2 bag apples, 5 cups green and 5 cups red grapes

Add 1 1/4 (80oz/10 Cups) pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 1/2 cup of fruit salad in a 5oz cups with lid

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 333.72

Fat 2.12g

SaturatedFat 1.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 164.90mg

Carbohydrates	70.55g
Fiber	0.96g
Sugar	51.09g
Protein	10.12g
Vitamin A 22.33IU	Vitamin C 15.36mg
Calcium 363.09mg	Iron 0.18mg

Fruit Salad Entree

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2618
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1 bag Blueberries, 1 bag diced strawberries, 1 bag of diced apples, 10 cups green and 10 cups red grapes

Add 2 1/2 pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 2 cups of fruit salad in a 12oz square bowl with lid

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1907.87

Fat 12.40g

SaturatedFat 6.04g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 978.28mg

Carbohydrates	399.05g
Fiber	2.87g
Sugar	286.25g
Protein	60.59g
Vitamin A 67.00IU	Vitamin C 46.08mg
Calcium 2177.32mg	Iron 0.55mg

Steamed Broccoli

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2624

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS 6-4 GCHC	384 Ounce	610902

Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 133.33

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 80.00mg

Carbohydrates 26.67g

Fiber 16.00g

Sugar 5.33g

Protein 16.00g

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

Calcium 186.67mg **Iron** 5.33mg

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2625

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	5 Ounce	510637

Preparation Instructions

- 1/2 Cup (6 pieces) Baby Carrots in a plastic bag and seal
- 3/4 Cup (8 pieces) Baby Carrots in a plastic bag and seal

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	41.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	91.67mg
Carbohydrates	10.00g
Fiber	3.33g
Sugar	5.00g
Protein	0.00g
Vitamin A 35666.67IU	Vitamin C 13.00mg
Calcium 45.37mg	Iron 0.60mg

Veg-Edamame

Servings:	10.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2626

Ingredients

Description	Measurement	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	40 Ounce	147270

Preparation Instructions

Place 1/2 Cup of Edamame in 5 oz plastic cups with lids
1 serving is 1/2 Cup (4oz)

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	133.33		
Fat	5.33g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	8.00g		
Fiber	5.33g		
Sugar	2.67g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.67mg	Iron	2.40mg

Veg-Garbanzo Beans

Servings:	28.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2627

Ingredients

Description	Measurement	DistPart #
BEAN GARBANZO 6-10 GCHC	14 Cup	118753

Preparation Instructions

1 Serving = 1/2 Cup (4 oz) of garbanzo beans

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 110.00

Fat 2.00g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 300.00mg

Carbohydrates 18.00g

Fiber 5.00g

Sugar 3.00g

Protein 6.00g

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

Calcium 60.00mg **Iron** 0.72mg

Red Pepper Strips

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2628

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	560715

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		31.74	
Fat		0.17g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		2.34mg	
Carbohydrates		8.35g	
Fiber		1.34g	
Sugar		5.01g	
Protein		1.00g	
Vitamin A	3340.56IU	Vitamin C	194.23mg
Calcium	10.22mg	Iron	0.52mg

Veg-California Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2633

Ingredients

Description	Measurement	DistPart #
VEG BLEND CALIF 6-4 GCHC	48 Cup	610891

Preparation Instructions

Serving per Student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 Scoop.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	12.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	2.50g		
Fiber	1.50g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

Veg-Prince Charles Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2635

Ingredients

Description	Measurement	DistPart #
VEG BLND PRNC CHARLES 12-2 GCHC	48 Cup	101524

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.27mg

Veg-Scandinavian Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2636

Ingredients

Description	Measurement	DistPart #
VEG BLND SCANDINAVIAN 12-2 GCHC	48 Cup	329088

Preparation Instructions

1 Serving per student

1/2 cup (4oz) use 1/2 cup slotted spoodle or #8 scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	26.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.33mg
Carbohydrates	4.67g
Fiber	1.33g
Sugar	2.00g
Protein	1.33g
Vitamin A 500.00IU	Vitamin C 2.40mg
Calcium 0.00mg	Iron 0.24mg

Veg-Kyoto Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2638

Ingredients

Description	Measurement	DistPart #
VEG BLND KYOTO 6-2.5 GCHC	48 Cup	147260

Preparation Instructions

1 Serving per student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or # 8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	35.00		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	4.50g		
Fiber	1.00g		
Sugar	1.50g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.30mg

Veg-Capri Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2639

Ingredients

Description	Measurement	DistPart #
VEG BLEND CAPRI 6-4 GCHC	48 Cup	610841

Preparation Instructions

1 Serving per Student

1/2 cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.33mg
Carbohydrates	2.67g
Fiber	0.67g
Sugar	1.33g
Protein	0.67g
Vitamin A 666.67IU	Vitamin C 0.80mg
Calcium 13.33mg	Iron 0.00mg

Veg-Normandy Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2640

Ingredients

Description	Measurement	DistPart #
VEG BLND NORMANDY 12-2 GCHC	48 Cup	170615

Preparation Instructions

1 Serving per student

1/2 cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.97mg		
Carbohydrates	0.50g		
Fiber	0.15g		
Sugar	0.33g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.12mg	Iron	0.06mg

Veg-Key West Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2641

Ingredients

Description	Measurement	DistPart #
VEG BLND KEY WEST 6-4 FLAVRPAC	48 Cup	164090

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.52mg		
Carbohydrates	4.55g		
Fiber	1.52g		
Sugar	2.27g		
Protein	0.00g		
Vitamin A	757.58IU	Vitamin C	4.55mg
Calcium	15.15mg	Iron	0.55mg

Veg-Riviera Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2649
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
VEG BLND RIVIERA 6-4 FLAVRPAC	48 Cup	164060

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 17.50

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.50mg

Carbohydrates 2.50g

Fiber 1.00g

Sugar 1.50g

Protein 0.50g

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

Calcium 20.00mg **Iron** 0.00mg

Veg-Caribbean Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2650
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
VEG BLND CARIBB 6-4 FLAVRPAC	48 Cup	101740

Preparation Instructions

1 Serving per Student

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 17.50

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.00mg

Carbohydrates 3.00g

Fiber 1.00g

Sugar 1.50g

Protein 0.50g

Vitamin A 50.00IU **Vitamin C** 9.00mg

Calcium 10.00mg **Iron** 0.36mg

Veg-Malibu Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2651
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
VEG BLND MALIBU 6-4 FLAVRPAC	48 Cup	164100

Preparation Instructions

1 Serving per Student

1/2 Cup (4 oz) Use 1/2 Cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 15.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 3.00g

Fiber 1.50g

Sugar 1.50g

Protein 0.50g

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

Calcium 14.50mg **Iron** 0.00mg

Veg-Sicilian Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2652
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
VEG BLND SICILIAN 6-4 FLAVRPAC	48 Cup	164070

Preparation Instructions

1 Serving Per Students

1/2 Cup (4oz) Use 1/2 Cup slotted spoodle or #8 Scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	17.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.50g		
Protein	0.50g		
Vitamin A	500.00IU	Vitamin C	7.50mg
Calcium	10.00mg	Iron	0.00mg

Trix Cereal Kit

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-2664
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CEREAL TRIX RS BKFST KIT 60CT	60 Each	525340

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	4.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	220.00mg
Carbohydrates	56.00g
Fiber	2.00g
Sugar	27.00g
Protein	2.00g
Vitamin A 700.00IU	Vitamin C 68.40mg
Calcium 108.00mg	Iron 8.20mg

Italian Tossed Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-2863

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	129631
TURKEY HAM DCD 2-5 JENNO	72 1/4 Ounce	202150
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198

Preparation Instructions

1 Serving place 2 cup of romaine lettuce in a 12oz clamshell bowl
top with 5 sliced cherry/grape tomatoes
next add 3 oz of turkey ham-use a level 4oz ladle
add 1/2 oz of red onions slices
Optional condiment
1 packet Parmesan cheese
1 packet croutons
1 package of fat free Italian dressing

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	189.75
Fat	4.92g
SaturatedFat	1.61g
Trans Fat	0.00g
Cholesterol	60.20mg
Sodium	535.75mg
Carbohydrates	18.00g
Fiber	5.80g
Sugar	10.00g
Protein	17.95g
Vitamin A 1499.40IU	Vitamin C 26.47mg

Calcium 66.00mg **Iron** 2.58mg

Breakfast for Lunch

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3023
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	320 Fluid Ounce	584584
FRENCH TST CINN WGRAIN 144-2.9Z PAP	80 Slice	646262
BACON TKY CKD 12-50CT JENNO	240 Piece	834770
HASHBROWN TRIANGLE 6-5 MCC	80 Each	141520

Preparation Instructions

Eggs: 1 case=320fl.oz= 80 portions of 4oz servings

Use #8 scoop

French Toast: 1 slice per student

Bacon: 3 slices per student

Hashbrown: 1 triangle per student

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 426.06

Fat 21.06g

SaturatedFat 3.77g

Trans Fat 0.00g

Cholesterol 314.39mg

Sodium 1053.33mg

Carbohydrates 34.02g

Fiber 2.50g

Sugar 12.52g

Protein 23.59g

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

Calcium 116.58mg **Iron** 2.52mg

Honey BBQ Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3033
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Piece	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	100 Each	276142

Preparation Instructions

1 Serving = 1 rib patty on a 1 WG Sub Bun

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	96.00mg	Iron	3.80mg

Breaded Chicken Patty Sandwich-Spicy

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3039
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	525490
Hamburger bun, Whole Grain, White	128 Each	Wilkins Food Service

Preparation Instructions

To prepare:

place bottom of hamburger bun on tray, add spicy chicken patty, then add top of bun

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 11.50g

Saturated Fat 2.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 580.00mg

Carbohydrates 33.00g

Fiber 4.00g

Sugar 6.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.00mg

Spaghetti w/meat sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3242
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862
BEEF CRMBL CKD 6-5 SMRTPCKS	300 Ounce	674312
SAUCE MARINARA A/P 6-10 REDPK	400 Ounce	592714
PASTA SPAGHETTI CKD 4-5 PG	50 Cup	835910

Preparation Instructions

Serving Size

Place 1/2 cup-4oz (#8 Scoop) of pasta on tray

Place 1/2 cup of meat sauce (use #8 scoop) over pasta

Condiment Optional

1 packet of Parmesan cheese (55g Na)

1 piece garlic bread/toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 417.86

Fat 17.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 37.50mg

Sodium 748.93mg

Carbohydrates 37.21g

Fiber 4.86g

Sugar 6.71g

Protein 23.86g

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

Calcium 31.86mg **Iron** 3.67mg

Pasta To Go w/meat sauce

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3243
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE CKD 4-5 PG	40 Cup	835900
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	40 Cup	573201
MEATBALL CKD .65Z 6-5 COMM	185 Each	785860
BREAD GARL TST SLC WGRAIN 12-12CT	80 Slice	277862

Preparation Instructions

SERVE:

PLACE 1/2 CUP-4 OZ (SLOTTED 4OZ LADLE /USE #8 SCOOP) OF PASTA ON TRAY

ADD 1/2 CUP-4 OZ (#8 SCOOP) OF MEAT SAUCE ON TOP OF PASTA

ADD 4 MEATBALLS TO THE TRAY AND 1 PIECE OF GARLIC BREAD.

CONDIMENT OPTIONAL

1 PACKET OF PARMESAN CHEESE

1 SLICE OF GARLIC BREAD

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 312.21

Fat 12.33g

SaturatedFat 3.77g

Trans Fat 0.35g

Cholesterol 25.72mg

Sodium 328.27mg

Carbohydrates 35.69g

Fiber 2.76g

Sugar 2.78g

Protein 14.28g

Vitamin A	60.66IU	Vitamin C	2.27mg
Calcium	49.93mg	Iron	3.38mg

Pizza-4-Meat

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3244
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA 4MEAT 16 WGRAIN PRIMO 9CT	72 Slice	731211

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 15-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	17.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	650.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	9.00g		
Protein	20.00g		
Vitamin A	72.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.40mg

Pizza-Buffalo Chicken

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3245
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	72 Slice	627101

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F low fan for 14-17 minutes

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	390.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.20mg

Pizza-Cheese

Servings:	72.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3246
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3-3CT	72 Slice	814291

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 2.00mg

Pizza-Pepperoni

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3247
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	814301

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories 360.00

Fat 17.00g

Saturated Fat 8.00g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 570.00mg

Carbohydrates 34.00g

Fiber 4.00g

Sugar 6.00g

Protein 19.00g

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

Calcium 320.00mg **Iron** 2.20mg

Italian Tossed Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3248
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 1/4 Ounce	202150
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO GRAPE SWT 10 MRKN	24 Ounce	129631

Preparation Instructions

1 Serving place 2 cup of romaine lettuce in a 12oz clamshell bowl
top with 5 sliced cherry/grape tomatoes
next add 3 oz of turkey ham-use a level 4oz ladle
add 1/2 oz of red onions slices
Optional condiment
1 packet Parmesan cheese
1 packet croutons
1 package of fat free Italian dressing

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 189.75

Fat 4.92g

SaturatedFat 1.61g

Trans Fat 0.00g

Cholesterol 60.20mg

Sodium 535.75mg

Carbohydrates 18.00g

Fiber 5.80g

Sugar 10.00g

Protein	17.95g
Vitamin A 1499.40IU	Vitamin C 26.47mg
Calcium 66.00mg	Iron 2.58mg

Cheesey Meatloaf

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3249
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	100 Piece	765641
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	200 Each	751701

Preparation Instructions

Serve 1 slice per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 12.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 570.00mg

Carbohydrates 34.00g

Fiber 3.00g

Sugar 11.00g

Protein 18.00g

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

Calcium 100.00mg **Iron** 3.60mg

Double Hamburger w/cheese on WG Bun

Servings:	170.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3250
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	340 Each	658622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	170 Each	517810

Preparation Instructions

Serve:

Place 2 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	18.00g		
SaturatedFat	7.50g		
Trans Fat	1.00g		
Cholesterol	80.00mg		
Sodium	350.00mg		
Carbohydrates	26.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	3.16mg

Hot Dog Bar-chili cheese dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3251
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	265039
SAUCE CHS CHED POUCH 6-106Z LOL	10 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	344012
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 376.07

Fat 21.86g

SaturatedFat 8.54g

Trans Fat 0.50g

Cholesterol 50.32mg

Sodium 969.45mg

Carbohydrates 31.07g

Fiber 3.69g

Sugar 3.86g

Protein 14.73g

Vitamin A 214.75IU **Vitamin C** 3.26mg

Calcium 122.14mg **Iron** 1.28mg

BAKED MOSTACCIOLI-K-12

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3252
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service
Lentil Penne	200 Ounce	4519
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	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, THROUGHLY 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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	529.53
Fat	17.62g
SaturatedFat	7.58g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	786.85mg
Carbohydrates	54.63g
Fiber	6.51g
Sugar	6.13g
Protein	33.51g
Vitamin A 40.00IU	Vitamin C 0.12mg
Calcium 276.66mg	Iron 2.12mg

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-3254
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	579785
Brown Gravy	100 Ounce	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

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

Chef Salad

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3255
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	735787
TOMATO CHERRY 11 MRKN	120 Each	569551
Cucumber	96 Slice	16P98
Carrots, baby	72 Each	18D69
CHEESE CHED MLD SHRD 4-5 LOL	24 Ounce	150250
TURKEY HAM DCD 2-5 JENNO	72 Ounce	202150

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 5 sliced cherry tomatoes
Add 4 slices of cucumbers
Add 3 baby carrots
and top with 1/2 oz (1 Tablespoon) Use # 30 Scoop of shredded cheese.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 347.24

Fat 9.06g

SaturatedFat 4.44g

Trans Fat 0.00g

Cholesterol 74.40mg

Sodium 891.60mg

Carbohydrates 44.68g

Fiber 3.32g

Sugar		5.00g	
Protein		19.82g	
Vitamin A	1043.64IU	Vitamin C	16.60mg
Calcium	138.32mg	Iron	2.09mg

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3258
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	37 1/2 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

4oz-(Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	195.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	825.00mg		
Carbohydrates	43.50g		
Fiber	7.50g		
Sugar	15.00g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

Fruit Salad Entree

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3259
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	322 Ounce	811500
BLUEBERRY IQF 4-5 GFS	10 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	10 Cup	244630
APPLE SLCD RED PLD IQF 4-5 GFS	10 Cup	818895
GRAPES GREEN SEEDLESS 17AVG	10 Cup	197858
GRAPES RED LUNCH BUNCH 5 MRKN	10 Ounce	121893

Preparation Instructions

Make the day before

Place in 6" steam table pan

1 bag Blueberries, 1 bag diced strawberries, 1 bag of diced apples, 10 cups green and 10 cups red grapes

Add 2 1/2 pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 2 cups of fruit salad in a 12oz square bowl with lid

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1907.87

Fat 12.40g

SaturatedFat 6.04g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium	978.28mg
Carbohydrates	399.05g
Fiber	2.87g
Sugar	286.25g
Protein	60.59g
Vitamin A 67.00IU	Vitamin C 46.08mg
Calcium 2177.32mg	Iron 0.55mg

Apple Chicken Cranberry Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3264
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD FRSH	200 Ounce	530831
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	12 1/2 Cup	121261
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup	735787
CRANBERRY DRIED SWTND 10 OCSPR	12 1/2 Cup	729469
WALNUT PCS MED 30 GFS	12 1/2 Cup	585041
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	570533
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	100 Each	720526

Preparation Instructions

1. Place 1 tortilla(12") flat on parchment lined sheet tray
2. Spread 2 Tablespoons of Fuji Apple Dressing on tortilla up to 1/4 away from edge.
3. Place 1 cup of chopped romaine lettuce; horizontally across tortilla in an even layer.
4. Add 3oz of chicken, 2oz of sliced apples, 1 Tablespoon (.5oz) of cranberries and top with 1oz of walnuts
5. Fold up the two horizontal ends 1/2 of the way in towards the middle, jsut past the ingredients. Fold the bottom of tortilla (end closest to you) up past the toppings, slightly pull back and roll away from you until the fold is under the complete wrap.
6. Cut on the bias or diagonally and place in clear calmshell.

Serving Size

1 12" tortill a wrap cut in half.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 694.43

Fat 38.00g

SaturatedFat 7.50g

Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	475.00mg		
Carbohydrates	63.50g		
Fiber	6.50g		
Sugar	26.50g		
Protein	25.50g		
Vitamin A	31.00IU	Vitamin C	2.60mg
Calcium	44.50mg	Iron	3.87mg

Apple Chicken Cranberry Wrap

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3269
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	570533
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	7 Each	720526
APPLE SLCD FRSH	14 Ounce	530831
DRESSING VINAG FUJI APPL 6-.5GAL PMLL	7/8 Cup	121261
LETTUCE ROMAINE CHOP 6-2 RSS	7 Cup	735787
WALNUT HLVS & PCS 4-2.5 GFS	7/8 Cup	134860
DRIED CRANBERRIES PREM 4 P/L	7/8 Cup	741950

Preparation Instructions

1. Place 1 tortilla(12") flat on parchment lined sheet tray
2. Spread 2 Tablespoons of Fuji Apple Dressing on tortilla up to 1/4 away from edge.
3. Place 1 cup of chopped romaine lettuce; horizontally across tortilla in an even layer.
4. Add 2.3oz of chicken, 2oz of sliced apples, .5oz of cranberries and top with 1oz of walnuts
5. Fold up the two horizontal ends 1/4 of the way in towards the middle. Fold the bottom of tortilla (end closest to you) up past the toppings, slightly pull back and roll away from you until the fold is under the complete wrap.
6. Cut on the bias or diagonally and place in clear calmshell.

Serving Size

1 12" tortilla wrap cut in half.

Nutrition Facts

Servings Per Recipe: 7.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	687.61
Fat	38.09g
SaturatedFat	7.51g

Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	475.85mg		
Carbohydrates	60.38g		
Fiber	5.77g		
Sugar	21.93g		
Protein	25.51g		
Vitamin A	31.00IU	Vitamin C	2.60mg
Calcium	44.61mg	Iron	3.87mg

KHS-Sesame Asian Noodle Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3271
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SPICE GINGER GRND 12Z BADIA	1 Tablespoon	430983
VINEGAR RICE WINE SEAS 4-1GAL ROLN	3 Cup	661651
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
JUICE ORNG 100 UNSWT 12-46FLZ HV	1 Cup	100617
OIL SESAME PURE 10-56Z ROLN	3 Cup	348630
HONEY CLOVER 4-6 GCHC	1/2 Cup	225614
OIL CANOLA CLR 3-1GAL CHFPRDE	3 Cup	482071
SPICE GARLIC POWDER 16Z BADIA	1 Teaspoon	708481
PASTA SPAG 51 WGRAIN 2-10	12 1/2 Pound	221460
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	5 Pound	147270
CARROT SHRD MED 2-5 RSS	2 Pound	313408
CABBAGE RED 5 P/L	2 Pound	596965
ONION RING RED 1/4 2-5 RSS	12 Ounce	429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	570533
SPICE SESAME SEED HULLED 19Z TRDE	50 Ounce	513806

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 507.37

Fat 21.01g

SaturatedFat 3.07g

Trans Fat 0.00g

Cholesterol 55.00mg

Sodium 327.20mg

Carbohydrates 49.02g

Fiber 5.82g

Sugar 6.03g

Protein 28.03g

Vitamin A 1522.77IU **Vitamin C** 1.81mg

Calcium 48.46mg **Iron** 3.37mg

Sesame Asian Noodle Bowl

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3297

Ingredients

Description	Measurement	DistPart #
SPICE GINGER GRND 16Z TRDE	1/16 tsp.	513695
SPICE GARLIC POWDER 21Z TRDE	1/16 tsp.	224839
VINEGAR RICE WINE SEAS 4-1GAL ROLN	1/4 Cup	661651
SAUCE SOY LITE 6-.5GAL KIKK	3/16 Cup	466425
JUICE ORNG 100 UNSWT 12-46FLZ HV	1/8 Cup	100617
OIL SESAME PURE 10-56Z ROLN	1/4 Cup	348630
HONEY CLOVER 4-6 GCHC	1/16 Cup	225614
OIL CANOLA CLR 3-1GAL CHFPRDE	1/4 Cup	482071
PASTA SPAG 51 WGRAIN 2-10	7/8 Pound	221460
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	3/8 Pound	147270
CARROT SHRD MED 2-5 RSS	3/16 Pound	313408
CABBAGE RED 5 P/L	3/16 Pound	596965
ONION RING RED 1/4 2-5 RSS	7/8 Ounce	429198
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	21 Ounce	570533
SPICE SESAME SEED HULLED 19Z TRDE	3 1/2 Ounce	513806

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 7.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories 509.32

Fat	21.01g
SaturatedFat	3.07g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	327.21mg
Carbohydrates	49.47g
Fiber	5.84g
Sugar	6.22g
Protein	28.07g
Vitamin A 1522.77IU	Vitamin C 1.81mg
Calcium 48.59mg	Iron 3.39mg

KHS-Teriyaki Chicken Asian Noodle Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3661

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX TERYK BBQ W/SCE 6-7# YANG	2 7/16 Ounce	651122
VEG BLND KYOTO 6-2.5 GCHC	1/2 Cup	147260
BASE CHIX LO SOD NO MSG 6-1 MINR	3/4 Teaspoon	580589
Whole Grain Chow Mein	4 13/16 Ounce	

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	341.41		
Fat	11.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	622.19mg		
Carbohydrates	37.69g		
Fiber	5.00g		
Sugar	11.50g		
Protein	23.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	1.02mg

do not use-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	100.00	Category:	Entree
Serving Size:	3.16 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3832
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Vegetable Fried Rice	27 Pound	78001
STIR FRY CHIX TANGR WGRAIN 6-7.2	25 Pound	791710

Preparation Instructions

To assemble:

Place 1/2Cup of Fried rice on tray(USE #8 Scoop)

Top with 3.90 oz of Tangerine Chicken (USE # 8 Scoop)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.16 Ounce

Amount Per Serving

Calories 1102.07

Fat 30.02g

SaturatedFat 3.19g

Trans Fat 0.00g

Cholesterol 46.15mg

Sodium 1858.54mg

Carbohydrates 168.20g

Fiber 19.33g

Sugar 26.29g

Protein 44.60g

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

Calcium 0.00mg **Iron** 1.48mg

Hot Turkey served w/Stuffing & gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3834
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
STUFFING MIX CRNBRD 12-31.125Z GCHC	37 1/2 Cup	455761
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	25 Cup	552061
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	100 Each	751701

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 370.30

Fat 6.26g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 50.04mg

Sodium 1233.36mg

Carbohydrates 49.05g

Fiber 1.75g

Sugar 8.26g

Protein 25.26g

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

Calcium 69.58mg **Iron** 2.19mg

Classic Chicken Popper Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	675031
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	50 Ounce	359572
Chicken Gravy	17 Cup	9152
Corn cnd	2 #10 CAN	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl
Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl
Chicken Poppers- 12 ea
Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle
Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle
Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.49
Fat	17.65g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	641.25mg
Carbohydrates	32.28g
Fiber	4.66g
Sugar	3.05g

Protein	18.91g
Vitamin A 1.19IU	Vitamin C 3.98mg
Calcium 113.31mg	Iron 2.34mg

Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	192.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3836
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	696 Ounce	550512
Vegetable Fried Rice	192 Serving	78001

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

Amount Per Serving

Calories 361.04

Fat 9.02g

Saturated Fat 1.00g

Trans Fat 0.00g

Cholesterol 40.28mg

Sodium 621.94mg

Carbohydrates 52.13g

Fiber 4.00g

Sugar 13.07g

Protein 18.08g

Vitamin A 0.00IU **Vitamin C** 1.21mg

Calcium 0.00mg **Iron** 0.73mg

Southern Oven Fried Chicken

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3837
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	258610
CORNBREAD PRE-CUT 4-30CT CP	160 Piece	579785

Preparation Instructions

K-3 - 1 drum = 2 m/ma & 0.75 oz. grain

5-13 - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain

9-12 - 1 thigh = 3.25 m/ma & 1 oz. grain

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	400.00		
Fat	21.00g		
SaturatedFat	4.50g		
Trans Fat	0.24g		
Cholesterol	110.00mg		
Sodium	730.00mg		
Carbohydrates	31.00g		
Fiber	1.40g		
Sugar	11.00g		
Protein	19.00g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

Soft Pretzel

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3954
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	100 Each	142411
SAUCE CHS CHED DIP CUP 140-3Z LOL	100 Each	528690

Preparation Instructions

DO NOT SPRINKLE THE SALT ON THE PREZTEL!

SERVING SIZE:

1-2.2OZ SOFT PRETZEL WITH 1-3OZ ULTIMATE CHEDDAR CHEESE CUP PER STUDENT

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	720.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 353.00mg	Iron 1.80mg

PRO-Soft Pretzel

Servings:	200.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3957
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	200 Each	607122
SAUCE CHS CHED DIP CUP 140-3Z LOL	200 Each	528690

Preparation Instructions

DO NOT SPRINKLE THE SALT ON THE PRETZEL!

SERVING SIZE:

1-1OZ SOFT PREZTEL WITH 1-3OZ ULTIMATE CHEDDAR CHEESE CUP PER STUDENT.

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	10.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	10.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 333.00mg	Iron 0.72mg

Loaded Baked Potato Bar

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3963
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
POTATO BAKER IDAHO 6Z 50 MRKN	100 Each	328731
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	12 1/2 Cup	344012
BACON CRUMBLES CKD 12-1 GCHC	100 Ounce	357220
SALSA 103Z 6-10 REDG	37 1/2 Cup	452841
BROCCOLI FLORETS 6-4 GCHC	25 Cup	610902

Preparation Instructions

- 1 potato
- 2oz cheese sauce
- 2oz chili
- 1oz bacon bits
- 2oz broccoli

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 216.59

Fat 5.11g

SaturatedFat 2.79g

Trans Fat 0.00g

Cholesterol 15.66mg

Sodium 552.93mg

Carbohydrates 33.49g

Fiber 5.09g

Sugar 4.44g

Protein	9.78g		
Vitamin A	26.84IU	Vitamin C	0.41mg
Calcium	131.26mg	Iron	3.40mg

Chicken Fajita

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4125
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 Pound	516371
Tap Water for Recipes	3 Gallon	000001WTR
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
SEASONING ANCHO CHILI 21Z TRDE	1/2 Cup	748570
CILANTRO CLEANED 4-1 RSS	1 Cup	219550
OIL SALAD CANOLA NT 3-1GAL GFS	2 Cup	432000
ONION DCD 1/2 2-5 RSS	12 1/2 Cup	426059
SQUASH BTRNUT DCD 1 4-4 P/L	16 Pound	668831
PEPPERS RED DOMESTIC 23 MRKN	4 Pound	560715
CORN CUT IQF 30 GCHC	16 Cup	285620
CHILIES GREEN DCD 12-26Z ORTG	8 Cup	131460
TOMATO DCD NSA 6-10 ANGELA MIA	8 Cup	827614
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Tablespoon	225037
SPICE CUMIN GRND 15Z TRDE	1/4 Cup	273945
CHIX THGH STRP FAJT CKD 1/2 NAE 2-5	18 3/4 Pound	505765
TORTILLA FLOUR 10 ULTRGR 12-12CT	100 Each	690141

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 412.42

Fat 15.90g

SaturatedFat 3.82g

Trans Fat 0.00g

Cholesterol 95.00mg

Sodium 865.79mg

Carbohydrates 43.70g

Fiber 3.85g

Sugar 3.91g

Protein 24.42g

Vitamin A 239.99IU **Vitamin C** 10.74mg

Calcium 142.96mg **Iron** 3.47mg

Nacho Grande

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4172
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHIP TORTL RND YEL 5-1.5 KE	100 Ounce	163020
BEAN REFRD 6-10 GRSZ	2 #10 CAN	293962
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 10 tortilla chips in 3# boat,

add refried beans-1/4 Cup use #10 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/4Cup cheese sauce using #10 scoop,

Can be served with Sour Cream & Salsa

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 362.43

Fat 16.03g

SaturatedFat 6.01g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 694.19mg

Carbohydrates 33.40g

Fiber 5.10g

Sugar 0.52g

Protein 18.64g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	167.78mg	Iron	2.47mg

Wild Mike's Cheese Bites

Servings:	60.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4185
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

BBQ Chicken Meatball w/Ranch Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4460
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	300 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	25 Cup	03680
Celery Sticks	25 Cup	02493
SPICE GARLIC POWDER 6 TRDE	2 1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GCHC	6 1/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/4 Cup	473308
Diced Tomatoes cnd	1 #10 CAN	100329
Vegetable broth	2 1/2 Cup	21956
SAUCE BBQ 4-1GAL SWTBRAY	12 1/2 Cup	655937
SPICE BLND ORIG 3-21Z MDASH	2 1/2 Cup	265103

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 2-6" steam table pan per manufacturers instructions. Mix together half of following ingredients: 25 cups of dry rice add in 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 50 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	632.45		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	701.85mg		
Carbohydrates	108.69g		
Fiber	2.24g		
Sugar	18.60g		
Protein	24.74g		
Vitamin A	0.00IU	Vitamin C	3.65mg
Calcium	31.32mg	Iron	4.12mg

Breaded Chicken Patty Sandwich

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4512
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	525480
Hamburger bun, Whole Grain, White	128 Each	Wilkens Food Service

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 10.50g

Saturated Fat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 6.00g

Sugar 5.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.00mg

Spicy Breaded Chicken Patty Sandwich

Servings:	148.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4515
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	148 Each	327080
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	148 Each	676151

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 370.00

Fat 16.50g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 515.00mg

Carbohydrates 37.00g

Fiber 6.00g

Sugar 4.00g

Protein 19.00g

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

Calcium 87.00mg **Iron** 3.00mg

Breakfast Anytime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4530
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	100 Each	646262
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	100 Each	352740

Preparation Instructions

4 Stick and 1 patty per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.00

Fat 12.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 140.00mg

Sodium 380.00mg

Carbohydrates 26.00g

Fiber 2.00g

Sugar 11.00g

Protein 14.00g

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

Calcium 59.00mg **Iron** 1.36mg

Mesquite Glazed Drumstick

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

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	591160
CORN COB EARS LITTLE 2.75 96CT GCHC	105 Each	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

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 2.00g

Sugar 3.00g

Protein 18.00g

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

Calcium 9.00mg **Iron** 1.00mg

Loaded French Fries

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4643
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	344012
BACON CRUMBLES CKD 12-1 GCHC	6 1/4 Cup	357220
Green Onion	6 1/4 Cup	5543
Fries 3/8 S/C Ovations 6-5 Mcc	237 Ounce	868961
SOUR CREAM PKT 400-1Z GCHC	100 Each	836750

Preparation Instructions

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

Place 1/2 cup french fries in boat,
top with 1/8 cup (Use #30 scoop) of Chili,
place 3oz Use #8 scoop or 4oz ladle of broccoli florets,
then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce,
.5oz use #16 scoop cup salsa,
next add 2 Tbl Use #30 scoop of bacon bits
Then add 1 Tbl green onions,

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 244.02

Fat 13.71g

SaturatedFat 5.82g

Trans Fat 0.00g

Cholesterol 36.33mg

Sodium 502.36mg

Carbohydrates	21.64g
Fiber	1.42g
Sugar	1.46g
Protein	9.06g
Vitamin A 53.69IU	Vitamin C 4.41mg
Calcium 154.69mg	Iron 0.58mg

Soft Beef Tacos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4644
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	359572
SEASONING TACO 21Z TRDE	4 Cup	413429
TORTILLA FLOUR 6 SFST 24-12CT GRSZ	1 Each	713320
BEEF GRND 80/20 FREE FALL 2-10 GCHC	200 Ounce	330868

Preparation Instructions

To Assemble:

Place 6" flour tortilla on tray(k-6 1 taco; 7-12 2 tacos)

Place 2.03oz of beef tacomeat in center of tortilla-Use #10 scoop

Add 1/8 Cup lettuce, 1/8 Cup diced tomatoes topped with 1oz shredded cheese-Use #30 scoop(optional)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 187.50

Fat 11.02g

SaturatedFat 4.64g

Trans Fat 0.75g

Cholesterol 55.63mg

Sodium 553.82mg

Carbohydrates 4.23g

Fiber 0.00g

Sugar 1.10g

Protein 16.11g

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

Calcium 18.95mg **Iron** 1.94mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4648
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT	200 Slice	277862

Preparation Instructions

To assemble:

Place 2 slices of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic toast.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 459.00

Fat 24.00g

SaturatedFat 8.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 533.00mg

Carbohydrates 37.00g

Fiber 2.00g

Sugar 16.00g

Protein 22.00g

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

Calcium 8.00mg **Iron** 2.00mg

KHS-Ultimate Mac & Cheese w/ beef crumbles and toppings

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4667
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802
ENTREE MAC & CHS WGRAIN	600 Ounce	591551
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312

Preparation Instructions

Serving size is Place in B24SB black square containger w/ lid, 3/4 Cup (6oz) use #6 scoop twice.

Top with 2oz of beef crumbles use #10 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 424.09

Fat 20.20g

SaturatedFat 11.40g

Trans Fat 0.00g

Cholesterol 69.00mg

Sodium 814.00mg

Carbohydrates	28.66g
Fiber	2.04g
Sugar	6.35g
Protein	29.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 502.78mg	Iron 1.82mg

Nacho Grande Turkey

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4702

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	1100 Piece	163020
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
SEASONING TACO SLT FR 19.5Z TRDE	1/4 Cup	605062
Beans, Refried, Low sodium, canned	25 Cup	100362
TURKEY TACO MEAT FC 4-7 JENNO	303 Ounce	768230

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat, add 2oz of refried beans, then add 2.03 oz beef using #10 Scoop, Next add 2oz cheese sauce using #10 scoop, Top with 1oz diced tomatoes using #16 scoop

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1706.83

Fat 61.50g

SaturatedFat 11.50g

Trans Fat 0.00g

Cholesterol 75.00mg

Sodium 1871.20mg

Carbohydrates 235.37g

Fiber 24.60g

Sugar 0.58g

Protein 46.54g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 669.38mg **Iron** 5.12mg

Tony's Cheese Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4703

Ingredients

Description	Measurement	DistPart #
PIZZA CHS 4 RND WGRAIN 72-4.46Z TONY	72 Each	504610

Preparation Instructions

BAKE

Product must be cooked from frozen state.

COOKING GUIDELINES: COOK BEFORE EATING.

Place 24 pizzas in 18" x 26" lightly greased baking sheet.

CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes.

NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments.

Rotate pans one half turn half way through cooking to prevent cheese from burning.

Refrigerate or discard any unused portion.

Serving Per Student-1 Individual cheese pizza

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories	280.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	410.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	280.00mg	Iron	1.80mg

Individual Pan Pepperoni Pizza

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

Ingredients

Description	Measurement	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	80 Each	80549

Preparation Instructions

1 individual pizza per serving

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

Egg & Cheese Breakfast Wrap

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4712
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
WRAP BKFST EGG CHS 75-3.1Z CARG	75 Each	449422

Preparation Instructions

1 wrap per serving

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	410.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	10.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.72mg

Lumberjack

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4714
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Lumberjack	320 Ounce	3236

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 401.00

Fat 20.05g

SaturatedFat 5.01g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 621.55mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 14.04g

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

Calcium 0.00mg **Iron** 0.00mg

Egg & Bacon Sandwich

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4716
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
PIZZA EGG/TKY BCN WGRAIN 96-3.09Z	96 Each	552690

Preparation Instructions

1 sandwich per serving

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 210.00

Fat 9.00g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 360.00mg

Carbohydrates 25.00g

Fiber 0.00g

Sugar 3.00g

Protein 9.00g

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

Calcium 130.00mg **Iron** 1.40mg

PB&J Sandwich-Grape

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Gram	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4717
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	144 Each	527462

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer

After thawing, sandwiches should be served within 8-10 hours

Do not microwave

Serve 2- 2.6 ounce Sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Gram

Amount Per Serving

Calories	600.00		
Fat	32.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	64.00g		
Fiber	8.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.00mg

PB & J Sandwich Strawberry

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4718
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	144 Each	536012

Preparation Instructions

Thaw at room temperature for 30-60 minutes in a single layer on sheet tray

After thawing, sandwiches should be served within 8-10 hours. do not microwave.

Serving size is 2- 2.6 oz sandwich per student

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	600.00		
Fat	32.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	66.00g		
Fiber	8.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5805
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Whole Grain chicken Corn Dog	400 Ounce	4181

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories 240.00

Fat 8.00g

Saturated Fat 2.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 390.00mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 9.00g

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

Calcium 0.00mg **Iron** 0.00mg

KHS-Pizza Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6213
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	50 Ounce	592714
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	13 1/2 Ounce	276662
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
4" WG WHITE HAMBURGER BUN	100 bun	1711

Preparation Instructions

To Assemble:

- 1)Place bottom of hamburger bun on tray, add cooked hamburger patty
 - 2)evenly spread .5 oz of marinara sauce on top of patty use #70
 - 3)place 2 slices of pepperoni on top of marinara sauce
 - 4) place .5 oz of mozzarella cheese use #70 scoop
 - 5) Place in warming conveyor to melt the cheese
 - 6)place top of hamburger bun on top of cheese
- Serve 1 hamburger per student

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	496.43
Fat	27.80g
SaturatedFat	11.10g
Trans Fat	0.00g
Cholesterol	100.20mg
Sodium	816.33mg
Carbohydrates	26.85g

Fiber		2.36g	
Sugar		4.78g	
Protein		35.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.99mg	Iron	8.27mg

KHS-Big Kay's Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6226
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	534040
BACON TKY CKD 12-50CT JENNO	200 Slice	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
3.4oz Hamburger Pretzel Bun	100 Each	8898

Preparation Instructions

To assemble:

- 1) place bottom of bun on tray, add cooked hamburger patty
 - 2) place 1 slice of cheddar cheese
 - 3) add 2 slices of bacon
 - 4) Place top of bun on to complete the burger
- 1 complete burger per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 670.00

Fat 33.00g

SaturatedFat 13.00g

Trans Fat 0.00g

Cholesterol 120.00mg

Sodium 1190.00mg

Carbohydrates 47.00g

Fiber 2.00g

Sugar 7.00g

Protein 41.00g

Vitamin A 0.00IU

Vitamin C 0.00mg

Calcium 100.00mg **Iron** 0.00mg

KHS-BBQ Bacon Jalapeno Burger

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6228
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	100 Slice	257271
PEPPERS JALAP SLCD 4-106Z ELPAS	50 Tablespoon	786802
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
BACON TKY CKD 12-50CT JENNO	100 Slice	834770
4" WG WHITE HAMBURGER BUN	100 bun	1711
Barbeque Sauce Low Sodium	12 1/2 Cup	Wilkens Food Service

Preparation Instructions

To Assemble:

- 1)Place bottom bun on tray, add cooked patty to bun
 - 2)Add 1 slice of pepperjack cheese to hamburger patty
 - 3)Add 1 slice of crisp turkey bacon on top-slice in half
 - 4)Add 1oz of BBQ Sauce use# 70 scoop
 - 5)Place 3 slices of jalapeno to top of BBQ sauce
 - 6)Place top of hamburger bun on top of jalapenos
- 1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories 581.67

Fat 32.00g

SaturatedFat 12.50g

Trans Fat 0.00g

Cholesterol 110.00mg

Sodium 1093.13mg

Carbohydrates		28.58g	
Fiber		2.00g	
Sugar		6.17g	
Protein		36.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	8.00mg

Chicken Mini Corn Dog Bites

Servings:	39.00	Category:	Entree
Serving Size:	4.02 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6713
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Mini Corn Dog Bites-WG	156 4/5 Ounce	9055

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 4.02 Ounce

Amount Per Serving

Calories 270.00

Fat 12.00g

Saturated Fat 3.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 410.00mg

Carbohydrates 30.00g

Fiber 0.00g

Sugar 0.00g

Protein 10.00g

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

Calcium 0.00mg **Iron** 0.00mg

Southern Oven Fried Chicken Drumstick

Servings:	92.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6725
School:	TWIN ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	92 Piece	603391

Preparation Instructions

1 drumstick per student K-3

Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 220.00

Fat 13.00g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 530.00mg

Carbohydrates 6.00g

Fiber 1.00g

Sugar 0.00g

Protein 19.00g

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

Calcium 14.00mg **Iron** 1.00mg

Sweet Potato Mashed

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6733
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 0.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 0.00g

Fiber 0.00g

Sugar 0.00g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

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

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

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	166720
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	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.

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	0.00mg
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

Rockin'ola Strawberry Yogurt Parfait-K-6

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6858
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	12 Cup	244630
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	109568
Rockin'ola Pro granola	36 Ounce	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 strawberries on top of yogurt
- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 cup of strawberries
- 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.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1668.28

Fat 18.46g

SaturatedFat 4.48g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 891.42mg

Carbohydrates	329.11g
Fiber	6.50g
Sugar	215.51g
Protein	55.78g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 1635.94mg	Iron 11.36mg

Rockin'ola Strawberry & Vanilla Yogurt Parfait- JHS/KHS

Servings:	43.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6859
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	384 Fluid Ounce	811500
Rockin'ola Pro granola	86 Ounce	4244
STRAWBERRY WHL IQF 4-5 GFS	21 1/2 Cup	244630
CRUMB CRACKER GRAHAM 10 KEEB	10 3/4 Cup	109568

Preparation Instructions

1. USE SQUARE BOWL (WILKENS) WITH LID
2. PLACE 1/4 Cup OF GRAHAM CRACKER CRUMBS TO BOTTOM OF SQUARE BOWL
3. PLACE 4 OZ OF VANILLA YOGURT-Use #8 Scoop ON TOP OF GRAHAM CRACKER CRUMBS
4. ADD 1/4 Cup OF STRAWBERRIES
5. PLACE 4 OZ OF VANILLA YOGURT-Use #8 Scoop ON TOP OF BERRIES
6. ADD 1/4 CUP OF BLUEBERRIES
7. SERVE 1/4 CUP OF ROCKIN'OLA GRANOLA(2oz)-use #16 scoop

if serving a banana 1 whole = 1/2 cup fruit

1/4 cup = 1/2 banana + 1/4 cup of any other fruit= 1/2 cup of fruit

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 2384.31

Fat 25.00g

SaturatedFat 6.66g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1257.96mg

Carbohydrates	472.69g
Fiber	7.83g
Sugar	314.40g
Protein	80.64g
Vitamin A 0.00IU	Vitamin C 27.00mg
Calcium 2424.50mg	Iron 14.69mg

Smoky Honey Rib Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6904
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	451410
Hawaiian Hoagie Roll	100 Each	Wilkens Food Service

Preparation Instructions

To Prepare:

Place bottom of sub bun on tray, place 1 rib patty on sub bun and place top of bun to complete sandwich
2 Pickle slices and 1/2 oz onions optional
condiment BBQ Sauce cup
1 per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	10.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	910.00mg		
Carbohydrates	45.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	19.00g		
Vitamin A	400.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Ultimate Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6910
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
ENTREE MAC & CHS WGRAIN	6 Ounce	591551

Preparation Instructions

Place 1 bag(160 - 1/2 cup servings) of cooked pasta in a "6 steam table pan, add in 2.25 bags of warm cheese sauce. Mix until all pasta is coated. Cover with plastic wrap and lid and store in hot holding until serving time. Do not hold longer than 30 minutes.

1/2 cup portion

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	290.00
Fat	12.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	550.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	6.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 500.00mg	Iron 0.72mg

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
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	497221

Preparation Instructions

1- 5.0 oz Burrito per students

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories 360.00

Fat 15.00g

Saturated Fat 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 400.00IU **Vitamin C** 1.20mg

Calcium 100.00mg **Iron** 1.44mg

Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7215
School:	THOMAS EDISON ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862

Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 379.00

Fat 20.50g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 383.00mg

Carbohydrates 27.00g

Fiber 1.00g

Sugar 16.00g

Protein 20.00g

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

Calcium 4.00mg **Iron** 1.00mg

Classic Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-7466
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	2742

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.
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 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	182.72		
Fat	6.62g		
SaturatedFat	1.23g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	355.64mg		
Carbohydrates	25.66g		
Fiber	5.70g		
Sugar	3.57g		
Protein	4.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg

Breakfast Bagel-K-3

Servings:	100.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-7632
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Mini Bagels WG	100 Ounce	Wilkens Food Service
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100 Each	462519
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	100 Ounce	100036
BACON TKY CKD 12-50CT JENNO	100 Slice	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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories 215.00

Fat 10.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 95.00mg

Sodium 625.00mg

Carbohydrates 18.00g

Fiber 2.00g

Sugar 4.00g

Protein 13.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

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
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Bagel, WG, sliced	184 4/5 Ounce	Wilkens Food Service
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	84 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	84 Slice	100036
BACON TKY CKD 12-50CT JENNO	84 Slice	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

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 665.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 5.00g

Protein 13.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

Personal Deep Dish Cheese Pizza

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

Ingredients

Description	Measurement	DistPart #
5"Deep Dish Cheese Pizza	80 Each	841180

Preparation Instructions

Portion size: 1 individual deep dish pizza

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

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	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	285 Piece	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	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

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 5.48 Ounce

Amount Per Serving

Calories	442.91
Fat	20.07g
SaturatedFat	9.03g
Trans Fat	0.00g
Cholesterol	30.11mg
Sodium	868.07mg
Carbohydrates	44.00g
Fiber	7.45g
Sugar	5.87g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 439.93mg	Iron 2.22mg

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
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkins Food Service
Lentil Penne	320 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	505.88
Fat	13.83g
SaturatedFat	6.61g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	635.26mg
Carbohydrates	59.20g
Fiber	6.58g
Sugar	4.83g
Protein	34.21g
Vitamin A 25.00IU	Vitamin C 0.08mg
Calcium 392.51mg	Iron 1.73mg

BAKED MOSTACCIOLI

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8162
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
Whole Wheat Penne	100 Cup	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARAMELIZED 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 MARINARA 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 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	524.53
Fat	13.12g
SaturatedFat	5.08g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	581.85mg
Carbohydrates	76.63g
Fiber	13.51g
Sugar	9.13g
Protein	29.51g
Vitamin A 40.00IU	Vitamin C 0.12mg
Calcium 272.66mg	Iron 0.78mg

BAKED MOSTACCIOLI

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8375
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	5/8 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	5/8 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	7/16 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/8 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	20 Ounce	674312
Whole Wheat Penne	20 Cup	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	5 Cup	645170
Diced Yellow Onions	1/4 Pound	Wilkens Food Service

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, THROUGHLY 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 1 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	524.53
Fat	13.12g
SaturatedFat	5.08g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	581.85mg
Carbohydrates	76.63g
Fiber	13.51g
Sugar	9.13g
Protein	29.51g
Vitamin A 40.00IU	Vitamin C 0.12mg
Calcium 272.66mg	Iron 0.78mg

BBQ Chicken Meatball w/Ranch Rice

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8376
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	60 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	10 Cup	699181
SAUCE BBQ 6-80FLZ SWTBRAY	2 1/2 Cup	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	5 Cup	03680
Celery Sticks	5 Cup	02493
SEASONING NO SALT 3M PKT MDASH	1/2 Cup	576247
SPICE GARLIC POWDER 6 TRDE	1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GCHC	1 1/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/16 Cup	473308
Diced Tomatoes cnd	1/4 #10 CAN	100329
Vegetable broth	1/2 Cup	21956

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) Prepare Rice in 2-6" steam table pan per manufacturers instructions. Once Rice is cooked divide into two- 6" steam table pans and mix in Half of following ingredients: each; 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid.

Bake in preheated oven at 350 degrees F for 15- 20 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	632.45
Fat	11.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	701.85mg
Carbohydrates	107.69g
Fiber	2.24g
Sugar	17.60g
Protein	24.74g
Vitamin A 0.00IU	Vitamin C 3.65mg
Calcium 31.32mg	Iron 4.48mg

Cornbread

Servings:	120.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8569
School:	AVIS Huff		

Ingredients

Description	Measurement	DistPart #
CORNBREAD PRE-CUT 4-30CT CP	120 Piece	579785

Preparation Instructions

1 slice per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	210.00		
Fat	10.00g		
SaturatedFat	2.00g		
Trans Fat	0.24g		
Cholesterol	40.00mg		
Sodium	260.00mg		
Carbohydrates	25.00g		
Fiber	0.40g		
Sugar	11.00g		
Protein	3.00g		
Vitamin A	71.47IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg

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
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	33 3/4 Cup	447825

Preparation Instructions

1/4 Cup serving size

Nutrition Facts

Servings Per Recipe: 134.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 9.44

Fat 0.09g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.11mg

Carbohydrates 2.08g

Fiber 0.19g

Sugar 0.94g

Protein 0.13g

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

Calcium 3.15mg **Iron** 0.03mg

Far East Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8580
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GCHC	48 Cup	491209

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 20.00

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.00mg

Carbohydrates 2.50g

Fiber 1.00g

Sugar 1.00g

Protein 0.50g

Vitamin A 375.00IU **Vitamin C** 7.50mg

Calcium 10.00mg **Iron** 0.18mg

Refried Beans

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

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	5 1/2 #10 CAN	293962

Preparation Instructions

1/2 cup serving size per portion.

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

Steamed Carrots

Servings:	157.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8582
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	100309

Preparation Instructions

1/2 cup per serving.

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 18.92

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 147.15mg

Carbohydrates 4.20g

Fiber 1.05g

Sugar 2.10g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.00mg

Broccoli florets

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8583
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473

Preparation Instructions

1/2 cup serving per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 35.53

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 30.07mg

Carbohydrates 6.83g

Fiber 4.10g

Sugar 1.37g

Protein 4.10g

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

Calcium 0.00mg **Iron** 0.00mg

Corn

Servings:	159.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8584
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Corn cnd	6 #10 CAN	100313

Preparation Instructions

1/2 cup serving per portion.

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 63.45

Fat 0.98g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 14.64mg

Carbohydrates 14.64g

Fiber 1.95g

Sugar 2.93g

Protein 1.95g

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

Calcium 0.00mg **Iron** 0.00mg

Green Beans

Servings:	168.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	6 #10 CAN	100307

Preparation Instructions

1/2 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 14.78

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 129.33mg

Carbohydrates 2.77g

Fiber 1.85g

Sugar 0.92g

Protein 0.92g

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

Calcium 0.00mg **Iron** 0.00mg

Roasted Brussel Sprouts

Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8586
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon	265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900

Preparation Instructions

Pre heat oven to 400 degrees F.

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

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

4 brussel sprouts per servings=1/2 cup

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 3.00g

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

Calcium 37.00mg **Iron** 1.00mg

Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8587
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	278 1/4 Ounce	675031
BUTTER SUB 24-4Z BTRBUDS	1 15/16 Package	209810

Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 306.83

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 521.39mg

Carbohydrates 61.58g

Fiber 4.35g

Sugar 0.00g

Protein 8.70g

Vitamin A 8.26IU **Vitamin C** 27.65mg

Calcium 36.91mg **Iron** 2.39mg

PRO & STE-Yang's Mandarin Orange Chicken & Asian Fried Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8604
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Vegetable Fried Rice	13 1/2 Pound	78001
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	390 Ounce	550512

Preparation Instructions

To assemble:

Place 1/4 Cup of Fried rice on tray(USE #16 Scoop)

Top with 3.90 oz of Tangerine Chicken (USE # 8 Scoop)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 616.10

Fat 16.21g

SaturatedFat 1.62g

Trans Fat 0.00g

Cholesterol 43.33mg

Sodium 1037.73mg

Carbohydrates 91.86g

Fiber 8.64g

Sugar 17.31g

Protein 27.04g

Vitamin A 0.00IU **Vitamin C** 1.30mg

Calcium 0.00mg **Iron** 0.78mg

Nacho Grande

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8605
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	150 Ounce	674312
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CHIP TORTL RND YEL 5-1.5 KE	600 Piece	163020
Beans, Refried, Low sodium, canned	1 1/2 #10 CAN	100362
Tomato, Red, ripe-med	6 1/4 Pound	Wilkens Food Service
CILANTRO CLEANED 4-1 RSS	1 1/2 Pound	219550
SEASONING TACO 21Z TRDE	2 Cup	413429

Preparation Instructions

Place beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 6 tortilla chips in boat,

add refried beans-1/4 Cup use #16 scoop

then add 1 oz beef using #16 Scoop,

Next add 1/8Cup cheese sauce using #30 scoop,

Top with 1/16 Cup diced tomatoes using #24 scoop

Topped with 1/2 Tbl. Cilantro-

Can be served with sour Cream

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 927.28

Fat 35.75g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol	28.75mg
Sodium	1125.26mg
Carbohydrates	124.46g
Fiber	12.28g
Sugar	0.82g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 344.55mg	Iron 3.26mg

PRO STE-Classic Chicken Popper Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8606
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	327120
POTATO MASH INST 6-26Z BRILLIANT	20 Cup	675031
CHEESE AMER SHRD FTNR 4-5 BONGARDS - Bongards - W	25 Ounce	359572
Chicken Gravy	8 1/2 Cup	9152
Corn cnd	1 #10 CAN	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl
Mashed potatoes 1/4 Cup (2oz) USE #16 per bowl
Chicken Poppers- 6 ea
Corn- 1/8 Cup (1oz) USE #30 Scoop/ladle
Chicken gravy-1/8 Cup (1oz)-USE # 30 scoop/ladle
Shredded Cheddar cheese 1/16 Cup (1oz)-USE #30 scoop/ladle

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 181.24

Fat 8.82g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 16.25mg

Sodium 320.63mg

Carbohydrates 16.14g

Fiber 2.33g

Sugar 1.53g

Protein		9.46g	
Vitamin A	0.59IU	Vitamin C	1.99mg
Calcium	56.65mg	Iron	1.17mg

PRO & STE-Ultimate Mac & Cheese

Servings:	100.00	Category:	Grain
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8608
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
PASTA ELBOW MACAR WGRAIN 2-10 BARILL - Barilla - M	25 Pound	232471
SAUCE CHS CHED POUCH 6-106Z LOL	400 Ounce	135261

Preparation Instructions

To make mac & cheese

Place cooked and drained elbow pasta in a 6" steam table pan

Add the cheese to the pasta and mix until pasta is completely coated.

Serving size is 1/2 Cup (4oz)

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.50 Ounce

Amount Per Serving

Calories 560.00

Fat 17.00g

SaturatedFat 9.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 800.00mg

Carbohydrates 6.00g

Fiber 12.00g

Sugar 4.00g

Protein 26.00g

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

Calcium 418.00mg **Iron** 0.00mg

PRO & STE-BBQ Chicken Meatball w/Ranch Rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8609
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	300 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	25 Cup	699181
SAUCE BBQ 6-80FLZ SWTBRAY	12 1/2 Cup	212071
CARROTS CHL BABY WHL 100/2.6 OZ PG	12 1/2 Cup	03680
Celery Sticks	12 1/2 Cup	02493
SEASONING NO SALT 3M PKT MDASH	1 1/4 Cup	576247
SPICE GARLIC POWDER 6 TRDE	1 1/4 Cup	513857
LEMON JUICE 100 12-32FLZ GCHC	3 1/8 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	3/8 Cup	473308
Diced Tomatoes cnd	1/2 #10 CAN	100329
Vegetable broth	1 1/4 Cup	21956

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) Prepare Rice in 2-6" steam table pan per manufacturers instructions. Once Rice is cooked divide into two- 6" steam table pans and mix in Half of following ingredients: each; 1 1/4C-vegetable broth, 12 1/2 Cups:diced carrots, diced celery, 1/3Cup dry ranch mix, 3 1/8Cup lemon juice, 1 1/4Cup of seasoning(no salt), 1 1/4Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid.

Bake in preheated oven at 350 degrees F for 15- 20 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	441.23		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	601.84mg		
Carbohydrates	65.35g		
Fiber	1.62g		
Sugar	16.80g		
Protein	20.37g		
Vitamin A	0.00IU	Vitamin C	1.83mg
Calcium	29.66mg	Iron	2.92mg

Far East Vegetable Blend

Servings:	96.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8613
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
VEG BLND FAR EAST 12-2 GCHC	24 Cup	491209

Preparation Instructions

1/4 cup serving per portion use # 1/4 cup scoop

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 10.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.50mg

Carbohydrates 1.25g

Fiber 0.50g

Sugar 0.50g

Protein 0.25g

Vitamin A 187.50IU **Vitamin C** 3.75mg

Calcium 5.00mg **Iron** 0.09mg

PRO & STE-Refried Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8616
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	3 #10 CAN	293962

Preparation Instructions

1/4 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	72.43		
Fat	1.03g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	274.19mg		
Carbohydrates	11.90g		
Fiber	3.10g		
Sugar	0.52g		
Protein	4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.28mg	Iron	1.03mg

Steamed Carrots-PRO & STE

Servings:	157.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8617
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, low sodium, canned	3 #10 CAN	100309

Preparation Instructions

1/2 cup per serving.

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	9.46		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	73.57mg		
Carbohydrates	2.10g		
Fiber	0.53g		
Sugar	1.05g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

PRO & STE-Broccoli florets

Servings:	120.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8618
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473

Preparation Instructions

1/4 cup serving per portion

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 17.77

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 15.03mg

Carbohydrates 3.42g

Fiber 2.05g

Sugar 0.68g

Protein 2.05g

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

Calcium 0.00mg **Iron** 0.00mg

PRO & STE-Corn

Servings:	159.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8619
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Corn cnd	3 #10 CAN	100313

Preparation Instructions

1/4 cup serving per portion.

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 31.72

Fat 0.49g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.32mg

Carbohydrates 7.32g

Fiber 0.98g

Sugar 1.46g

Protein 0.98g

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

Calcium 0.00mg **Iron** 0.00mg

Green Beans

Servings:	168.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8620
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Green Beans cnd	3 #10 CAN	100307

Preparation Instructions

1/4 cup serving size per portion.

Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	7.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	64.67mg		
Carbohydrates	1.39g		
Fiber	0.92g		
Sugar	0.46g		
Protein	0.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Bush's Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.25 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8621
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	12 1/2 Cup	570710

Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.25 Serving

Amount Per Serving

Calories 65.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 275.00mg

Carbohydrates 14.50g

Fiber 2.50g

Sugar 5.00g

Protein 3.50g

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

Calcium 20.00mg **Iron** 0.90mg

PRO & STE-Mashed Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8625
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	139 3/8 Ounce	675031

Preparation Instructions

1/4 cup serving size

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 152.37

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 250.32mg

Carbohydrates 30.47g

Fiber 2.18g

Sugar 0.00g

Protein 4.35g

Vitamin A 4.14IU **Vitamin C** 13.84mg

Calcium 18.48mg **Iron** 1.20mg

Breakfast English Muffin Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8781

Ingredients

Description	Measurement	DistPart #
English Muffin	100 Each	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.80

Fat 8.05g

SaturatedFat 2.03g

Trans Fat 0.00g

Cholesterol 130.15mg

Sodium 468.00mg

Carbohydrates 25.02g

Fiber 1.00g

Sugar 1.02g

Protein 14.06g

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

Calcium 20.00mg **Iron** 0.72mg

Assorted Cereal

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

Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	10 Package	585321
CEREAL LUCKY CHARMS BKFST KIT 60CT	10 Each	525290
CEREAL TRIX RS BKFST KIT 60CT	10 Each	525340
CEREAL COCO PUFFS BKFST KIT R/S 60CT	10 Package	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.

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.33g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.67g
Sugar	17.83g
Protein	3.33g
Vitamin A 641.67IU	Vitamin C 57.70mg
Calcium 121.83mg	Iron 5.36mg

Mini Chocolate Donut Kit

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8933
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Mini Chocolate Donuts	158 3/7 Ounce	Wilkens Food Service
BlueRaspberry-Lemon	211 1/4 fl. oz	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	410.00		
Fat	15.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	63.00g		
Fiber	2.00g		
Sugar	37.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Powdered Donut Kit

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8934
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Mini Powdered Donuts	144 Ounce	Wilkens Food Service
SourCherry-Lemon	211 1/4 fl. oz	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

Amount Per Serving

Calories	360.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	345.00mg		
Carbohydrates	63.00g		
Fiber	2.00g		
Sugar	40.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Trix Strawberry Banana Bash Kit

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

Ingredients

Description	Measurement	DistPart #
Strawberry Banana Bash Yogurt	192 fl. oz	Wilkins Food Service
JUICE BOX PNCH 100 125ML 40CT	48 Each	733230
Rockin'ola Pro granola	48 Ounce	4244

Preparation Instructions

No Preparation Instructions available.

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

PRO & STE-Breakfast Anytime

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9204
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	611201
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	184970

Preparation Instructions

4 Stick and 1 patty per serving portion

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 270.00

Fat 8.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 780.00mg

Carbohydrates 53.00g

Fiber 2.00g

Sugar 12.00g

Protein 14.00g

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

Calcium 60.00mg **Iron** 3.06mg

Pro & STE-Individual Pan Pepperoni Pizza

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9205
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Personal 5" Deep Dish Pepperoni Pizza	450 3/7 Ounce	80549

Preparation Instructions

1 individual pizza per serving

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 2026.80

Fat 90.08g

SaturatedFat 39.41g

Trans Fat 0.00g

Cholesterol 197.05mg

Sodium 3209.10mg

Carbohydrates 191.42g

Fiber 16.89g

Sugar 22.52g

Protein 112.60g

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

Calcium 0.00mg **Iron** 0.00mg

PRO & STE-Breaded Chicken Patty Sandwich

Servings:	128.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9206
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	525480
Hamburger bun, Whole Grain, White	128 Each	Wilkins Food Service

Preparation Instructions

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 330.00

Fat 10.50g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 540.00mg

Carbohydrates 33.00g

Fiber 6.00g

Sugar 5.00g

Protein 22.00g

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

Calcium 0.00mg **Iron** 1.00mg

PRO & STE-Roasted Brussel Sprouts

Servings:	32.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9207
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	241502
SPICE BLND ORIG 3-21Z MDASH	2 Tablespoon	265103
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900

Preparation Instructions

Pre heat oven to 400 degrees F.

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

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

4 brussel sprouts per servings=1/2 cup

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories 85.00

Fat 5.25g

SaturatedFat 0.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 8.00g

Fiber 3.00g

Sugar 2.00g

Protein 3.00g

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

Calcium 37.00mg **Iron** 1.00mg

PRO & STE-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-9208
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CORNBREAD PRE-CUT 4-30CT CP	100 Piece	579785
Brown Gravy	100 Ounce	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

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

PRO & STE-Mesquite Glazed Drumstick

Servings:	105.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9209
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	591160
CORN COB EARS LITTLE 2.75 96CT GCHC	105 Each	119385

Preparation Instructions

1 drumstick per portion

1 corn cobbett

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 2.00g

Sugar 3.00g

Protein 18.00g

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

Calcium 9.00mg **Iron** 1.00mg

Loaded French Fries

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9211
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 5/16 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	2 1/2 Cup	344012
BACON CRUMBLES CKD 12-1 GCHC	5/8 Cup	357220
SALSA 103Z 6-10 REDG	1 13/16 Cup	452841
Green Onion	5/8 Cup	5543
Fries 3/8 S/C Ovations 6-5 Mcc	24 Ounce	868961
SOUR CREAM PKT 400-1Z GCHC	20 Each	836750

Preparation Instructions

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

Place 1/2 cup french fries in boat,

top with 1/8 cup (Use #30 scoop) of Chili, place 3oz Use #8 scoop or 4oz ladle of broccoli florets,

then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce, 1.5oz use #8 scoop cup salsa, next add 2 Tbl Use #30 scoop of bacon bits

Then add 1 Tbl green onions,

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 160.29

Fat 9.42g

SaturatedFat 4.45g

Trans Fat 0.00g

Cholesterol 28.26mg

Sodium 328.67mg

Carbohydrates 13.39g

Fiber 0.71g

Sugar			1.71g
Protein			5.03g
Vitamin A	26.84IU	Vitamin C	2.23mg
Calcium	100.83mg	Iron	0.77mg

PRO & STE-Soft Beef Tacos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9212
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE AMER SHRD FTGR 4-5 BONGARDS - Bongards - W	12 1/2 Cup	359572
Romaine Lettuce	12 1/2 Cup	3067
Tomato, Red, ripe-med	12 1/2 Cup	Wilkens Food Service
SEASONING TACO 21Z TRDE	4 Cup	413429

Preparation Instructions

To Assemble:

Place 6" flour tortilla on tray

Place 2.03oz of beef tacomeat in center of tortilla-Use #10 scoop

Add 1/8 Cup lettuce, 1/8 Cup diced tomatoes topped with 1oz shredded cheese-Use #30 scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 235.47

Fat 10.50g

SaturatedFat 4.63g

Trans Fat 0.00g

Cholesterol 28.13mg

Sodium 705.88mg

Carbohydrates 19.97g

Fiber 2.25g

Sugar 2.71g

Protein 13.84g

Vitamin A 10.89IU **Vitamin C** 0.00mg

Calcium 42.79mg **Iron** 2.66mg

PRO & STE-Texas Western BBQ Pulled Pork on Garlic Texas Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9213
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862

Preparation Instructions

To assemble:

Place 1 slice of toasted garlic bread on tray

Add 4oz of pulled pork on top of garlic bread

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 379.00

Fat 20.50g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 383.00mg

Carbohydrates 27.00g

Fiber 1.00g

Sugar 16.00g

Protein 20.00g

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

Calcium 4.00mg **Iron** 1.00mg

PRO-BAKED MOSTACCIOLI w/Lentil pasta

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9214
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	150 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service
Lentil Penne	800 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	235411

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, THROUGHLY 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 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	585.95
Fat	8.69g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	24.38mg
Sodium	427.21mg
Carbohydrates	87.86g
Fiber	8.27g
Sugar	3.56g
Protein	37.52g
Vitamin A 20.00IU	Vitamin C 0.06mg
Calcium 247.41mg	Iron 0.95mg

STE-BAKED MOSTACCIOLI w/Lentil pasta

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9215
School:	STEUBEN ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	5/16 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/16 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	15 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	2 1/2 Cup	645170
Diced Yellow Onions	1/8 Pound	Wilkins Food Service
Lentil Penne	80 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	5/16 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	235411

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 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	585.95
Fat	8.69g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	24.38mg
Sodium	427.21mg
Carbohydrates	87.86g
Fiber	8.27g
Sugar	3.56g
Protein	37.52g
Vitamin A 20.00IU	Vitamin C 0.06mg
Calcium 247.41mg	Iron 0.95mg

Nacho Grande

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9337
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	3 Ounce	674312
SAUCE CHS CHED POUCH 6-106Z LOL	1/8 Cup	135261
Beans, Refried, Low sodium, canned	1/16 #10 CAN	100362
SEASONING TACO 21Z TRDE	1/16 Cup	413429
CHIP TORTL RND YEL 5-1.5 KE	11 Piece	163020

Preparation Instructions

Mix in a 1/4 Cup of water to the beef crumbles in a 6" steam table pan mix in 1/4 cup taco seasoning-follow cooking instructions

To Assemble for Serving-

Place 11 tortilla chips in boat,

add refried beans-1/4 Cup use #16 scoop

then add 2.03 oz beef using #10 Scoop,

Next add 1/8Cup cheese sauce using #30 scoop,

Can be served with sour Cream & salsa

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1670.60

Fat 63.64g

SaturatedFat 12.34g

Trans Fat 0.00g

Cholesterol 47.90mg

Sodium 1954.47mg

Carbohydrates 226.20g

Fiber 22.20g

Sugar	1.00g
Protein	40.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 548.68mg	Iron 6.16mg

Chicken Popper Garden Vegetable & Green Tossed Salad w/Bosco Cheesey BreadStick

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9544
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	20 Cup	735787
TOMATO CHERRY 11 MRKN	50 Each	569551
Cucumber	40 Slice	16P98
Carrots, baby	30 Each	18D69
BREADSTICK CHS STFD WGRAIN 6 144CT	10 Each	235411
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	10 Ounce	359572
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	120 Each	327120

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
Add to top 12 ea chicken popper
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.

Nutrition Facts

Servings Per Recipe: 10.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	669.44
Fat	26.24g
SaturatedFat	10.06g
Trans Fat	0.00g

Cholesterol	60.00mg
Sodium	1235.40mg
Carbohydrates	77.20g
Fiber	8.32g
Sugar	8.00g
Protein	31.96g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 447.80mg	Iron 4.01mg

BAKED MOSTACCIOLI w/Lentil pasta

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9568
School:	AVIS Huff		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	2 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	90 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	15 Cup	645170
Diced Yellow Onions	1 1/4 Cup	Wilkens Food Service
Lentil Penne	480 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	60 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

- CARMELIZE 1.25 CUO OF DICED ONION, MIX A 1/8 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.
- 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.
- NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
- 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 1 CUP PORTION OF BAKED MOSTACCIOLI

SERVE WITH A BOSCO CHEESE STICK

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1180.72		
Fat	18.12g		
SaturatedFat	8.38g		
Trans Fat	0.00g		
Cholesterol	48.75mg		
Sodium	894.70mg		
Carbohydrates	175.82g		
Fiber	16.76g		
Sugar	7.49g		
Protein	75.26g		
Vitamin A	5.21IU	Vitamin C	0.02mg
Calcium	455.22mg	Iron	1.86mg

BBQ Chicken Meatball w/Ranch Rice-HUFF

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9595
School:	AVIS Huff		

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	180 Ounce	190302
RICE PARBL LONG GRAIN 6-10 PRDCR	30 Cup	699181
CARROTS CHL BABY WHL 100/2.6 OZ PG	15 Cup	03680
Celery Sticks	15 Cup	02493
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	513857
LEMON JUICE 100 12-32FLZ GCHC	3 3/4 Cup	311227
DRESSING MIX RNCH 18-3.2Z FTHLL	1/2 Cup	473308
Diced Tomatoes cnd	1/2 #10 CAN	100329
Vegetable broth	1 1/2 Cup	21956
SAUCE BBQ 4-1GAL SWTBRAY	7 1/2 Cup	655937
SPICE BLND ORIG 3-21Z MDASH	1 1/2 Cup	265103

Preparation Instructions

1) Cook the meatballs in the BBQ Sauce-

Keep meatballs covered in steam table pan and place in hot holding until serving time.

2) To Prepare the Rice in 1-6" steam table pan per manufacturers instructions. Mix together the following ingredients: 30 cups of dry rice add in 1 1/2 C-vegetable broth, 15 Cups:diced carrots, diced celery, 1/2 Cup dry ranch mix, 3 3/4 Cup lemon juice, 1 1/2Cup of seasoning(no salt), 1 1/2Cup garlic powder and 1/2 can drained diced tomatoes to each pan and cover with lid. Repeat this step for the second 6" pan each pan will make 60 servings of 1/2 cup of rice

3) Cover pans with foil and a lid place in preheated oven at 350 degrees F bake for 20-30 minutes or Until internal temperature reaches 165 degrees F for 15 seconds or longer.

Keep Covered in 6" steam table and place in hot holding to keep warm until serving time

Rice 1/2 cup serving(USE #8 scoop or 4 oz ladle two times to equal 1 cup serving)

Assemble portion.

Place 1/2 cup of ranch rice in 16oz black bowl (square) top with 3 BBQ chicken meatballs on top

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	631.37		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	716.41mg		
Carbohydrates	108.48g		
Fiber	2.20g		
Sugar	18.47g		
Protein	24.70g		
Vitamin A	0.00IU	Vitamin C	3.65mg
Calcium	31.32mg	Iron	4.12mg

KHS-Loaded French Fries

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9667
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	344012
BACON CRUMBLES CKD 12-1 GCHC	12 1/2 Cup	357220
Fries 3/8 S/C Ovations 6-5 Mcc	474 Ounce	868961
BROCCOLI FLORETS 6-4 GCHC	25 Cup	610902

Preparation Instructions

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

Place 1 cup french fries in boat,

top with 2oz of Chili, place 2oz broccoli florets,

then add 2oz (Use #10 Scoop) of Cheddar cheese sauce, next add 1oz Use #30 scoop of bacon bits

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 371.37

Fat 17.43g

SaturatedFat 5.65g

Trans Fat 0.00g

Cholesterol 32.66mg

Sodium 904.73mg

Carbohydrates 39.95g

Fiber 3.34g

Sugar 0.76g

Protein 17.11g

Vitamin A 107.38IU

Vitamin C 8.83mg

Calcium 225.04mg **Iron** 1.31mg

BAKED MOSTACCIOLI K-8

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9709
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 1/2 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3 Fluid Ounce	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	12 1/2 Cup	645170
Diced Yellow Onions	1/2 Pound	Wilkens Food Service
Lentil Penne	400 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	1 1/2 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 8OZ OF DICED ONION, MIX A 2 Tbls 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 1/4 BAG OF GROUND BEEF CRUMBLES, ADD 1 TABLESPOONS GRANULATED GARLIC AND 1.5 TABLESPOONS ITALIAN SEASONING AND ADD 1/4 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 1.5 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. PLACE HALF THE MIXTURE INTO TO 2" STEAM TABLE PANS, PER PAN ADD 1/4 OF MOZZARELLA

CHEESE WITH THE PASTA. PLACE THE REMAINING 1/4 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 1/2 CUP PORTION OF BAKED MOSTACCIOLI

SERVE WITH A BOSCO CHEESE STICK

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	677.10
Fat	12.34g
SaturatedFat	5.81g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	552.21mg
Carbohydrates	96.36g
Fiber	9.27g
Sugar	4.06g
Protein	43.77g
Vitamin A 20.00IU	Vitamin C 0.06mg
Calcium 358.41mg	Iron 1.58mg

Tex Mex Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9840
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	2742
SEASONING TACO 21Z TRDE	3 Tablespoon	413429

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce, add 2 1/4 teaspoon per batch
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 4oz plastic up and place lid on.
Store in in cooler overnight until serving time
Serve 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 184.01

Fat 6.62g

SaturatedFat 1.23g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 386.50mg

Carbohydrates 25.92g

Fiber 5.70g

Sugar 3.64g

Protein 4.50g

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

Calcium 44.34mg **Iron** 0.57mg

Classic Hummus

Servings:	70.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9841
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	25 Ounce	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	118753
Original with Sea Salt Wave	70 Bag	2742

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

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 1-1/2 cup hummus with 1 bag of pita chips.

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 182.72

Fat 6.62g

SaturatedFat 1.23g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 355.64mg

Carbohydrates 25.66g

Fiber 5.70g

Sugar 3.57g

Protein 4.43g

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

Calcium 44.34mg **Iron** 0.53mg

KHS-Boom Boom Sauce

Servings:	54.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9976
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	2 Cup	429422
SALSA 103Z 6-10 REDG	3/8 Cup	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	246911
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon	513857

Preparation Instructions

Place ingredients into food processor and thoroughly mix 20-30 seconds until creamy consistency. chill until serving
1/2 oz serving Use # 70 scoop or 1 Tablespoon

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 0.50 Ounce

Amount Per Serving

Calories 21.81

Fat 1.48g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 5.93mg

Sodium 127.96mg

Carbohydrates 2.54g

Fiber 0.02g

Sugar 1.66g

Protein 0.02g

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

Calcium 0.14mg **Iron** 0.31mg

Chicka Boom Boom Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9977
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Hoagie Roll, WG Split top	50 Each	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	740820
Lettuce Chopped Romaine 2#	25 Cup	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	527791
SAUCE BOOM BOOM 4-1GAL KENS	3 Cup	877930

Preparation Instructions

1. Open Hoagie buns, arrange 1/2 cup of lettuce and 1 tablespoon diced tomato, use # 60 scoop on bottom half of bun
 2. Place 3 cooked breaded chicken strips on top of tomato slices
 3. scatter 1 oz sliced onion, use # 30 scoop and 3 pickles across the chicken strips
 4. drizzle with squeeze bottle 1 tablespoon of Boom Boom Sauce across top of sliced onions and pickles and place top half of bun on top.
- 1 sandwich = 1 serving.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 523.67

Fat 22.38g

Saturated Fat 3.49g

Trans Fat 0.00g

Cholesterol 68.00mg

Sodium 914.95mg

Carbohydrates	50.68g		
Fiber	1.63g		
Sugar	9.61g		
Protein	29.40g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	20.02mg	Iron	1.54mg

KHS-Italian Supreme Sub Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9978
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	199721
CHEESE MOZZ LMPS SHRD FTTH 4-5#	6 1/4 Cup	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/2 #10 CAN	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	198331
BREAD PANINI 192-.82Z PILLS	100 Piece	831161

Preparation Instructions

- 1) Place Panini bread grill side down on parchment lined sheet pan
- 2) Arrange sliced deli meat(1 slice Turkey salami & 1 slice Turkey Ham) on bread and drizzle with 1 tablespoon marinara sauce
- 3) Add 1 slice Turkey Pepperoni, 4tsp diced green peppers & 1/2 oz (1 Tbl) moz. cheese.
- 4) Top with Paninis with grill mark facing up
- 5) Heat in a 350 degree oven for 7-10 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.
- 6) keep warm

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 239.84

Fat 10.22g

SaturatedFat 2.96g

Trans Fat 0.00g

Cholesterol 58.94mg

Sodium 735.94mg

Carbohydrates		18.24g	
Fiber		1.86g	
Sugar		1.72g	
Protein		17.80g	
Vitamin A	0.00IU	Vitamin C	3.20mg
Calcium	57.87mg	Iron	2.78mg

KHS-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-9995
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Diced Yellow Onions	6 1/4 Pound	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	849995
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	521520
BEEF SLCD CKD 10-3# ADV	250 Ounce	598762
SAUCE CHS WHT BLND 6-106Z LOL	12 1/2 Cup	235631
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	100 Each	831221

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Sautee Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes or peppers and onions can be roasted in oven at 400 degrees F for 15-20 minutes
 - 3) Place bottom of ciabatta bread on tray then add 2.5 oz sliced beef use# 10 scoop, add 1 oz of cheese 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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 450.24

Fat 24.46g

SaturatedFat 6.89g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium	586.67mg
Carbohydrates	37.34g
Fiber	3.50g
Sugar	5.53g
Protein	21.41g
Vitamin A 326.83IU	Vitamin C 1.98mg
Calcium 442.72mg	Iron 3.55mg

KHS-Cuban Style Salad

Servings:	100.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9996
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	62 Cup	786543
CUCUMBER SELECT SUPER 45 MRKN	35 Cup	198587
ONION RD SLIVERED 1/8 2-3 RSS	3 3/4 Cup	313157
PARSLEY ITAL FRESH 1# MRKN	1 1/4 Cup	521520
LIME 200CT 40 MRKN	40 Each	774121
SPICE PEPR BLK 30 MESH REG GRIND 5	5/16 Cup	225045

Preparation Instructions

Once all ingredients are chopped or diced combine. Let marinate for 1-2 hours prior to use.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 14.53

Fat 0.08g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.29mg

Carbohydrates 4.23g

Fiber 1.09g

Sugar 1.20g

Protein 0.53g

Vitamin A 96.53IU **Vitamin C** 9.32mg

Calcium 14.93mg **Iron** 0.33mg

KHS-Cuban-Style Ham & Cheese Panini

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10007
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	563652
CHEESE MOZZ LMPS SHRD FTTH 4-5#	6 1/4 Cup	265041
TURKEY HAM UNCURED 6-2 JENNO	200 Slice	690041
BREAD PANINI 192-.82Z PILLS	200 Piece	831161

Preparation Instructions

- 1) PLACE BOTTOM HALF OF PANINI BUN ON TRAY
 - 2) ADD 2 SLICE OF TURKEY AND 2 SLICES OF TURKEY HAM AND TOP WITH 1/2 OZ OF MOZZARELLA CHEESE, USE # 60 SCOOP
 - 3) WARM IN SANDWICH/PANINI CONVEYOR
 - 4) ADD 1/4 CUP OF CUBAN STYLE SALAD (OPTIONAL)-SEE CUBAN STYLE SALAD RECIPE, USE #16 scoop
 - 5) PLACE TOP OF PANINI BUN ON TOP
- 1 COMPLETE SANDWICH PER SERVING

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 325.63

Fat 8.38g

SaturatedFat 2.25g

Trans Fat 0.00g

Cholesterol 65.94mg

Sodium 769.38mg

Carbohydrates 31.50g

Fiber 3.00g

Sugar 3.00g

Protein 29.94g

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

Calcium 30.00mg **Iron** 2.52mg

KHS-Roasted Veggie Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10011
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SEASONING ITAL HRB 6Z TRDE	1 Ounce	428574
TOMATO 6X6 LRG 25 MRKN	6 Cup	199036
PEPPERS GREEN STRP 3/4 2-3 RSS	3 Cup	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 Cup	637442
ONION RD SLIVERED 1/8 2-3 RSS	3 Cup	313157
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	265041
SPINACH LEAF FLAT CLND 4-2.5 RSS	3 Cup	329401
GARLIC MINCED IN WTR 6-32Z ITALR	2 Tablespoon	874910

Preparation Instructions

- 1) MIX IN A LARGE BOWL 3/4 CUP OF OIL AND 2 TABLESPOON OF ITALIAN SEASONING TOGETHER, ADD MINCED GARLIC, TOMATO SLICES, GREEN BELL PEPPER STRIPS, SLICED MUSHROOMS AND RED ONIONS SPREAD ON PARCHMENT LINED SHEET TRAY AND BAKE UNCOVERED IN A 425 DEGREE OVEN FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 135 DEGREES FOR 15 SECONDS OR LONGER. TURNING VEGETABLES ONCE.
- 2) PLACE THAWED FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED PERFORATED SHEET TRAYS
- 2) SPREAD 1 OZ OF MOZZARELLA CHEESE ON BOTTOM THEN ADD 2 SLICES (1/4 CUP) OF TOMATO, 1/8 CUP OF GREEN BELL PEPPER STRIPS, 1 TABLESPOON (1/2OZ) OF MUSHROOMS, 1 TABLESPOON RED ONIONS AND 1 TABLESPOON CHOPPED SPINACH THEN DRIZZLE 1 TEASPOON OF OIL AND SEASONING MIXTURE OVER 1 FLATBREAD.
- 3) SPREAD 1OZ OF MOZZARELLA CHEESE OVER TOP OF VEGETABLES
- 4) BAKE IN OVEN FOR 8-10 MINUTES UNTIL CHEESE IS MELTED.

1 FLATBREAD PER SERVING

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	366.62		
Fat	18.42g		
SaturatedFat	8.25g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	437.75mg		
Carbohydrates	27.67g		
Fiber	3.52g		
Sugar	1.92g		
Protein	18.43g		
Vitamin A	179.93IU	Vitamin C	3.06mg
Calcium	85.51mg	Iron	1.60mg

KHS-Pickled Jalapeno Pickle Relish

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10018
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	5 Cup	786543
PEPPERS JALAP SLCD 4-106Z ELPAS	2 1/2 Cup	786802
PICKLE SWT/SPCY CHIP 2GAL BRICK	5 Cup	527791

Preparation Instructions

MIX IN A LARGE BOWL-DICED TOMATOES, DICED JALAPENOS AND DICED PICKLES AND DRAIN OFF JUICE PRIOR TO SERVING

STORE IN REFRIGERATOR UNTIL TIME OF SERVING.

2OZ PER SERVING USE #16 SCOOP

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 4.17

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 59.75mg

Carbohydrates 0.86g

Fiber 0.03g

Sugar 0.56g

Protein 0.03g

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

Calcium 0.30mg **Iron** 0.01mg

KHS-Cheeseburger Sauce

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10020
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	3 Cup	429422
SAUCE SRIRACHA CHILI 12-17Z ROLAND	2 Tablespoon	246911
MUSTARD VOL PK 3GAL HNZ	3/4 Cup	806889
PICKLE SWT/SPCY CHIP 2GAL BRICK	1 Tablespoon	527791

Preparation Instructions

COMBINE LITE MAYO, SRIRACHA CHILI SAUCE, MUSTARD AND PICKLE JUICE IN FOOD PROCESSOR FOR 20-30 SECONDS TO BLEND THOROUGHLY.

1 OZ PER FLATBREAD

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 33.80

Fat 2.40g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 9.60mg

Sodium 107.40mg

Carbohydrates 3.06g

Fiber 0.00g

Sugar 2.09g

Protein 0.00g

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

Calcium 0.00mg **Iron** 0.07mg

KHS-Cheeseburger Flatbread mixture

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10026
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
SPICE GARLIC POWDER 6 TRDE	12 1/2 Tablespoon	513857
SPICE ONION POWDER 19Z TRDE	12 1/2 Tablespoon	126993
SPICE PEPR BLK 30 MESH REG GRIND 5	6 1/4 Teaspoon	225045
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	6 1/4 Tablespoon	732900
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
Lettuce Chopped Romaine 6/2#	6 1/4 Cup	2783
SAUCE CHS CHED POUCH 6-106Z LOL	6 1/4 Cup	135261

Preparation Instructions

Mix thoroughly garlic powder, onion powder, black pepper with beef crumbles and oil. Heat in steamer until internal temperature reaches 165 degrees for 15 seconds or longer.

1 serving is 2oz of beef crumble mixture & 1oz CHEESE SAUCE

TO ASSEMBLE ONE CHEESEBURGER FLATBREAD

- 1) BE SURE TO HAVE PICKLED JALAPENO PICKLE RELISH MIXED AND DRAINED AND CHILLED****SEE RECIPE
- 2) BE SURE TO HAVE CHEESEBURGER SAUCE MIXED AND CHILLED ***SEE RECIPE
- 3) PLACE FLATBREADS IN A SINGLE LAYER ON PARCHMENT LINED SHEET TRAYS
- 4) TOP WITH 2OZ OF SEASONED BEEF CRUMBLES w/ CHEESE SAUCE MIXTURE ON FLATBREAD
- 5) PLACE 1/4 CUP (2OZ) USE #16 SCOOP OF RELISH ON TOP OF WARM CHEESEBURGER MIXTURE; BAKE FOR 2-4 MINUTES UNTIL REACHES INTERNAL TEMPERATURE OF 165 DEGREES F FOR 15 SECONDS OR LONGER
- 6) or PLACE 1/4 CUP (2OZ) USE #16 SCOOP OF RELISH ON TOP OF WARM CHEESEBURGER MIXTURE
- 7) TOP WITH 1/8 CUP SHREDDED ROMAINE LETTUCE
- 8) 1OZ OF BOOM BOOM SAUCE (SEE RECIPE)

1 COMPLETE FLATBREAD PER SERVING.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	332.80
Fat	15.25g
SaturatedFat	5.38g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	456.50mg
Carbohydrates	33.50g
Fiber	3.30g
Sugar	1.00g
Protein	16.80g
Vitamin A 0.00IU	Vitamin C 0.03mg
Calcium 186.39mg	Iron 2.67mg

KHS-Thai Chicken Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10038
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
SAUCE CHS WHT BLND 6-106Z LOL	9 3/8 Cup	235631
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 1/2 Cup	606431
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	4 Pound	198234
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/8 Pound	467802
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
CILANTRO CLEANED 4-1 RSS	2 Cup	219550
Broccoli Florets	1 Pound	2755

Preparation Instructions

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 363.64

Fat 15.92g

SaturatedFat	7.88g
Trans Fat	0.00g
Cholesterol	51.71mg
Sodium	835.43mg
Carbohydrates	29.54g
Fiber	3.11g
Sugar	2.60g
Protein	20.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 266.30mg	Iron 1.77mg

KHS-BBQ Chicken Pizza

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10042
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	882690
CHIX PULLED WHT & DRK BLND 2-5 TYS	200 Ounce	467802
SAUCE BBQ SMOKY 4-1GAL CATL	6 1/4 Cup	300829
CORN CUT IQF 30 KE	12 1/2 Cup	283730
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PEPPERS BELL ORANGE 11	6 1/4 Cup	460860
CHEESE MOZZ LMPS SHRD FTNR 4-5#	9 3/8 Cup	265041
CILANTRO CLEANED 4-1 RSS	3 1/8 Cup	219550

Preparation Instructions

Pre-heat oven to 475 degrees F.

- 1) Mix together BBQ and thawed Chicken then heat in steamer until internal temperature reaches 165 degrees F for 15 seconds or longer, approx. 20-30 minutes
- 2) Lightly spray a parchment lined sheet tray then, place a single layer of tortillas on tray
- 3) Top 2.2 oz of warm BBQ shredded chicken on 1 tortilla
- 4) Top with 2oz of corn use #20, 1 oz diced red onion use a #30 scoop, .75oz orange pepper use #40, and top with 1oz shredded mozzarella cheese use #30
- 5) Bake for 12 minutes or until tortillas are crisp around the edges, turning half way through cooking time.
- 6) Top with Chopped Cilantro 1 tablespoon use #60

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 346.42

Fat 10.54g

SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	89.48mg
Sodium	783.14mg
Carbohydrates	33.90g
Fiber	4.03g
Sugar	8.63g
Protein	26.68g
Vitamin A 200.00IU	Vitamin C 1.20mg
Calcium 36.05mg	Iron 2.53mg

KHS-Meat Lover's Supreme Flatbread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10044
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	220462
SAUCE MARINARA A/P 6-10 REDPK	9 3/8 Cup	592714
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	265041
TURKEY ITAL COMBO SLCD 12-1 JENNO	100 Ounce	199721
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	637442

Preparation Instructions

Pre-Heat oven to 475 degrees F

1) Place diced Italian deli meat in a 1/2 steam table pan and warm in steamer for 10 minutes

Place a single layer of flatbreads on a parchment lined sheet tray

2) Evenly spread 1 teaspoon of marinara sauce on top of flatbread,

3) add 1oz of mozzarella cheese use #30 scoop,

4) add 2oz of warm Italian deli meat, use #16 scoop, evenly distributed on top of mozzarella cheese,

5) add 2oz of mushrooms use #16, add 1oz green pepper use #30 scoop per flatbread.

6) Bake in oven for 10-12 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

1 flatbread per serving

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 347.90

Fat 13.58g

SaturatedFat 5.47g

Trans Fat 0.00g

Cholesterol 53.67mg

Sodium	772.56mg
Carbohydrates	31.32g
Fiber	4.85g
Sugar	4.16g
Protein	22.15g
Vitamin A 0.00IU	Vitamin C 2.55mg
Calcium 119.61mg	Iron 2.48mg

KHS-Veggie Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10077
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
3.5 WG Hamburger Bun	50 Each	3354
BURGER VEGGIE CAULIF QUINOA 4-8CT	50 Each	620231
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	50 Slice	257271

Preparation Instructions

- 1) place warm bottom of hamburger buns on parchment lined sheet tray.
 - 2) Add cooked veggie burger on top of bun, Add 1 slice of cheese to top of warm veggie burger
 - 3) Place top of bun over the veggie burger and cheese.
- Serve with 1oz chopped romaine lettuce, 2 slices of tomato, 3 pickles and choice of condiments.
1 complete veggie burger per servings

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	970.00mg
Carbohydrates	47.00g
Fiber	7.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 1500.00IU	Vitamin C 24.00mg
Calcium 142.00mg	Iron 11.60mg

KHS-Turkey Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10078
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
TURKEY BRGR CKD 2.75Z 3-10 JENNO	100	511265
ONION RING 1/4 2-5 RSS	100 Ounce	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	726532
3.5 WG Hamburger Bun	100 Each	3354

Preparation Instructions

- 1) Place bottoms of warm buns in a single layer on sheet tray
 - 2) Add 1 cooked turkey patty on bun add 1 slice of provolone cheese and 1oz of sauteed onions
 - 3) Place top of bun on top and serve
- 1 complete burger per serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 202.40

Fat 7.78g

SaturatedFat 3.52g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 320.00mg

Carbohydrates 24.00g

Fiber 2.00g

Sugar 4.00g

Protein 10.00g

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

Calcium 164.00mg **Iron** 8.00mg

KHS-Smoky BBQ Pulled Pork Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10079
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
3.5 WG Hamburger Bun	100 Each	3354
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
PORK PULLED BBQ LO SOD 4-5 BROOKWD	100 Ounce	498702
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	100 Slice	257271

Preparation Instructions

TO ASSEMBLE BURGER

- 1) Place warm bottom of hamburger bun on parchment lined sheet tray
- 2) Add 1 cooked hamburger patty, then Add 1 slice of pepper jack cheese to top of warm pub burger patty
- 3) Top with 1 oz of bbq pulled pork Use #30 scoop to the top of burger and top with top of hamburger bun
- 4) Optional add 2 slices of tomato and 1/4 cup coleslaw

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 564.75

Fat 34.75g

SaturatedFat 14.00g

Trans Fat 0.00g

Cholesterol 122.75mg

Sodium 858.25mg

Carbohydrates 26.25g

Fiber 2.00g

Sugar 8.00g

Protein 37.50g

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

Calcium 82.00mg **Iron** 8.00mg

KHS-Beef Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10089
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
BEEF SLCD CKD 10-3# ADV	150 Ounce	598762
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of sliced beef, use #30 scoop

Total of 3 filled tortillas per serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 542.40

Fat 16.80g

SaturatedFat 4.20g

Trans Fat 0.00g

Cholesterol 42.00mg

Sodium 651.66mg

Carbohydrates		79.68g	
Fiber		6.00g	
Sugar		3.12g	
Protein		24.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	2.16mg

KHS-Shredded Chicken Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10090
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned shredded Chicken use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 494.40

Fat 11.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 495.66mg

Carbohydrates	75.88g		
Fiber	6.00g		
Sugar	0.72g		
Protein	25.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.43mg

KHS-Pork Carnitas Street Tacos

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10091
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
4.5" Corn Tortillas	150 Each	Wilkens Food Service
SEASONING TACO 21Z TRDE	1 1/2 Cup	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	150 Ounce	549412

Preparation Instructions

To assemble:

- 1) place 3 warm white corn tortilla in street taco holders
- 2) Add to each tortilla 1oz of seasoned Pork Carnitas meat use #30 scoop

Total of 3 filled tortillas per serving

condiments to add on top-1/2oz of each per tortilla

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories 553.20

Fat 15.60g

SaturatedFat 3.60g

Trans Fat 0.00g

Cholesterol 63.60mg

Sodium 444.06mg

Carbohydrates		76.08g	
Fiber		6.00g	
Sugar		1.92g	
Protein		28.92g	
Vitamin A	0.00IU	Vitamin C	2.16mg
Calcium	12.00mg	Iron	1.08mg

KHS-Carne Asada Torta

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10093
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER 6 TRDE	1 Cup	513857
SPICE ONION POWDER 19Z TRDE	1 Cup	126993
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup	860430
SPICE CUMIN GRND 15Z TRDE	3/4 Cup	273945
SPICE CHILI POWDER MILD 16Z TRDE	1/2 Cup	331473
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	874910
LIME 2 RNDM 40 MRKN	3 1/8 Cup	774117
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 11/16 Cup	732900
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
Hoagie Roll, WG Split top	50 Each	Wilkens Food Service
Lettuce Chopped Romaine 6/2#	12 1/2 Cup	2783
AVOCADO CHNKY 8-2 MRKN	15 11/16 Cup	789942
TOMATO 6X6 LRG 25 MRKN	16 Cup	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
CHEESE QUESO FRESCO CRMBL 6-2 V&V	6 1/4 Cup	559862
PEPPERS JALAP SLCD 4-106Z ELPAS	3 1/8 Cup	786802

Preparation Instructions

Marinade:

Place marinade Ingredients into a large bowl with a lid. Whisk all ingredients together thoroughly. Next add sliced beef to mixture and place lid on container. Allow meat to marinate from 2 to 12 hours prior to using.

Cooking meat:

Heat grill to high heat. Spray surface with cooking spray and grill meat for about 4-8 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.

2.5oz serving use #12 scoop per torta

To Assemble Torta:

- 1) Place opened hoagie roll on sheet tray. Add 1/4 cup of avocado spread to top and bottom of roll (use #20 scoop)
- 2.) Add 2.5oz Use #12 scoop cooked marinated meat to bottom of roll,
- 3.) top with 2 slices of tomato, 1/8 cup sliced red onion use #30 scoop, 1/4 cup (2oz) use #16 scoop of chopped romaine lettuce, add 1/8 cup(1oz) use #30 scoop of Queso Fresco Cheese
- 4.) Top with (3 slices) of jalapenos use #10 scoop
- 5.) Gently press top bun over the sandwich.

1 Torta per serving

Have 1 packet of Texas Pete's hot sauce available

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	519.48
Fat	33.86g
SaturatedFat	5.91g
Trans Fat	0.02g
Cholesterol	37.75mg
Sodium	616.57mg
Carbohydrates	43.72g
Fiber	2.99g
Sugar	6.25g
Protein	19.31g
Vitamin A 2094.77IU	Vitamin C 11.30mg
Calcium 61.90mg	Iron 3.58mg

KHS-Nachos-chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10189
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	467802
Lettuce Chopped Romaine 6/2#	50 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
SEASONING TACO 21Z TRDE	1 Cup	413429
CHIP TORTL RND YEL 5-1.5 KE	50 Ounce	163020

Preparation Instructions

Seasoned Chicken: Mix 1 cup of taco seasoning into thawed chicken prior to cooking- add 1/2 cup of water

To Assemble Nacho:

- 1) Place 11 chips on parchment lined boats
- 2) Add 1/4 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2.2oz chicken use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments:

1 packet of sour cream and 1/4 cup salsa (2oz)

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per serving-gfs#786802

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 423.23

Fat 15.67g

SaturatedFat 6.10g

Trans Fat 0.00g

Cholesterol 67.67mg

Sodium 888.44mg

Carbohydrates 45.28g

Fiber 6.04g

Sugar 2.56g

Protein 23.76g

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

Calcium 284.54mg **Iron** 2.50mg

KHS-Nachos-Beef

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10199
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Lettuce Chopped Romaine 6/2#	50 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
SEASONING TACO 21Z TRDE	1 Cup	413429
CHIP TORTL RND YEL 5-1.5 KE	50 Ounce	163020

Preparation Instructions

Seasoned Beef:

Add 1 cup taco seasoning to Beef Crumbles prior to cooking.

To Assemble Nacho:

- 1) Place 11 Tortilla chips on parchment lined boats
- 2) Add 1/4 Cups of Chopped romaine lettuce, top with 1/4 cup Black beans-use #16 scoop, add 1/4 cup corn-use #16 scoop, 2oz Beef Crumbles use # 16 scoop
- 3) Add 1/4 cup cheese sauce-use #16 scoop, 1/8 cup diced tomatoes or salsa use #30 scoop
- 4) top with 3 tablespoons jalapenos (3 slices)

Condiments:

1 packet of sour cream and 1/4 cup salsa (2oz)

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per serving-gfs#786802

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	445.23
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Fat	19.00g
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SaturatedFat	8.00g
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Trans Fat	0.00g
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Cholesterol	45.00mg
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Sodium	920.44mg
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Carbohydrates	44.55g
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Fiber	6.04g
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Sugar	2.56g
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Protein	22.02g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	280.88mg	Iron	2.84mg
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KHS-Nachos-pork

Servings:	50.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-10203
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Lettuce Chopped Romaine 6/2#	50 Cup	2783
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	135261
CORN CUT IQF 30 KE	12 1/2 Cup	283730
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412
CHIP TORTL RND YEL 5-1.5 KE	50 Ounce	163020
SEASONING TACO 21Z TRDE	2 Tablespoon	413429
SEASONING TACO 21Z TRDE	3/4 Cup	413429

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

Calories 483.03

Fat 20.00g

Saturated Fat 8.00g

Trans Fat 0.00g

Cholesterol 73.00mg

Sodium 828.63mg

Carbohydrates 45.31g

Fiber 6.04g

Sugar		3.50g	
Protein		27.96g	
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	290.88mg	Iron	2.27mg

KHS-Burrito Bowl-Beef

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10218
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	674312
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	50 Each	720526
JUICE LIME 4-1GAL REALIME	1/2 Cup	199028
CILANTRO CLEANED 4-1 RSS	3 Ounce	219550

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning in beef crumbles prior to cooking

Cilantro Lime Rice: immediately after rice is cooked add 1/2 cup of lime juice and 3oz of chopped cilantro-Mix thoroughly

To assemble:

- 1) Place 1/2 cup of cooked cilantro lime rice(use #8 scoop) in bottom of Tortilla bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2oz of cooked seasoned beef (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop

7) Place clear square lid on top and serve

Condiments:

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	807.76
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Fat	37.00g
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SaturatedFat	10.00g
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Trans Fat	0.00g
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Cholesterol	30.01mg
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Sodium	670.51mg
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Carbohydrates	93.80g
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Fiber	10.04g
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Sugar	3.56g
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Protein	27.02g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	90.98mg	Iron	5.92mg
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KHS-Burrito Bowl-Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10246
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
CHIX PULLED WHT & DRK BLND 2-5 TYS	110 Ounce	467802
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	50 Each	720526
CILANTRO CLEANED 4-1 RSS	3 Ounce	219550
JUICE LIME 4-1GAL REALIME	1/2 Cup	199028

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed shredded chicken prior to cooking

Cilantro Lime Rice: Immediately after rice is cooked add 1/2 cup of lime juice and 3 oz of chopped cilantro

To assemble:

- 1) Place 1/2 cup of cooked Cilantro Lime rice(use #8 scoop) in bottom of Taco bowl
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.2oz of cooked seasoned shredded chicken (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

Condiments:

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	785.76
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Fat	33.67g
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SaturatedFat	8.10g
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Trans Fat	0.00g
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Cholesterol	52.67mg
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Sodium	638.51mg
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Carbohydrates	94.53g
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Fiber	10.04g
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Sugar	3.56g
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Protein	28.76g
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Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	94.64mg	Iron	5.58mg
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KHS-Burrito Bowl-Pork Carnita

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10247
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	12 1/2 Cup	283730
BEANS BLACK LO SOD 6-10 BUSH	12 1/2 Cup	231981
AVOCADO CHNKY 8-2 MRKN	125 Ounce	789942
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Cup	786543
Shredded Cheddar redu fat/sodium	3 1/8 Cup	344721
SEASONING TACO 21Z TRDE	1 Cup	413429
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	50 Each	720526
CILANTRO CLEANED 4-1 RSS	3 Ounce	219550
JUICE LIME 4-1GAL REALIME	1/2 Cup	199028

Preparation Instructions

Season meat: mix thoroughly 1 cup of taco seasoning w/ 1/2 cup water in thawed shredded chicken prior to cooking

Cilantro Lime Rice: Immediately after rice is cooked add 1/2 cup of lime juice and 3 oz of chopped cilantro

To assemble:

- 1) Place 1/2 cup of cooked Cilantro Lime rice(use #8 scoop) in bottom of taco bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2.5oz of cooked seasoned pork Carnita (use #12 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Place clear square lid on top and serve

Condiments:

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 846.76

Fat 38.00g

SaturatedFat 10.00g

Trans Fat 0.00g

Cholesterol 58.01mg

Sodium 607.51mg

Carbohydrates 94.80g

Fiber 10.04g

Sugar 4.56g

Protein 33.02g

Vitamin A 0.00IU **Vitamin C** 1.80mg

Calcium 100.98mg **Iron** 5.38mg

KHS-Mexican Street Corn

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10253
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	25 Cup	283730
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	732900
DRESSING SALAD LT 4-1GAL GCHC	1 Cup	429422
SOUR CREAM 4-5 GCHC	1 Cup	285218
LIME 200CT 40 MRKN	8 Each	774121
SPICE CHILI POWDER MILD 16Z TRDE	3 Tablespoon	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	2 Cup	559862
CILANTRO CLEANED 4-1 RSS	2 Cup	219550
SPICE PAPRIKA SMOKED 19Z TRDE	1/4 Cup	860430

Preparation Instructions

- 1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes
 - 2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder and paprika.
 - 3) Place 1/2 cup of corn mixture in 12 oz square bowl, garnish with .33oz of queso fresco cheese use #100 scoop and top with .33oz chopped cilantro Use #100 scoop
- 1/2 Cup of Mexican street Corn for a side dish.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 138.62

Fat 7.17g

SaturatedFat 1.16g

Trans Fat 0.01g

Cholesterol	7.28mg		
Sodium	67.57mg		
Carbohydrates	18.44g		
Fiber	2.59g		
Sugar	4.16g		
Protein	2.58g		
Vitamin A	410.33IU	Vitamin C	3.66mg
Calcium	25.79mg	Iron	0.65mg

KHS-Mexican Street Corn-Entree

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10254
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	100 Cup	283730
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	732900
DRESSING SALAD LT 4-1GAL GCHC	4 Cup	429422
SOUR CREAM 4-5 GCHC	4 Cup	285218
LIME 200CT 40 MRKN	32 Each	774121
SPICE CHILI POWDER MILD 16Z TRDE	1 1/4 Cup	331473
CHEESE QUESO FRESCO CRMBL 6-2 V&V	8 Cup	559862
CILANTRO CLEANED 4-1 RSS	8 Cup	219550
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup	860430

Preparation Instructions

- 1) preheat grill for med-high heat. Place oil and corn in hot skillet. Grill corn turning every 2-3 minutes, until slightly charred on all sides (light golden brown). Place corn in a large mixing bowl. Let corn cool for a few minutes
 - 2) Once cooled combine corn kernels, mayonnaise, sour cream, lime juice, chili powder and paprika.
 - 3) Place 1 cup of corn mixture in 12 oz square bowl, garnish with 2/3 Cup(.66oz) of queso fresco cheese use #50 scoop and top with 2/3 Cup (.66oz) chopped cilantro Use #50 scoop
- 1 Cup of Mexican street Corn for a Entree

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 277.25

Fat 14.34g

SaturatedFat 2.32g

Trans Fat 0.01g

Cholesterol	14.56mg		
Sodium	163.95mg		
Carbohydrates	36.88g		
Fiber	5.18g		
Sugar	8.32g		
Protein	5.15g		
Vitamin A	820.65IU	Vitamin C	7.32mg
Calcium	51.58mg	Iron	1.29mg

KHS-Strawberry PB & J Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10274
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Uncrustables-Strawberry	72 Serving	21028
Diced Peaches in Juice	72 Cup	9999

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 740.00

Fat 34.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 560.00mg

Carbohydrates 100.00g

Fiber 7.00g

Sugar 61.00g

Protein 20.00g

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

Calcium 0.00mg **Iron** 0.00mg

KHS-Grape PB & J Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10277
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Diced Peaches in Juice	72 Cup	9999
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	516761

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 740.00

Fat 33.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 550.00mg

Carbohydrates 100.00g

Fiber 7.00g

Sugar 62.00g

Protein 20.00g

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

Calcium 88.00mg **Iron** 2.00mg

KHS-Banana Bread Bento Box

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10278
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Apples, Gala	72 Serving	310
Grape Tomatoes-pint	36 Cup	4281
Mini Banana Loaf	72 Each	Wilkins Food Service
Buttermilk ranch dipping cup	72 Each	3098

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 408.00

Fat 17.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 10.00mg

Sodium 357.00mg

Carbohydrates 57.53g

Fiber 5.00g

Sugar 37.84g

Protein 4.43g

Vitamin A 750.00IU **Vitamin C** 27.00mg

Calcium 12.00mg **Iron** 0.57mg

KHS-Classic Hummus Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10281
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	18 Ounce	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	118753
Original with Sea Salt Wave	50 Bag	2742
Baby Carrots	25 Cup	
Grapes	25 Cup	

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

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 1-1/2 cup hummus with 1 bag of pita chips, 1/2 cup of grapes and 1/2 cup carrots sticks

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 238.75

Fat 7.23g

SaturatedFat 1.38g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 481.27mg

Carbohydrates 35.65g

Fiber 8.51g

Sugar 7.13g

Protein	6.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.08mg	Iron	0.74mg

KHS-Egg Salad Sandwich Bento Box

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10284
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	695210
32 oz Pullman Loaf WW	25 Ounce	12265
Diced Pears in Juice	12 1/2 Cup	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	2332
Buttermilk ranch dipping cup	25 Each	3098

Preparation Instructions

To assemble sandwich:

- 1) Place bread in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad on bread slices
- 3) Gently press 2nd slice of bread on top of egg salad
- 4) With a bread knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of diced pears and 1-1/2 cup of broccoli florets (do not need to be in cup) & 1 ranch dipping cup

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 585.00

Fat 39.50g

Saturated Fat 6.50g

Trans Fat 0.00g

Cholesterol 300.00mg

Sodium 715.00mg

Carbohydrates 39.00g

Fiber 3.50g

Sugar 21.00g

Protein	15.50g
Vitamin A 400.00IU	Vitamin C 39.00mg
Calcium 88.87mg	Iron 37.79mg

KHS-Ranch Veggie Wrap Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10301
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	472999
Baby Spinach	50 Cup	15R76
Cucumber	150 Slice	
TOMATO SLCD 1/4 5 RSS	100 Slice	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	313157
Shredded Cheddar redu fat/sodium	100 Ounce	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	534040
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	690141
Apple, orange, strawberries, grapes	50 Each	

Preparation Instructions

To Assemble:

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

10) place wrap in bento box with both insides facing up, add 2 slices of cheddar cheese (cut into 2" strips and layered on top of each other), add whole orange

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	595.24		
Fat	25.10g		
SaturatedFat	13.23g		
Trans Fat	0.00g		
Cholesterol	58.40mg		
Sodium	757.65mg		
Carbohydrates	43.02g		
Fiber	4.70g		
Sugar	6.73g		
Protein	22.18g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	495.69mg	Iron	1.88mg

KHS-Mini Chocolate Chip Loaf Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10302
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	50 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	811500
Mini Chocolate Chip Loaf	50 Serving	Wilkins Food Service

Preparation Instructions

Yogurt: Place 5oz cups on sheet tray-add 4oz of yogurt to each cup use #8 scoop, cover with lid

Add to bento box: Chocolate Chip mini loaf, 1 banana & 4 oz Vanilla Yogurt cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1160.52

Fat 11.37g

SaturatedFat 4.09g

Trans Fat 0.00g

Cholesterol 5.00mg

Sodium 583.81mg

Carbohydrates 238.07g

Fiber 4.10g

Sugar 159.34g

Protein 34.15g

Vitamin A 75.52IU **Vitamin C** 10.27mg

Calcium 1080.53mg **Iron** 0.31mg

KHS-Veggie & Fruit w/Cornbread Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10304
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	3098
Broccoli Florets	25 Cup	2332
Pineapple Tidbits in Juice	50 Serving	3801

Preparation Instructions

To assemble Bento Box:

1) Neatly arrange in box: 1 cornbread muffin, 1/2 cup of broccoli florets(raw), place in 5 oz cup w/lid and 1-1/2 cup of pineapple tidbits and 1-1oz of ranch dipping cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 435.00

Fat 20.00g

SaturatedFat 1.50g

Trans Fat 0.00g

Cholesterol 35.00mg

Sodium 400.00mg

Carbohydrates 59.00g

Fiber 4.50g

Sugar 32.00g

Protein 6.50g

Vitamin A 0.00IU **Vitamin C** 39.00mg

Calcium 20.00mg **Iron** 36.00mg

KHS-Roasted Veggie Wrap w/Hummus Spread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10324
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	2 Cup	4937
BEAN GARBANZO 6-10 GCHC	1 1/2 #10 CAN	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup	732900
GARLIC MINCED IN WTR 6-32Z ITALR	6 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	6 Teaspoon	225045
Apples, Gala	50 Serving	310
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	690141

Preparation Instructions

2 can of garbanzo beans to 1 bag of hummus sauce in food processor. It is best to do 1/2 of can of garbanzo beans to 1/4 bag of hummus sauce...

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 5 oz plastic up and place lid on.

Store in in cooler overnight until serving time.

Combine oil and seasonings: black pepper & minced garlic in a large mixing bowl-Place all raw vegetables and toss until completely covered with seasoned oil.

place on a parchment lined perforated sheet tray in a single layer-put in pre-heated oven of 400 degrees F. and

roast vegetables for 15-20 minutes or until tender or internal temperature reaches 135 degrees F for 15 seconds or longer. Let cool down for 5 minutes.

Warm tortillas in warmer for 2-3 minutes-they will be easier to work with and not rip

To assemble Roasted Veggie Wrap:

- 1) place on parchment lined sheet tray in a single layer tortilla
- 2) Evenly spread 1 tablespoon of hummus to middle of tortilla leaving 1/4" from edges
- 3) Place in a Horizontal line the Veggie mixture
- 4) Fold both sides into middle of veggies
- 5) Fold bottom of tortilla (still holding the sides) over the vegetables and pull back tightly with veggies & wrap.
- 6) Roll wrap from the bottom up to where the top of the tortilla is under the completed wrap.
- 7) Cut wrap on the bias(diagonal) and place in bento box and place an apple in box as well.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	779.05
Fat	51.69g
SaturatedFat	5.63g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	450.00mg
Carbohydrates	72.25g
Fiber	12.17g
Sugar	25.04g
Protein	11.21g
Vitamin A 999.94IU	Vitamin C 58.56mg
Calcium 188.08mg	Iron 2.71mg

KHS-Egg Salad Wrap Bento Box

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10341
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	695210
Buttermilk ranch dipping cup	50 Each	3098
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	560715
Applesauce, Unsweetened	50 Serving	5721

Preparation Instructions

Warm Tortillas in hot holding for a few minutes

To assemble Wrap:

- 1) Place tortillas in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad in a horizontal line in the middle of each tortilla.
- 3) Fold in both sides toward the middle, then while holding the sides fold bottom of wrap up past the egg salad and pull back to tighten. Then roll from the bottom up until the top of tortilla is under the wrap.
- 4) With a knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of applesauce and 1-1/2 cup of red pepper (do not need to be in cup) & 1 ranch dipping cup

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 599.00

Fat 41.60g

SaturatedFat 7.50g

Trans Fat 0.00g

Cholesterol 300.00mg

Sodium 636.40mg

Carbohydrates 41.00g

Fiber	2.80g		
Sugar	21.00g		
Protein	12.60g		
Vitamin A	2399.88IU	Vitamin C	116.28mg
Calcium	70.12mg	Iron	2.39mg

KHS-Mini Blueberry Loaf Bento Box

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10342
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	25 Each	592048
YOGURT VAN L/F PARFPR 6-4 YOPL	12 1/2 Cup	811500
Apples, Gala	25 Serving	310

Preparation Instructions

Yogurt: Place 4oz of yogurt to each cup use #8 scoop in a 5 oz cup and place lid on cup

Add to bento box: mini Blueberry loaf, 1 whole Apple & 4oz Yogurt cup

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 369.94

Fat 6.75g

SaturatedFat 1.37g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 181.70mg

Carbohydrates 72.66g

Fiber 6.00g

Sugar 46.26g

Protein 7.16g

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

Calcium 166.33mg **Iron** 0.93mg

KHS-Ranch Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10343
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
TOMATO SLCD 1/4 5 RSS	100 Slice	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	472999
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
LETTUCE ROMAINE CLND 2-5 RSS	100 Ounce	702609

Preparation Instructions

Sautee Red Onions:

Add 1/2 cup of oil to raw red onion.

Place oil and red onions on a hot grill. Sautee red onions 2-5 minutes or until onions become tender. Stir/flip half way through cooking(2minutes)

1oz per burger use #30 scoop

To Assemble:

1)Place bottom bun on tray, Add 1 slice of Romaine lettuce, 1 slice of tomato

2) Add cooked hamburger patty

3)Add 1oz of Ranch dressing use# 70 scoop

4)Add 1oz of sauteed red onions use #30 scoop

5)Place top of hamburger bun on top

1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	483.68		
Fat	26.30g		
SaturatedFat	9.09g		
Trans Fat	0.00g		
Cholesterol	91.25mg		
Sodium	708.20mg		
Carbohydrates	32.38g		
Fiber	3.28g		
Sugar	6.63g		
Protein	32.20g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	30.00mg	Iron	8.42mg

KHS-Roasted Red Pepper w/Mozzarella Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10344
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993

Preparation Instructions

Ingredients to add when sauteeing red peppers, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Sautee until peppers are tender for approx. 3-5 minutes Turning once half way through cooking.

1/4 cup of roasted red peppers per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
 - 2) Add cooked hamburger patty
 - 3)Add 1oz of mozzarella cheese use# 70 scoop
 - 4)Add 1/4 cup of sauteed seasoned red peppers use #16 scoop
 - 5)Place top of hamburger bun on top
- 1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	549.30		
Fat	31.67g		
SaturatedFat	13.08g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	810.70mg		
Carbohydrates	28.62g		
Fiber	2.40g		
Sugar	5.50g		
Protein	38.30g		
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	13.06mg	Iron	8.16mg

KHS-Patty Melt w/carmelized onion & american cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10346
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	753760
4" WG WHITE HAMBURGER BUN	100 bun	1711
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	126993
ONION RING 1/4 2-5 RSS	25 Cup	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
Sliced American Cheese	100 Ounce	100018
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	444251

Preparation Instructions

Ingredients to add when carmelizing/sauteeing Onions, oil, minced garlic, black pepper, onion powder.

Add mixture to med-high skillet. Carmelize/Sautee until onions are tender or light brown for approx. 3-5 minutes
Turning once half way through cooking.

1/4 cup of carmelized onions per serving use #16 scoop

To Assemble:

- 1)Place bottom bun on tray
 - 2) Add cooked hamburger patty
 - 3)Add 1 slice of American cheese
 - 4)Add 1/4 cup of sauteed seasoned onions use #16 scoop
 - 5)Top with 1 tablespoon thousand island dressing use #60 scoop
- Place top of hamburger bun on top

1 complete burger is a serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 592.35

Fat 37.62g

SaturatedFat 14.58g

Trans Fat 0.00g

Cholesterol 116.25mg

Sodium 695.06mg

Carbohydrates 29.87g

Fiber 2.00g

Sugar 6.00g

Protein 36.00g

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

Calcium 11.75mg **Iron** 8.00mg

KHS-Stir Fry Beef w/Yakisoba noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10362
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
Yakisoba noodles-Whole Grain	50 Serving	79203
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Tablespoon	732900
SPICE GINGER GRND 16Z TRDE	3/8 Cup	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 1/4 Cup	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 1/4 Cup	868830

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.

5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.77
Fat	13.32g
SaturatedFat	3.70g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	731.51mg
Carbohydrates	33.99g
Fiber	4.73g
Sugar	5.86g
Protein	17.73g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 66.05mg	Iron 30.55mg

KHS-Stir Fry Chicken w/Yakisoba noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10363
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
Yakisoba noodles-Whole Grain	50 Serving	79203
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.

5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 307.17

Fat 9.88g

SaturatedFat 1.74g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 574.31mg

Carbohydrates 31.31g

Fiber 4.73g

Sugar 3.86g

Protein 21.65g

Vitamin A 6228.55IU **Vitamin C** 57.75mg

Calcium 51.05mg **Iron** 30.11mg

KHS-Stir Fry Pork w/Yakisoba noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10364
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
Yakisoba noodles-Whole Grain	50 Serving	79203
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.

5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.77
Fat	12.88g
SaturatedFat	3.24g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	511.31mg
Carbohydrates	30.83g
Fiber	4.73g
Sugar	4.86g
Protein	21.65g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

Stir Fry Beef w/Asian Fried Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10367
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
Brown Gravy	19 Cup	9389

Preparation Instructions

To make 1 entree:

- 1) heat meat in steamer according from instructions above.
- 2) Asian Fried rice from instructions above use white rice and peas and carrots cooked in steamer.
- 2) mix oil, garlic and vegetables add to parchment lined sheet tray and roast in 350 degree oven for 15-20 minutes
- 3) Combine beef with vegetables and blend in brown gravy

Portion size

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 218.37

Fat 12.38g

SaturatedFat 3.74g

Trans Fat 0.00g

Cholesterol	35.00mg
Sodium	365.31mg
Carbohydrates	13.55g
Fiber	2.73g
Sugar	4.86g
Protein	14.01g
Vitamin A 6228.55IU	Vitamin C 57.75mg
Calcium 66.05mg	Iron 30.55mg

KHS-Stir Fry Chicken w/Asian Fried Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10380
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
GARLIC MINCED IN WTR 6-32Z ITALR	3 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	2 Cup	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	2 Cup	868830
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802
Vegetable Fried Rice	50 Serving	78001

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.

5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 403.87

Fat 14.38g

SaturatedFat 2.24g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 889.31mg

Carbohydrates 42.65g

Fiber 6.73g

Sugar 5.86g

Protein 25.65g

Vitamin A 6228.55IU **Vitamin C** 57.75mg

Calcium 51.05mg **Iron** 30.11mg

KHS-Stir Fry Pork w/Asian Fried Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10381
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CARROT CELERY STIX COMBO 2-5 RSS	15 Cup	302198
PEPPERS RED DOMESTIC 23 MRKN	5 Cup	560715
ONION RING 1/4 2-5 RSS	10 Cup	542326
Broccoli Florets	20 Cup	2332
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
SPICE GINGER GRND 16Z TRDE	5 Teaspoon	513695
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	466425
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	3/4 Cup	868830
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412
Vegetable Fried Rice	50 Serving	78001

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.

5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.17
Fat	16.26g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	590.31mg
Carbohydrates	42.03g
Fiber	6.73g
Sugar	6.86g
Protein	25.25g
Vitamin A 6228.55IU	Vitamin C 59.55mg
Calcium 56.05mg	Iron 29.65mg

KHS-Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10406
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	150 Ounce	467802
Nested Yakisoba Noodles-WG	50 Serving	79203
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup	874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup	513695
Vegetable broth	40 Cup	21956
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup	466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 274.81

Fat 8.76g

SaturatedFat 1.66g

Trans Fat 0.00g

Cholesterol	65.00mg		
Sodium	936.01mg		
Carbohydrates	25.85g		
Fiber	0.21g		
Sugar	2.70g		
Protein	20.45g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	17.14mg	Iron	1.04mg

KHS-Beef Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10407
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	79203
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup	874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup	513695
Vegetable broth	40 Cup	21956
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup	466425

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Beef Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 291.34

Fat 12.39g

SaturatedFat 3.63g

Trans Fat 0.00g

Cholesterol	35.00mg		
Sodium	1030.28mg		
Carbohydrates	28.83g		
Fiber	0.21g		
Sugar	4.70g		
Protein	16.42g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	32.14mg	Iron	1.48mg

KHS-Pork Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10408
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Nested Yakisoba Noodles-WG	50 Serving	79203
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup	874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup	513695
Vegetable broth	40 Cup	21956
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	5 Cup	198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	5 Cup	637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	732900
SAUCE SOY LITE 6-.5GAL KIKK	3/4 Cup	466425
CARNITA PORK CHPD 4-5 BROOKWOOD	125 Ounce	549412

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and beef together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.
- 4) Add warm 2.5oz of Pork Use #10 scoop and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 314.21

Fat 12.88g

SaturatedFat 3.24g

Trans Fat 0.00g

Cholesterol	53.00mg		
Sodium	920.21mg		
Carbohydrates	25.93g		
Fiber	0.21g		
Sugar	3.70g		
Protein	20.53g		
Vitamin A	0.00IU	Vitamin C	1.97mg
Calcium	22.14mg	Iron	0.58mg

KHS-Honey BBQ Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10474
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SAUCE BBQ HNY 6-.5GAL GCHC	4 1/2 Cup	547742
CHIX WNG OVN RSTD 6-11/ 3-5 GCHC	150 Piece	183662
CELERY STIX 4-3 RSS	10 Cup	781592

Preparation Instructions

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

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 333.60

Fat 19.50g

SaturatedFat 5.25g

Trans Fat 0.00g

Cholesterol 67.50mg

Sodium 683.60mg

Carbohydrates 19.32g

Fiber 0.80g

Sugar 14.48g

Protein 21.40g

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

Calcium 16.00mg **Iron** 1.34mg

KHS-Garlic Parmesan Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10596
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GCHC	150 Piece	183662
CELERY STIX 4-3 RSS	10 Cup	781592
SAUCE WNG GARL PARM 4-.5GAL SWTBRAY	2 Cup	167403

Preparation Instructions

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

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 301.60

Fat 22.06g

SaturatedFat 5.57g

Trans Fat 0.00g

Cholesterol 67.50mg

Sodium 622.80mg

Carbohydrates 4.84g

Fiber 0.80g

Sugar 0.80g

Protein 21.40g

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

Calcium 16.00mg **Iron** 1.08mg

KHS- Chicken Wing

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10597
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GCHC	200 Piece	183662

Preparation Instructions

Serve immediately.

4 wings

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 360.00

Fat 26.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 90.00mg

Sodium 600.00mg

Carbohydrates 4.00g

Fiber 0.00g

Sugar 0.00g

Protein 28.00g

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

Calcium 0.00mg **Iron** 1.44mg

KHS-Hot Dog Bar-chili cheese dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10598
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	80 Ounce	135261
CHILI BEEF W/BEAN 6-5 COMM	80 Ounce	344012
Hot dog Bun, Whole Wheat White	80 Each	Wilkens Food Service
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	80 Each	140572

Preparation Instructions

Serve:

1 hotdog in 1 bun

Add 1 oz (#16 scoop) of chili then Top with 1 oz (#16 Scoop) Cheese Sauce

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 361.22

Fat 20.52g

SaturatedFat 8.32g

Trans Fat 0.50g

Cholesterol 49.35mg

Sodium 670.04mg

Carbohydrates 30.93g

Fiber 3.69g

Sugar 4.86g

Protein 15.49g

Vitamin A 214.75IU **Vitamin C** 3.26mg

Calcium 108.45mg **Iron** 1.30mg

KHS-Chicken Italian Sausage w/Sauteed peppers & Onions

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10600
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z 4-2.5	50 Each	223240
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	560715
ONION RING 1/4 2-5 RSS	6 1/4 Cup	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
6" Whole Grain Rich Hot Dog Bun	50 Each	3709

Preparation Instructions

To Sautee red peppers and onions: Place sliced peppers and sliced onions in a large mixing bowl add 1/2 cup olive oil and 1/4 cup Italian seasoning mix thoroughly. Heat skillet to med temperature, add seasoned peppers & onion. cook until tender and light brown (caramelized).

Place 1 chicken sausage on hot dog bun top with 2oz of pepper/onion mixture, use #16 scoop

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 229.95

Fat 8.29g

SaturatedFat 0.66g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 660.70mg

Carbohydrates 23.88g

Fiber 0.40g

Sugar 4.63g

Protein 16.30g

Vitamin A	1299.94IU	Vitamin C	59.34mg
Calcium	3.94mg	Iron	0.16mg

KHS-Chicken Pot Pie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10640
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	5 3/4 Cup	855863
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon	225045
Shredded Cheddar redu fat/sodium	3 Cup	344721
PEAS & CARROT 30 GCHC	8 Cup	285730
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/4 Ounce	570533
MILK WHT 2 4-1GAL RGNLBRND	4 Cup	504602
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	269200

Preparation Instructions

Pot Pie Filling instructions:

1) Mix Soup, milk and pepper together until combined. Add remaining ingredients and stir until combined. Pour into greased 2" full steam table pan and cover with foil.

2) Heat in a 350 degrees F convection oven for 30 to 35 minutes or until 165 degrees F internal temperature for 15 seconds or longer.

To Assemble:

Place 4oz of pot pie filling into black square bowl #B16SB Use #8 scoop. Top with 1 baked biscuit.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 439.46

Fat 18.78g

SaturatedFat 9.57g

Trans Fat 0.00g

Cholesterol 65.09mg

Sodium 772.66mg

Carbohydrates	39.84g
Fiber	3.73g
Sugar	8.67g
Protein	26.33g
Vitamin A 83.33IU	Vitamin C 0.40mg
Calcium 271.31mg	Iron 2.29mg

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10646
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	467802
ENTREE MAC & CHS WGRAIN	600 Ounce	591551

Preparation Instructions

Serving size is Place in B24SB in black square container w/lid, 3/4Cup (6oz) use #6 scoop twice.

Top with 2.2 oz of chicken use #16 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 402.09

Fat 16.87g

SaturatedFat 9.50g

Trans Fat 0.00g

Cholesterol 91.67mg

Sodium 782.00mg

Carbohydrates	29.39g
Fiber	2.04g
Sugar	6.35g
Protein	31.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 506.44mg	Iron 1.47mg

KHS-Ultimate Mac & Cheese w/ Chili & toppings

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10647
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	786543
CHIVE FRESH 1# MRKN	5 Cup	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	786802
CHILI BEEF W/BEAN 6-5 COMM	200 Ounce	344012
ENTREE MAC & CHS WGRAIN	600 Ounce	591551

Preparation Instructions

To Assemble in B24SB black square container w/lid

- 1) Add 3/4 Cup of cooked pasta, use #6 scoop
- 2) Top with 2 oz of chili, use #16 scoop, the add 1 oz of diced tomatoes, use #30 scoop
- 3) Add 1/2 oz of bacon bits, use#70 scoop
- 4) garnish with 1/2 oz of chopped chives, use # 70 scoop

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories 366.24

Fat 14.92g

SaturatedFat 8.98g

Trans Fat 0.00g

Cholesterol 54.63mg

Sodium 772.90mg

Carbohydrates 33.80g

Fiber		3.41g	
Sugar		8.07g	
Protein		23.90g	
Vitamin A	429.50IU	Vitamin C	6.52mg
Calcium	520.27mg	Iron	1.76mg

Chicken Alfredo over Penne Pasta K-3

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10648
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE LENTIL 2-5 BAF	100 Ounce	460294
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	732900
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	160 Ounce	570533
GARLIC MINCED IN WTR 6-32Z ITALR	6 1/4 Cup	874910
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	16 1/2 Cup	855863
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Teaspoon	225037
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862

Preparation Instructions

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

Cook diced chicken to 165 degrees F for 15 seconds or longer in steamer for 15-20 minutes and drain.

Then warm chicken with minced garlic and Cream of Broccoli soup mix thoroughly.

Next blend in the cooked penne pasta

To assemble on the line:

Place on black tray, add 1/2 cup of Chicken Alfredo w/Penne pasta (Use #8 scoop)

and add 1 slice of Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 216.77

Fat 10.55g

SaturatedFat 3.28g

Trans Fat 0.00g

Cholesterol 35.94mg

Sodium	371.76mg		
Carbohydrates	16.01g		
Fiber	1.17g		
Sugar	1.16g		
Protein	12.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.49mg	Iron	1.60mg

KHS-Chicken & Broccoli Alfredo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10649
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	106 Ounce	570533
PASTA PENNE LENTIL 2-5 BAF	200 Cup	460294
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Cup	732900
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	235631
Broccoli Florets	25 Cup	2332
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	874910
BREAD GARL TST SLC WGRAIN 12-12CT	200 Slice	277862

Preparation Instructions

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

Cook diced chicken to 165 degrees F for 15 seconds or longer in steamer for 15-20 minutes and drain.

Then warm chicken with minced garlic and Cream of Broccoli soup mix thoroughly.

Next blend in the cooked penne pasta

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of Chicken Alfredo sauce mixed with pasta 2-#8 scoop. 1/4 cup of steamed broccoli (optional)

and 1 Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 387.59

Fat 22.49g

SaturatedFat 8.79g

Trans Fat	0.00g
Cholesterol	45.83mg
Sodium	885.37mg
Carbohydrates	24.71g
Fiber	2.75g
Sugar	0.00g
Protein	19.03g
Vitamin A 0.00IU	Vitamin C 19.50mg
Calcium 338.59mg	Iron 20.35mg

KHS-Margherita Meatball Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10650
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
FC Chicken Meatball	150 Each	190302
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	592714
TOMATO ROMA DCD 3/8 2-5 RSS	1 1/2 Cup	786543
CHEESE MOZZ LMPS SHRD FTTH 4-5#	50 Ounce	265041
Hoagie Roll, WG Split top	50 Each	Wilkins Food Service

Preparation Instructions

To assemble the sandwich

- 1) Place opened hoagie buns on parchment lined sheet tray be sure to fill the tray with 12-16 buns
- 2) Add to each bun 3 meatballs , ladle 1/4 cup warm marinara sauce Use #16 scoop over meatballs.
- 3) Sprinkle 1 Tbl of mozzarella cheese using #30 scoop over each sandwich
- 4) Place sheet tray in 350 degree F oven for 5-7 minutes to melt cheese.
Keep Warm in Warming box.
- 5) Place 2oz of marinara sauce, Use # 16 scoop in a 4oz cup for dipping. (no you can not serve 1/2 cup to equal a vegetable)

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 421.58

Fat 18.00g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 70.00mg

Sodium 785.71mg

Carbohydrates 34.89g

Fiber 2.44g

Sugar	4.88g
Protein	29.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.52mg	Iron 1.00mg

KHS-Chicken Parm Sandwich w/Italian Vegetables

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10653
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Hoagie Roll, WG Split top	25 Each	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	75 Ounce	740820
CHEESE MOZZ LMPS SHRD FTNR 4-5#	25 Ounce	265041
ONION RD SLIVERED 1/8 2-3 RSS	3 1/8 Cup	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 1/8 Cup	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	849995
PEPPERS RED DOMESTIC 23 MRKN	3 1/8 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	25 Teaspoon	732900
SPICE ONION POWDER 19Z TRDE	12 1/2 Teaspoon	126993
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	6 1/4 Teaspoon	874910

Preparation Instructions

To roast Italian vegetables: Place in a large mixing bowl the green pepper, red peppers, red onion and sliced mushroom toss with 1 tsp Italian seasoning and 1 tsp of olive oil, making sure all vegetables are evenly coated. place on a parchment lined sheet tray and place in a 350 degree F oven for 10-15 minutes until vegetables are tender and just starting to brown.

To toast hoagie buns: place in a single layer opened buns on a parchment lined sheet tray, lightly spray each side with garlic spray butter. Place in a 450 degree oven for 2-5 minutes until light golden brown.

To assemble sandwich:

Add to toasted buns, add 1/4 cup of roasted vegetable then to with 3 cooked breaded chicken strips, ladle over chicken 1/4 cup of warm marinara sauce and top with 1 oz mozzarella cheese.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	559.96
Fat	25.22g
SaturatedFat	6.58g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	845.70mg
Carbohydrates	47.97g
Fiber	2.38g
Sugar	3.77g
Protein	36.62g
Vitamin A 500.77IU	Vitamin C 29.33mg
Calcium 24.52mg	Iron 1.69mg

KHS-Grilled Chicken Parm Sandwich w/Italian Roasted Vegetables

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10654
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	50 Each	831221
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each	185033
CHEESE MOZZ LMPS SHRD FTNR 4-5#	25 Ounce	265041
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	313157
PEPPERS GREEN STRP 3/4 2-3 RSS	6 1/4 Cup	849995
PEPPERS RED DOMESTIC 23 MRKN	6 1/4 Cup	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 1/2 Cup	732900
SPICE GARLIC POWDER 6 TRDE	1 1/2 Cup	513857
SPICE ONION POWDER 19Z TRDE	1 1/2 Cup	126993
GARLIC MINCED IN WTR 6-32Z ITALR	12 1/2 Teaspoon	874910
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	592714
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	50 Cup	637442

Preparation Instructions

Combine in a large mixing bowl onion slices, diced 1/4" red peppers, diced 1/4" green peppers & sliced mushrooms with olive oil and seasonings. coat vegetables thoroughly with oil and seasoning. Place vegetables on parchment lined sheet tray and roast in pre-heated oven at 425 degrees F for 15-20 minutes or until vegetables are tender. Transfer to steam table pan cover with foil and place in hot holding until ready to serve.

To assemble:

- 1) Take sheet tray of warm ciabatta bread with melted cheese out of oven and place on prep area
- 2) Add 1/4 Cup roasted vegetables to warm bread use # 16 scoop

- 3) Add 1 cooked grilled chicken breast to each bottom bun
- 4) Top with 1/4 cup Marinara sauce-use # 20 scoop
- 5) optional add Parmesan cheese packet

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	493.19		
Fat	19.93g		
SaturatedFat	3.80g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	816.74mg		
Carbohydrates	48.99g		
Fiber	6.32g		
Sugar	7.15g		
Protein	36.96g		
Vitamin A	499.97IU	Vitamin C	30.81mg
Calcium	34.65mg	Iron	3.56mg

Spicy Pepperjack Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10658
School:	Kankakee High School 1		

Ingredients

Description	Measurement	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	Wilkens Food Service
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	1 Slice	257271
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	2 Slice	726532

Preparation Instructions

To grill cheese sandwich:

- 1) Lightly spray each side of outside of bread slices,
 - 2) Add to hot grill place 2 slices of pepperjack cheese to unbuttered side of bread
 - 3) Place unbuttered side on top of 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.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 350.00

Fat 19.00g

SaturatedFat 10.50g

Trans Fat 0.00g

Cholesterol 45.00mg

Sodium 870.00mg

Carbohydrates 29.00g

Fiber 2.00g

Sugar 3.00g

Protein 19.00g

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

Calcium 390.00mg **Iron** 0.00mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	864 Ounce	550512
Vegetable Fried Rice	288 Serving	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

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

KHS-Cuban Style Salad-1

Servings:	25.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11005
School:	Kankakee High School 4		

Ingredients

Description	Measurement	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	3/4 Cup	786543
CUCUMBER SELECT SUPER 45 MRKN	3/4 Cup	198587
ONION RD SLIVERED 1/8 2-3 RSS	3/4 Cup	313157
PARSLEY ITAL FRESH 1# MRKN	3/4 Cup	521520
LIME 200CT 40 MRKN	3 1/8 Each	774121
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Tablespoon	225045

Preparation Instructions

Once all ingredients are chopped or diced combine. Let marinate for 1-2 hours prior to use.

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories 3.87

Fat 0.02g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 1.20mg

Carbohydrates 1.06g

Fiber 0.30g

Sugar 0.21g

Protein 0.13g

Vitamin A 159.49IU **Vitamin C** 4.91mg

Calcium 5.83mg **Iron** 0.17mg

KHS-Cuban-Style Ham & Cheese Panini-1

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-11006
School:	Kankakee High School 4		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	50 Slice	563652
CHEESE MOZZ LMPS SHRD FTNR 4-5#	1 9/16 Cup	265041
TURKEY HAM UNCURED 6-2 JENNO	50 Slice	690041
BREAD PANINI 192-.82Z PILLS	50 Piece	831161

Preparation Instructions

- 1) PLACE BOTTOM HALF OF PANINI BUN ON TRAY
 - 2) ADD 2 SLICE OF TURKEY AND 2 SLICES OF TURKEY HAM AND TOP WITH 1/2 OZ OF MOZZARELLA CHEESE, USE # 60 SCOOP
 - 3) WARM IN SANDWICH/PANINI CONVEYOR
 - 4) ADD 1/4 CUP OF CUBAN STYLE SALAD (OPTIONAL)-SEE CUBAN STYLE SALAD RECIPE, USE #16 scoop
 - 5) PLACE TOP OF PANINI BUN ON TOP
- 1 COMPLETE SANDWICH PER SERVING

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	325.62
Fat	8.37g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	65.94mg
Sodium	769.36mg
Carbohydrates	31.50g
Fiber	3.00g
Sugar	3.00g
Protein	29.94g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.52mg

Chicken Parmesan over Pasta

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11188
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	100 Each	525480
SAUCE MARINARA A/P 6-10 REDPK	200 Ounce	592714
PASTA PENNE LENTIL 2-5 BAF	100	460294
CHEESE MOZZ LMPS SHRD FTTH 4-5#	100 Ounce	265041
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 391.43

Fat 18.50g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 785.71mg

Carbohydrates 21.86g

Fiber 5.43g

Sugar 2.86g

Protein 29.43g

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

Calcium 15.43mg **Iron** 2.00mg

Italian Beef Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11189
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
BEEF ITAL SLCD CKD W/GRVY 16.6	300 Ounce	144471
ROLL CLUB SLCD 4 6-12CT GCHC	100 Each	230944
CHEESE MOZZ LMPS SHRD FTNR 4-5#	200 Ounce	265041

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00		
Fat	18.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	1290.00mg		
Carbohydrates	26.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	35.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	3.35mg

Assorted Fresh Fruit

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

Ingredients

Description	Measurement	DistPart #
Apples, Gala	1 Serving	310

Preparation Instructions

No Preparation Instructions available.

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
SPICE PAPRIKA SMOKED 19Z TRDE	1/2 Cup	860430
BUTTER SUB 24-4Z BTRBUDS	1 Cup	209810
GARLIC MINCED IN WTR 6-32Z ITALR	3/8 Cup	874910
Mult-Color Pepper	128 Ounce	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	699181
ONION SLCD 3/16 2-5 RSS	8 5/16 Cup	591122
Brown Gravy	11 1/8 Cup	9389
TOMATO DCD I/JCE MW 6-10 GFS	1 5/16 #10 CAN	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.

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
ONION RING 1/4 2-5 RSS	100 Ounce	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Tablespoon	732900
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	100 Slice	726532
3.5 WG Hamburger Bun	100 Each	3354
Multit-Color Pepper	1 Cup	3858
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	100 Each	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
POTATO MASH INST 6-26Z BRILLIANT	64 Ounce	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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 369.00

Fat 17.00g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 348.00mg

Carbohydrates 31.00g

Fiber 1.00g

Sugar 16.00g

Protein 20.00g

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	300 Slice	563652
Brown Gravy	100 Ounce	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX GLZD 105CTAVG 30 TYS	105 Piece	591160
CORN COB EARS LITTLE 2.75 96CT GCHC	105 Each	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
FRENCH TST STIX CINN WGRAIN 176-.77Z	400 Piece	611201
SAUSAGE PTY TURKEY RAW 1.5Z 10 PERD	2 Each	211761

Preparation Instructions

4 Stick and 2 patties per serving portion

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	2 #10 CAN	118605
Rockin'ola Pro granola	100 Ounce	4244

Preparation Instructions

1/2 cup of sweet potatoes per serving use # 8 scoop
Add 1oz of granola to the top of each serving.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 170.19

Fat 4.33g

Saturated Fat 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

Pepper Steak over Rice-supper program

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12083

Ingredients

Description	Measurement	DistPart #
BEEF SLCD CKD 10-3# ADV	750 Ounce	598762
SPICE PAPRIKA SMOKED 19Z TRDE	3 Cup	860430
BUTTER SUB 24-4Z BTRBUDS	6 Cup	209810
GARLIC MINCED IN WTR 6-32Z ITALR	2 Cup	874910
Mult-Color Pepper	768 Ounce	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	37 1/2 Cup	699181
ONION SLCD 3/16 2-5 RSS	49 13/16 Cup	591122
Brown Gravy	66 1/2 Cup	9389
TOMATO DCD I/JCE MW 6-10 GFS	7 13/16 #10 CAN	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.

Nutrition Facts

Servings Per Recipe: 300.00

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 485.10mg

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-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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
PORK LN BNLS CC 2-8AVG HALP	400 Ounce	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.

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

Italian Supreme Sub Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12252
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	199721
Hoagie Roll, WG Split top	100 Each	Wilkens Food Service
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	100 Slice	247822

Preparation Instructions

- 1) Place hoagie roll on tray, add 1 slice american cheese to bottom bun
- 2) Arrange sliced deli meat(1 slice Turkey salami & 1 slice Turkey Ham, 1 slice Turkey Pepperoni,) on top of cheese
- 3) Add 1oz sliced green peppers & 2 slices tomatoes, 1 oz chopped romaine lettuce (optional)
- 4) Place top of hoagie bun in place

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	293.30		
Fat	10.80g		
SaturatedFat	3.95g		
Trans Fat	0.00g		
Cholesterol	65.50mg		
Sodium	880.00mg		
Carbohydrates	29.00g		
Fiber	0.00g		
Sugar	2.50g		
Protein	22.50g		
Vitamin A	0.00IU	Vitamin C	3.20mg
Calcium	115.00mg	Iron	1.32mg

BBQ Rib Tips

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12598
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
PORK RIB TIPS SMKD SLCD 4-5 AUSTBL	300 Ounce	253230
SAUCE BBQ 4-1GAL SWTBRAY	3 1/4 Cup	655937

Preparation Instructions

Once Ribs are cooked thoroughly add to a steam table pan, then add the BBQ sauce

3oz of Ribs to 1 Tablespoon BBQ Sauce

300 oz of Ribs to 3 1/4 cup BBQ Sauce

3oz portion of ribs per serving Use #8 scoop or ladle

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 228.20

Fat 16.50g

SaturatedFat 6.75g

Trans Fat 0.00g

Cholesterol 52.50mg

Sodium 1110.40mg

Carbohydrates 6.18g

Fiber 0.00g

Sugar 5.92g

Protein 12.00g

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

Calcium 0.00mg **Iron** 0.54mg

Smokin' Powerhouse Chili

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-12701

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
SPICE PEPR BLK 30 MESH REG GRIND 5	1/2 Cup	225045
Diced Yellow Onions	6 Pound	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup	874910
Vegetable broth	2 1/2 Quart	21956
CARROT SMOOTH COIN CUT 2-5 RSS	6 1/2 Pound	313173
Mult-Color Pepper	14 Pound	3858
TOMATO DCD I/JCE MW 6-10 GFS	2 #10 CAN	246131
SAUCE TOMATO 6-10 REDPK	1 #10 CAN	235102
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup	331473
SPICE CUMIN GRND 15Z TRDE	1 1/2 Cup	273945
SALT SEA 36Z TRDE	2 Tablespoon	748590
Black Beans	2 #1 CAN	909121
CORN CUT IQF 30 KE	3/8 #10 CAN	283730
CORN CUT IQF 30 KE	1 #10 CAN	283730
Tap Water for Recipes	1 5/16 Quart	000001WTR
Tap Water for Recipes	2 5/8 Quart	000001WTR
SPICE PAPRIKA SMOKED 19Z TRDE	1/4 Cup	860430
SPICE PAPRIKA SMOKED 19Z TRDE	1/2 Cup	860430

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	189.34
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Fat	7.34g
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SaturatedFat	3.00g
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Trans Fat	0.00g
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Cholesterol	25.00mg
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Sodium	517.22mg
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Carbohydrates	17.26g
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Fiber	3.58g
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Sugar	6.41g
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Protein	12.65g
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Vitamin A	5781.23IU	Vitamin C	3.35mg
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Calcium	314.87mg	Iron	3.13mg
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BAKED MOSTACCIOLI

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

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 5/8 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 5/8 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 7/16 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	5/8 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	240 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	30 Cup	645170
Diced Yellow Onions	1 1/4 Pound	Wilkens Food Service
Lentil Penne	240 Ounce	4519
BREAD GARL TST SLC WGRAIN 12-12CT	120 Slice	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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	529.53
Fat	17.62g
SaturatedFat	7.58g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	786.85mg
Carbohydrates	54.63g
Fiber	6.51g
Sugar	6.13g
Protein	33.51g
Vitamin A 40.00IU	Vitamin C 0.12mg
Calcium 276.66mg	Iron 2.12mg

Baked Chicken Quarters

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12822
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
CHIX CVP LEG QTR W/BACKS 40 GCHC	4 Ounce	197122
SALT SEA 36Z TRDE	1/8 Teaspoon	748590
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon	225045
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Teaspoon	732900
SPICE GARLIC POWDER 6 TRDE	1/8 Teaspoon	513857

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 271.35

Fat 22.67g

SaturatedFat 5.33g

Trans Fat 0.00g

Cholesterol 105.00mg

Sodium 401.26mg

Carbohydrates 0.52g

Fiber 0.05g

Sugar 0.00g

Protein 18.05g

Vitamin A 0.00IU **Vitamin C** 0.01mg

Calcium 0.33mg **Iron** 1.03mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	Wilkens Food Service
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	1 1/2 Slice	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.

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

Oven Roasted Potatoes & Carrots

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12846
School:	SUPPER PROGRAM-KHS		

Ingredients

Description	Measurement	DistPart #
CARROT SMOOTH COIN CUT 2-5 RSS	320 Ounce	313173
ONION DCD IQF 6-4 GCHC	2 Cup	261521
POTATO RDSKN DCD FRSH 2-10 GCHC	40 Cup	541117
SALT SEA 36Z TRDE	2 Tablespoon	748590
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon	225045
GARLIC MINCED IN WTR 6-32Z ITALR	2 Tablespoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup	732900

Preparation Instructions

Toss potatoes, carrots & onions with seasonings and oil place on parchment lined sheet tray and roast at 375 degrees for 15- 20 minutes or until golden brown and reaches 135 degrees F for 15 seconds or longer.

1/2 cup of vegetable mix per serving use #8 scoop

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	52.00
Fat	0.35g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	146.85mg
Carbohydrates	11.45g
Fiber	2.54g
Sugar	2.72g
Protein	1.19g

Vitamin A	9511.11IU	Vitamin C	3.47mg
Calcium	20.53mg	Iron	0.31mg

BAKED MOSTACCIOLI-SP

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12847
School:	SUPPER PROGRAM-KHS		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	3 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	2 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	674312
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkens Food Service
Lentil Penne	200 Ounce	4519
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	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, THROUGHLY 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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	529.53
Fat	17.62g
SaturatedFat	7.58g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	786.85mg
Carbohydrates	54.63g
Fiber	6.51g
Sugar	6.13g
Protein	33.51g
Vitamin A 40.00IU	Vitamin C 0.12mg
Calcium 276.66mg	Iron 2.12mg

Texas Western BBQ Pulled Pork served on Hamburger Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12848
School:	SUPPER PROGRAM-KHS		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	498702
3.5 WG Hamburger Bun	100 Each	3354

Preparation Instructions

To assemble:

Place 4oz of pulled pork use # 8 scoop on top of hamburger bun

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 419.00

Fat 18.50g

SaturatedFat 6.00g

Trans Fat 0.00g

Cholesterol 71.00mg

Sodium 373.00mg

Carbohydrates 37.00g

Fiber 2.00g

Sugar 19.00g

Protein 22.00g

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

Calcium 42.00mg **Iron** 1.00mg

Beef and Broccoli over rice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12904
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
BEEF SLCD CKD 10-3# ADV	250 Ounce	598762
RICE PARBL LONG GRAIN 6-10 PRDCR	50 Cup	699181
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
Brown Gravy	12 1/2 Cup	9389
BROCCOLI FLORETS 6-4 GCHC	300 Each	610902
SPICE PEPR BLK 30 MESH REG GRIND 5	1/4 Cup	225045
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup	265103
SPICE ONION POWDER 19Z TRDE	1/8 Cup	126993
SALT SEA 36Z TRDE	1/8 Cup	748590

Preparation Instructions

Cook rice according to manufacturers instructions, once cooked season with pepper, mrs. dash original, onion powder and salt.

Heat beef to 165 degrees F for 15 seconds or longer.

Steam broccoli in steamer for 15-20 minutes

Cook Gravy according to manufacturers instructions.

Serve 1/2 cup of cooked rice topped with 2.50oz of beef slices(use #10 scoop) , 3 broccoli florets topped with 1/4 cup (use #16 scoop/ladle) of brown gravy.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 583.10

Fat 9.00g

SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	454.80mg
Carbohydrates	98.87g
Fiber	12.00g
Sugar	6.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 8.32mg

pizza kit

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

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721
BREAD ULTRA LOCO SQUARED 12-12CT TFT	1 Each	220462
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce	265041
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	1 1/4 Ounce	276662

Preparation Instructions

No Preparation Instructions available.

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 0.00IU **Vitamin C** 0.00mg

Calcium 101.23mg **Iron** 3.90mg

Smokin' Powerhouse Chili-20 servings

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12913
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	40 Ounce	674312
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Cup	225045
Diced Yellow Onions	1 1/4 Pound	Wilkens Food Service
GARLIC MINCED IN WTR 6-32Z ITALR	1/4 Cup	874910
Vegetable broth	1/2 Quart	21956
CARROT SMOOTH COIN CUT 2-5 RSS	1 5/16 Pound	313173
Mult-Color Pepper	2 13/16 Pound	3858
TOMATO DCD I/JCE MW 6-10 GFS	7/16 #10 CAN	246131
SAUCE TOMATO 6-10 REDPK	1/4 #10 CAN	235102
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup	331473
SPICE CUMIN GRND 15Z TRDE	5/16 Cup	273945
SALT SEA 36Z TRDE	7/16 Tablespoon	748590
Black Beans	7/16 #1 CAN	909121
CORN CUT IQF 30 KE	1/4 #10 CAN	283730
Tap Water for Recipes	9/16 Quart	000001WTR
SPICE PAPRIKA SMOKED 19Z TRDE	1/8 Cup	860430

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	182.26
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Fat	7.25g
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SaturatedFat	3.00g
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Trans Fat	0.00g
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Cholesterol	25.00mg
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Sodium	517.03mg
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Carbohydrates	15.89g
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Fiber	3.27g
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Sugar	6.15g
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Protein	12.43g
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Vitamin A	5582.74IU	Vitamin C	3.08mg
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Calcium	313.94mg	Iron	3.00mg
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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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	200 Ounce	654571
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	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	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	732900
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862
ASPARAGUS CUTS/TIPS IQF 12-2 GCHC	50 Cup	530395
Oven Roasted Chicken- Graves County Schools	230 Ounce	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
Classic Hummus	24 Ounce	4937
BEAN GARBANZO 6-10 GCHC	1 #10 CAN	118753
Original with Sea Salt Wave	24 Bag	2742
SALSA 103Z 6-10 REDG	6 Ounce	452841
Mult-Color Pepper	5/8 Cup	3858
SEASONING TACO 21Z TRDE	5/16 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.

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	0.00IU	Vitamin C	0.00mg
Calcium	65.12mg	Iron	1.14mg

Grilled American Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13129
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	Wilkens Food Service
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice	247822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1/4 Teaspoon	651171

Preparation Instructions

To grill cheese sandwich:

Pre Heat oven to 375 degrees F.

- 1) Lightly spray one side of bread slices, lay butter spray side facing down in single layer on parchment lined sheet tray.
 - 2) Add 2 slices of American cheese to unbuttered side of bread
 - 3) Place unbuttered side on top of cheese slices
 - 4) After 2-3 minutes, Gently flip the grilled cheese sandwich over to toast the other side
 - 5) Bake in oven for total of 5-8 minutes or until cheese is melted and bread is golden brown
- 1 complete sandwich per serving.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 220.00

Fat 7.00g

SaturatedFat 3.50g

Trans Fat 0.00g

Cholesterol 15.00mg

Sodium 510.00mg

Carbohydrates 30.00g

Fiber 2.00g

Sugar 3.00g

Protein 13.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.00mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
Diced Yellow Onions	12 1/2 Pound	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Cup	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	18 3/4 Cup	637442
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	521520
BEEF SLCD CKD 10-3# ADV	250 Ounce	598762
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	100 Each	831221
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	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

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

Beef and Broccoli over rice

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13141
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
BEEF SLCD CKD 10-3# ADV	187 1/2 Ounce	598762
RICE PARBL LONG GRAIN 6-10 PRDCR	37 1/2 Cup	699181
GARLIC MINCED IN WTR 6-32Z ITALR	3/16 Cup	874910
Brown Gravy	9 3/8 Cup	9389
BROCCOLI FLORETS 6-4 GCHC	225 Each	610902
SPICE PEPR BLK 30 MESH REG GRIND 5	3/16 Cup	225045
SPICE BLND ORIG 3-21Z MDASH	3/16 Cup	265103
SPICE ONION POWDER 19Z TRDE	1/8 Cup	126993
SALT SEA 36Z TRDE	1/8 Cup	748590

Preparation Instructions

Cook rice according to manufacturers instructions, once cooked season with pepper, mrs. dash original, onion powder and salt.

Heat beef to 165 degrees F for 15 seconds or longer.

Steam broccoli in steamer for 15-20 minutes

Cook Gravy according to manufacturers instructions.

Serve 1/2 cup of cooked rice topped with 2.50oz of beef slices(use #10 scoop) , 3 broccoli florets topped with 1/4 cup (use #16 scoop/ladle) of brown gravy.

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 583.11

Fat 9.00g

SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	444.25mg
Carbohydrates	98.85g
Fiber	12.00g
Sugar	6.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 8.32mg

Roasted Mixed Vegetables

Servings:	135.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13314
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN DCD FRSH 2-10 GCHC	40 Cup	541117
VEG BLND MALIBU 6-4 FLAVRPAC	40 Cup	164100
GARLIC MINCED IN WTR 6-32Z ITALR	36 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	36 Tablespoon	732900
SPICE BLND ORIG 3-21Z MDASH	36 Teaspoon	265103
SPICE PEPR BLK 30 MESH REG GRIND 5	36 Teaspoon	225045
SALT SEA 36Z TRDE	36 Teaspoon	748590

Preparation Instructions

Pre-heat oven to 400 degrees F.

Mix Potatoes, vegetable blend with oil, garlic, mrs. dash, black pepper and sea salt in a large bowl.

Once mixed thoroughly, place vegetables on parchment lined perforated sheet tray. Place in pre-heated oven and cook for 20-30 minutes or until vegetables are golden brown.

Nutrition Facts

Servings Per Recipe: 135.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 73.18

Fat 3.73g

SaturatedFat 0.27g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 627.26mg

Carbohydrates 9.12g

Fiber 1.77g

Sugar 0.89g

Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.80mg	Iron	0.18mg

Roasted Mixed Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13324
School:	SUPPER PROGRAM-JHS		

Ingredients

Description	Measurement	DistPart #
POTATO RDSKN DCD FRSH 2-10 GCHC	30 Cup	541117
VEG BLND MALIBU 6-4 FLAVRPAC	30 Cup	164100
GARLIC MINCED IN WTR 6-32Z ITALR	50 Teaspoon	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	50 Tablespoon	732900
SPICE BLND ORIG 3-21Z MDASH	50 Teaspoon	265103
SPICE PEPR BLK 30 MESH REG GRIND 5	50 Teaspoon	225045
SALT SEA 36Z TRDE	25 Teaspoon	748590

Preparation Instructions

Pre-heat oven to 400 degrees F.

Mix Potatoes, vegetable blend with oil, garlic, mrs. dash, black pepper and sea salt in a large bowl.

Once mixed thoroughly, place vegetables on parchment lined perforated sheet tray. Place in pre-heated oven and cook for 20-30 minutes or until vegetables are golden brown.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 102.84

Fat 7.00g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 591.10mg

Carbohydrates 9.46g

Fiber 1.80g

Sugar 0.90g

Protein	1.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.94mg	Iron	0.18mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	200 Piece	432180
HASHBROWN RND 6-5 MCCAIN	100 Each	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

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

Brown Rice

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13472
School:	SUPPER PROGRAM-KHS		

Ingredients

Description	Measurement	DistPart #
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	699181

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 85.00

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.00mg

Carbohydrates 18.50g

Fiber 0.00g

Sugar 0.00g

Protein 2.00g

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

Calcium 0.00mg **Iron** 0.72mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF KNUCKLE COW PLD UTL 6-12AVG	176 Ounce	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.

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST FREN CUT 2-7AVG	104 Ounce	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.

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 162.06

Fat 8.15g

Saturated Fat 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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF RST CKD DELI SLCD 5-2 BRICK	4 Ounce	820130
Pullman Bread, Whole Grain White 1/2" sliced	2 Ounce	Wilkins 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.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 390.00

Fat 11.00g

Saturated Fat 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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF RST CKD DELI SLCD 5-2 BRICK	4 Ounce	820130
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice	534040
BREAD PANINI 192-.82Z PILLS	2 Piece	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.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 430.00

Fat 13.50g

Saturated Fat 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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	200 Piece	838181

Preparation Instructions

2 drumsticks per serving

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 340.00

Fat 20.00g

Saturated Fat 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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
CEREAL ASST CUP 1.86Z 60CT GENM	60 Each	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE RIGATE 100 WHLWHE 2-5	251 Ounce	654571
Broccoli Florets	63 Cup	2332
SPICE PEPR BLK 30 MESH REG GRIND 5	3/8 Cup	225045
GARLIC MINCED IN WTR 6-32Z ITALR	2 Cup	874910
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 1/4 Cup	732900
BREAD GARL TST SLC WGRAIN 12-12CT	75 Slice	277862
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	41 1/4 Cup	855863
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	288 Ounce	570533
CHEESE MOZZ LMPS SHRD FTNR 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

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-15044
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	24 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	96 Ounce	811500
Rockin'ola Pro granola	36 Ounce	4244
BLUEBERRY 12-1PT P/L	6 Cup	451690
STRAWBERRY 8 MRKN	48 Ounce	212768

Preparation Instructions

place 4oz of vanilla yogurt (use #8 scoop) 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 4-6

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1219.76

Fat 13.17g

SaturatedFat 3.09g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 529.76mg

Carbohydrates 245.77g

Fiber 9.16g

Sugar 159.76g

Protein 40.83g

Vitamin A 102.30IU **Vitamin C** 47.20mg

Calcium 1095.82mg **Iron** 10.64mg

Breakfast Banana Pops

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15045
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	2 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Ounce	811500
Rockin'ola Pro granola	3 Ounce	4244
CHOC CHIPS SMISWT MINI 4000/4-4	1 Tablespoon	283630

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 271.69

Fat 5.20g

SaturatedFat 0.92g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 85.30mg

Carbohydrates 51.13g

Fiber 3.80g

Sugar 29.42g

Protein 9.13g

Vitamin A 37.76IU **Vitamin C** 5.14mg

Calcium 140.53mg **Iron** 5.41mg

Biscuits and Sausage Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15462
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	631902
SPICE PEPR BLK REG GRIND 16Z TRDE	25 Teaspoon	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
 2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
- 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 292.48

Fat 14.80g

SaturatedFat 9.08g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 694.89mg

Carbohydrates 30.61g

Fiber 2.00g

Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 154.33mg	Iron 1.44mg

Sausage Gravy and Biscuits

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15463
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 1/2 Cup	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	25 Each	631902
SPICE PEPR BLK REG GRIND 16Z TRDE	1/2 Cup	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	25 Each	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
 2. Place 3 fl oz of sausage gravy (#6 scoop) over top of warm split biscuit
- 1/2 biscuit, 3 fl oz sausage gravy = 1 portion K-3

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	146.24
Fat	7.40g
SaturatedFat	4.54g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	347.44mg
Carbohydrates	15.30g
Fiber	1.00g

Sugar			1.36g
Protein			5.36g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	77.17mg	Iron	0.72mg

Sunshine Orange Smoothie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15466
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	12 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	811500
Bagel, WG, sliced	24 Ounce	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each	228427
ORANGES MAND WTR PACK 24-13.75Z GCHC	1 #10 CAN	275336
JUICE ORNG CONC 100 ASEP 12-1LTR GFS	96 Fluid Ounce	695831

Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Sunshine Orange Smoothie

Place 3 cup of orange slices w/o juice and 3 peeled banana in blender.

Add 3 cup orange juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Sunshine Orange smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 566.87

Fat 10.57g

SaturatedFat 6.42g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 308.75mg

Carbohydrates 107.87g

Fiber	4.37g		
Sugar	76.86g		
Protein	11.53g		
Vitamin A	337.76IU	Vitamin C	5.14mg
Calcium	213.43mg	Iron	1.25mg

Blueberry Smoothie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15467
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BLUEBERRY IQF 4-5 GFS	12 Cup	166720
BANANA TURNING SNGL 150CT 40 P/L	12 Each	197769
JUICE APPLE 100 ASEP 12-46FLZ HV	96 Fluid Ounce	584339
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	811500
Bagel, WG, sliced	24 Ounce	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each	228427

Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Blueberry Smoothie

Place 3 cup of fresh blueberries w/o juice and 3 peeled banana in blender.

Add 3 cup apple juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Blueberry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 442.17

Fat 10.67g

SaturatedFat 6.42g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 287.57mg

Carbohydrates 77.59g

Fiber	5.87g		
Sugar	45.74g		
Protein	8.65g		
Vitamin A	337.76IU	Vitamin C	96.94mg
Calcium	168.28mg	Iron	0.16mg

Strawberry Smoothie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15469
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	12 Each	197769
STRAWBERRY WHL IQF 4-5 GFS	12 Cup	244630
JUICE ORNG CONC 100 ASEP 12-1LTR GFS	96 Fluid Ounce	695831
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	811500
Bagel, WG, sliced	24 Ounce	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each	228427

Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup strawberry Smoothie

Place 3 cup of strawberries w/o juice and 3 peeled banana in blender.

Add 3 cup orange juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of strawberry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 543.37

Fat 10.57g

SaturatedFat 6.42g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 297.97mg

Carbohydrates 103.59g

Fiber	5.87g		
Sugar	72.74g		
Protein	10.45g		
Vitamin A	337.76IU	Vitamin C	32.14mg
Calcium	201.88mg	Iron	1.18mg

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-15471
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	12 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	72 Ounce	811500
Rockin'ola Pro granola	36 Ounce	4244
BLUEBERRY 12-1PT P/L	3 Cup	451690
STRAWBERRY 8 MRKN	24 Ounce	212768

Preparation Instructions

place 3oz of vanilla yogurt (use #10 scoop) in a 2# boat

1/2 of banana sliced long ways in half place 1/2 of banana on either side of yogurt

top with 1 oz of fresh blueberries (use #30 scoop) and 1 oz sliced strawberries (use #30 scoop)

add 1.5 oz rockin'ola

1 serving grade K-3

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 923.76

Fat 11.33g

SaturatedFat 2.29g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 409.29mg

Carbohydrates 181.15g

Fiber 6.58g

Sugar 116.72g

Protein 32.38g

Vitamin A 51.15IU **Vitamin C** 23.60mg

Calcium 818.57mg **Iron** 10.32mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	24 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	144 Ounce	811500
Rockin'ola Pro granola	36 Ounce	4244
BLUEBERRY 12-1PT P/L	6 Cup	451690
STRAWBERRY 8 MRKN	48 Ounce	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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 1667.52

Fat 16.16g

SaturatedFat 4.58g

Trans Fat 0.00g

Cholesterol 0.00mg

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

Chicken Alfredo over Penne Pasta

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15676
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PASTA PENNE LENTIL 2-5 BAF	200 Ounce	460294
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	100 Teaspoon	732900
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	300 Ounce	570533
GARLIC MINCED IN WTR 6-32Z ITALR	12 1/2 Cup	874910
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	33 Cup	855863
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Teaspoon	225037
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	277862

Preparation Instructions

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

Cook diced chicken to 165 degrees F for 15 seconds or longer in steamer for 15-20 minutes and drain.

Then warm chicken with minced garlic and Cream of Broccoli soup mix thoroughly.

Next blend in the cooked penne pasta

To assemble on the line:

Place 24 oz black bowl on tray, add 1 cup of Chicken Alfredo w/Penne pasta

and add 1 slice of Garlic toast

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 346.44

Fat 17.45g

SaturatedFat 5.47g

Trans Fat 0.00g

Cholesterol 68.20mg

Sodium	585.20mg		
Carbohydrates	21.96g		
Fiber	1.33g		
Sugar	2.31g		
Protein	21.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.50mg	Iron	2.14mg

Home Style Biscuits and Gravy

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18861
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	32 Each	631902
GRAVY MIX BISC WHITE SAUCE 12-24Z	42 9/16 Tablespoon	242420
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	32 Each	184970

Preparation Instructions

1 warm biscuit split in half and top biscuits w/4 fl oz of sausage gravy

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 305.00

Fat 15.50g

SaturatedFat 9.50g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 770.00mg

Carbohydrates 32.00g

Fiber 2.00g

Sugar 3.00g

Protein 11.00g

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

Calcium 156.00mg **Iron** 1.44mg

Banana Berry Smoothie

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18981
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
BLUEBERRY IQF 4-5 GFS	6 1/2 Cup	166720
BANANA TURNING SNGL 150CT 40 P/L	12 Each	197769
STRAWBERRY WHL IQF 4-5 GFS	6 1/2 Cup	244630
JUICE APPLE 100 ASEP 12-46FLZ HV	96 Fluid Ounce	584339
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	811500
Bagel, WG, sliced	24 Ounce	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each	228427

Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Banana Berry Smoothie

Place 1 1/2 cup of fresh blueberries & 1 1/2 Cup strawberries w/o juice and 3 peeled banana in blender.

Add 3 cup apple juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Banana Berry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 437.38

Fat 10.44g

SaturatedFat 6.42g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium	287.57mg
Carbohydrates	77.21g
Fiber	5.76g
Sugar	45.42g
Protein	8.65g
Vitamin A 337.76IU	Vitamin C 110.74mg
Calcium 173.70mg	Iron 0.35mg

All American Breakfast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18982
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	1 Each	352740
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	631902
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup	584584
Hash Brown Rounds	1/2 Cup	

Preparation Instructions

Portion sizes per student

1/2 cup scrambled eggs

1 warm biscuit

1/2 cup-2ea Hash Brown Rounds

1ea sausage Link

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 413.03

Fat 19.53g

SaturatedFat 8.76g

Trans Fat 0.00g

Cholesterol 124.70mg

Sodium 771.67mg

Carbohydrates 43.76g

Fiber 2.00g

Sugar 2.76g

Protein 15.55g

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

Calcium 178.79mg **Iron** 2.20mg

All American Breakfast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18984
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	352740
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	631902
EGG SCRMBD CKD FZ 4-5 GCHC	1/2 Cup	584584
Hash Brown Rounds	1/2 Cup	

Preparation Instructions

Portion sizes per student

1/2 cup scrambled eggs

1 warm biscuit

1/2 cup-2ea Hash Brown Rounds

2ea sausage Link

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 526.06

Fat 26.56g

SaturatedFat 10.52g

Trans Fat 0.00g

Cholesterol 249.39mg

Sodium 1028.33mg

Carbohydrates 44.52g

Fiber 2.00g

Sugar 3.52g

Protein 26.09g

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

Calcium 207.58mg **Iron** 3.32mg

All American Breakfast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18985
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	200 Each	352740
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	100 Each	631902
EGG SCRMBD CKD FZ 4-5 GCHC	75 Cup	584584
Hash Brown Rounds	50 Cup	

Preparation Instructions

Portion sizes per student

3/4 cup scrambled eggs

1 warm biscuit

1/2 cup-2ea Hash Brown Rounds

2ea sausage Link

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 579.09

Fat 29.59g

SaturatedFat 11.27g

Trans Fat 0.00g

Cholesterol 344.09mg

Sodium 1195.00mg

Carbohydrates 45.27g

Fiber 2.00g

Sugar 4.27g

Protein 30.64g

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

Calcium 236.36mg **Iron** 4.07mg

Homemade Blueberry Oat Bars

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19143

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	7 Cup	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	12 Cup	240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
BLUEBERRY IQF 4-5 GFS	25 Cup	166720
STARCH CORN 24-1 ARGO	1/4 Cup	108413
SUGAR BROWN LT 12-2 P/L	4 Cup	860311

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
 2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
 3. Blueberry filling layer, in a 6" steam table pan, mix blueberries, 2 cups brown sugar and corn starch, then placing in steamer for 20 minutes. Let cool 10-15 minutes to thicken to a jam consistency and Pour blueberry filling layer over bottom portion of prepared crust.
 4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- It is best to make 2 days ahead of time.

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	293.13
Fat	9.19g
SaturatedFat	4.78g
Trans Fat	0.00g
Cholesterol	19.20mg
Sodium	0.34mg

Carbohydrates	49.62g		
Fiber	5.71g		
Sugar	21.36g		
Protein	4.86g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	5.71mg	Iron	1.47mg

Homemade Breakfast Casserole

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19243
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	25 Each	184970
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	6 1/4 Cup	762861
Shredded Cheddar redu fat/sodium	6 1/4 Cup	344721
Hash Brown Rounds	50 Each	

Preparation Instructions

2" half size steam table pan = 4oz 1/2 cup servings = 25 portions. Be sure to cut casserole portions into even portions.

Spray bottom and sides of steam table pan with spray butter. Place bite size turkey sausages on an even layer on bottom, add 3/4 of the cheese on top of sausage.

After eggs are whisked to a frothy state pour over sausage and cheese.

Bake at 350 for 10-20 minutes. rotate pan after 10 minutes of cooking. take out of oven 3 minutes before cooking time is done. add the last 1/4 of the cheese spread evenly on top of casserole, put back in oven to melt cheese.

1 serving

4oz portion of casserole served with 2ea hashbrown rounds

Optional warm english muffin

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 620.00

Fat 28.50g

SaturatedFat 6.50g

Trans Fat 0.00g

Cholesterol 222.50mg

Sodium 765.00mg

Carbohydrates 66.50g

Fiber 0.00g

Sugar	1.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 238.00mg	Iron 1.36mg

Homemade Strawberry Oat Bars

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19244
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	7 Cup	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	14 Cup	240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
STARCH CORN 24-1 ARGO	3/8 Cup	108413
SUGAR BROWN LT 12-2 P/L	4 Cup	860311
STRAWBERRY WHL IQF 4-5 GFS	28 Cup	244630

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
 2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
 3. Strawberry filling layer, in a 6" steam table pan, mix Strawberries, 2 cups brown sugar and corn starch, then placing in steamer for 20 minutes. Mash Strawberries with a slotted ladle to break up whole berries. Let cool 10-15 minutes to thicken to a jam consistency and Pour Strawberry filling layer over bottom portion of prepared crust.
 4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- it is best to make 2 days ahead of time.

Nutrition Facts

Servings Per Recipe: 56.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	262.41
Fat	7.94g
SaturatedFat	4.30g

Trans Fat	0.00g		
Cholesterol	17.14mg		
Sodium	0.30mg		
Carbohydrates	45.38g		
Fiber	5.10g		
Sugar	18.22g		
Protein	4.70g		
Vitamin A	0.00IU	Vitamin C	27.00mg
Calcium	15.10mg	Iron	1.80mg

Homemade Peach Oat Bars

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19245
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	7 Cup	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	14 Cup	240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
STARCH CORN 24-1 ARGO	3/8 Cup	108413
PEACH DCD IN JCE 6-10 GFS	1 #10 CAN	610372
SUGAR BROWN LT 12-2 P/L	2 Cup	860311

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
 2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
 3. Peach filling layer, in a 6" steam table pan, mix Peaches, and corn starch, then placing in steamer for 20 minutes. Mash Peaches with slotted ladle to break up whole pieces. Let cool 10-15 minutes to thicken to a jam consistency and Pour Peach filling layer over bottom portion of prepared crust.
 4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- It is best to make 2 days ahead of time.

Nutrition Facts

Servings Per Recipe: 56.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	213.48
Fat	7.94g
SaturatedFat	4.30g

Trans Fat	0.00g		
Cholesterol	17.14mg		
Sodium	0.48mg		
Carbohydrates	32.45g		
Fiber	3.60g		
Sugar	7.22g		
Protein	4.70g		
Vitamin A	2.14IU	Vitamin C	0.71mg
Calcium	5.10mg	Iron	1.44mg

Homemade Apple Oat Bars

Servings:	56.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-19246
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	7 Cup	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	14 Cup	240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
STARCH CORN 24-1 ARGO	3/8 Cup	108413
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
APPLE SLCD RED PLD IQF 4-5 GFS	18 Cup	818895

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
 2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
 3. Apples filling layer, in a 6" steam table pan, mix thawed Apples, and corn starch, then placing in steamer for 20 minutes. Mash apples leaving a little chunky with slotted ladle to break up whole pieces. Let cool 10-15 minutes to thicken to a jam consistency and Pour Apple filling layer over bottom portion of prepared crust.
 4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of Apple filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- It is best to make 2 days ahead of time.

Nutrition Facts

Servings Per Recipe: 56.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	234.19
Fat	7.94g
SaturatedFat	4.30g

Trans Fat	0.00g		
Cholesterol	17.14mg		
Sodium	21.19mg		
Carbohydrates	38.13g		
Fiber	4.24g		
Sugar	12.00g		
Protein	4.70g		
Vitamin A	32.14IU	Vitamin C	38.57mg
Calcium	5.10mg	Iron	1.44mg

Pancakes & Breakfast Sausage w/Maple syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19247
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Each	617650
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	352740
Pancake Syrup	1 Each	

Preparation Instructions

Portion size
2 pancakes
2 sausage links
1 syrup

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	393.33		
Fat	12.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	66.67mg		
Sodium	400.00mg		
Carbohydrates	58.33g		
Fiber	2.00g		
Sugar	22.33g		
Protein	15.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.92mg

Pancakes & Breakfast Sausage w/Maple syrup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19248
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	3 Each	617650
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	3 Each	352740
Pancake Syrup	2 Each	

Preparation Instructions

Portion size
3 pancakes
3 sausage links
2 syrup

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	650.00		
Fat	18.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	100.00mg		
Sodium	600.00mg		
Carbohydrates	103.00g		
Fiber	3.00g		
Sugar	43.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.88mg

Assorted Cup Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19249
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Diced Peaches	1/2 Cup	
Applesauce, Unsweetened	1/2 Cup	5721
Mandarin Oranges	1/2 Cup	3802
Mixed Fruit in Juice	1/2 Cup	61550
Pineapple Tidbits in Juice	1/2 Cup	3801
Diced Pears in Juice	1/2 Cup	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 295.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 20.00mg

Carbohydrates 73.50g

Fiber 1.50g

Sugar 60.00g

Protein 2.50g

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

Calcium 10.00mg **Iron** 1.00mg

Assorted Fresh Vegetable

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19250
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Baby Carrots	3/4 Cup	
PEPPERS ASST COLORS 4-6CT P/L	3/4 Cup	644562
Broccoli Florets	1/2 Cup	2332

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	83.15
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.90mg
Carbohydrates	16.50g
Fiber	5.45g
Sugar	4.00g
Protein	2.70g
Vitamin A 1573.80IU	Vitamin C 205.48mg
Calcium 31.91mg	Iron 36.52mg

Assorted Fruit Juice

Servings:	150.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19251
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
JUICE BOX PNCH FRTABLES+ 36-6.75FLZ	1 Each	460602
JUICE BOX TROP FRTABLES+ 36-6.75FLZ	1 Each	460612
JUICE APPL BX 36-200ML A&E	1 Each	171122
JUICE FRT PNCH 100 BX 36-200ML A&E	1 Each	171171
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each	659712
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each	659731
JUICE BOX APPLE 100 40CT 125ML	1 Each	733220
JUICE BOX PNCH 100 125ML 40CT	1 Each	733230
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each	733240

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 3.80

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.70mg

Carbohydrates 0.92g

Fiber 0.00g

Sugar			0.78g
Protein			0.01g
Vitamin A	20.00IU	Vitamin C	2.40mg
Calcium	0.80mg	Iron	0.00mg

Garden Fresh Tossed Side Salad

Servings:	24.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19260
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	12 Cup	735787
TOMATO CHERRY 11 MRKN	48 Each	569551
Cucumber	24 Slice	16P98
Carrots, baby	24 Each	18D69
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	12 Ounce	359572

Preparation Instructions

Place .5 cups of romaine lettuce in 12 oz round black bowl
Add 2 cherry tomatoes
Add 1 slices of cucumbers
Add 2 baby carrots
and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

Nutrition Facts

Servings Per Recipe: 24.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	112.78		
Fat	4.10g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	287.16mg		
Carbohydrates	15.68g		
Fiber	1.03g		
Sugar	2.20g		
Protein	3.38g		
Vitamin A	359.86IU	Vitamin C	5.92mg

Calcium 87.32mg **Iron** 0.30mg

Buffalo Flavored Cheese Crunchers

Servings:	71.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19261
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8-3.125#	284 Each	233211

Preparation Instructions

4 ea per portion
1/2 cup marinara sauce
or buttermilk ranch dipping cup

Nutrition Facts

Servings Per Recipe: 71.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	530.00
Fat	31.00g
SaturatedFat	9.00g
Trans Fat	0.50g
Cholesterol	25.00mg
Sodium	730.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	3.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 500.00mg	Iron 1.80mg

Italian Meat Sauce over Penne Pasta(GF)

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19262
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 #10 CAN	592714
SEASONING ITAL HRB 6Z TRDE	5/8 Tablespoon	428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	7/16 Tablespoon	565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/8 Cup	732900
BEEF CRMBL CKD 6-5 SMRTPCKS	40 Ounce	674312
Diced Yellow Onions	1/4 Pound	Wilkens Food Service
Lentil Penne	20 Ounce	4519
CHEESE PARM PKT 200-3.5GM GCHC	20 Each	254959
BREAD GARL TST SLC WGRAIN 12-12CT	40 Slice	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.

SERVING SIZE

PLACE 3/4 cup penne pasta top with 1/2 cup of marinara meat sauce
Served w/2 slices of garlic toast and 1 packet of Parmesan cheese

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 459.10

Fat 16.12g

SaturatedFat 5.58g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 1016.29mg

Carbohydrates 48.91g

Fiber 7.65g

Sugar 8.40g

Protein 25.15g

Vitamin A 40.00IU **Vitamin C** 0.12mg

Calcium 128.77mg **Iron** 3.12mg

Buffalo Flavored Cheese Crunchers

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19267
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8-3.125#	288 Each	233211

Preparation Instructions

4 ea per portion
1/2 cup marinara sauce
or buttermilk ranch dipping cup

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	530.00
Fat	31.00g
SaturatedFat	9.00g
Trans Fat	0.50g
Cholesterol	25.00mg
Sodium	730.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	3.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 500.00mg	Iron 1.80mg

Stir Fried Vegetable

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19268
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup	440884

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Stir Fried Vegetable

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19271
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup	440884

Preparation Instructions

1/2 cup portion per student

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Cheese Ravioli topped with Marinara Sauce served w/Garlic Toast

Servings:	220.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19272
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	1583 Each	524650
SAUCE MARINARA A/P 6-10 REDPK	30 Cup	592714
CHEESE PARM PKT 200-3.5GM GCHC	220 Each	254959
BREAD GARL TST SLC WGRAIN 12-12CT	220 Slice	277862

Preparation Instructions

1/2 cup portion per student

Nutrition Facts

Servings Per Recipe: 220.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 226.53

Fat 7.58g

SaturatedFat 3.04g

Trans Fat 0.00g

Cholesterol 30.70mg

Sodium 465.31mg

Carbohydrates 27.51g

Fiber 2.57g

Sugar 2.12g

Protein 11.77g

Vitamin A 205.58IU **Vitamin C** 3.70mg

Calcium 151.15mg **Iron** 2.11mg

Cheese Ravioli topped with Marinara Sauce served w/Garlic Toast

Servings:	108.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19273
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	1 #10 CAN	592714
CHEESE PARM PKT 200-3.5GM GCHC	108 Each	254959
BREAD GARL TST SLC WGRAIN 12-12CT	108 Slice	277862
RAVIOLI CHS JMBO WGRAIN 24.91	324 Each	232950

Preparation Instructions

- 3 ea Ravioli per serving
- 1 slice of Garlic Toast
- 1 packet of Parmesan cheese

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 306.38

Fat 9.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 30.00mg

Sodium 648.91mg

Carbohydrates 36.52g

Fiber 3.76g

Sugar 3.52g

Protein 18.76g

Vitamin A 200.00IU **Vitamin C** 6.00mg

Calcium 250.07mg **Iron** 2.08mg

Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19274
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	144 Each	646262
Hash Brown Rounds	288 Each	
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	288 Each	352740
Pancake Syrup	144 Each	

Preparation Instructions

Portion Size

1 French Toast

2 sausage links

2 ea hash brown rounds

1 maple syrup cup

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 850.00

Fat 30.00g

SaturatedFat 4.00g

Trans Fat 0.00g

Cholesterol 170.00mg

Sodium 890.00mg

Carbohydrates 121.00g

Fiber 2.00g

Sugar 30.00g

Protein 24.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.72mg

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	732900
CHEESE MOZZ SHRD 4-5 LOL	25 Cup	645170
Diced Yellow Onions	1 Pound	Wilkins Food Service
Lentil Penne	320 Ounce	4519
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	413453
SPICE GARLIC GRANULATED 24Z TRDE	3 Tablespoon	513881
BEEF GRND 80/20 FREE FALL 2-10 GCHC	320 Ounce	330868

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 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 BROWNE 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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	442.32
Fat	14.45g
SaturatedFat	6.24g
Trans Fat	0.75g
Cholesterol	61.88mg
Sodium	382.80mg
Carbohydrates	42.28g
Fiber	4.59g
Sugar	3.83g
Protein	32.47g
Vitamin A 25.00IU	Vitamin C 0.08mg
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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF RST SLCD FRESH 6-2 HRML	4 Slice	860131
BUN HAMB PRTZL 3.31Z 4-6CT PRETZILLA	1	142004
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	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	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
SEASONING TACO 21Z TRDE	18 Teaspoon	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

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
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
BEEF SLCD CKD 10-3# ADV	125 Ounce	598762
GARLIC MINCED IN WTR 6-32Z ITALR	3/4 Cup	874910
Brown Gravy	19 Cup	9389
PEAS & CARROT 30 GCHC	19 Cup	285730
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	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.

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

Beef Brisket w/Mashed Potatoes & Gravy

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20138
School:	Kankakee High School 4		

Ingredients

Description	Measurement	DistPart #
BEEF BRSKT SLCD CKD BBQ 2-8AVG	200 Ounce	619632
POTATO PRLS EXCEL 12-26.5Z SMART SERV	400 Ounce	146581

Preparation Instructions

Serving:

place 1/2 cup of Mashed Potatoes to plate top with 2oz of Beef Brisket to plate (3 slices)

Add 1/4 cup Aus Jus over top of beef brisket and mashed potatoes.

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	529.54
Fat	11.33g
SaturatedFat	6.30g
Trans Fat	0.00g
Cholesterol	19.00mg
Sodium	701.76mg
Carbohydrates	87.85g
Fiber	7.36g
Sugar	1.00g
Protein	22.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.33mg	Iron 1.73mg

Breakfast Bagel

Servings:	84.00	Category:	Entree
Serving Size:	4.13 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20582
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Bagel, WG, sliced	184 4/5 Ounce	Wilkens Food Service
JELLY ASST 6-10 GCHC	1 Tablespoon	100978

Preparation Instructions

1 sliced bagel

1 packet cream cheese or 1 packet jelly

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 4.13 Ounce

Amount Per Serving

Calories 160.60

Fat 0.50g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 280.08mg

Carbohydrates 34.15g

Fiber 4.00g

Sugar 4.13g

Protein 5.00g

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

Calcium 0.00mg **Iron** 0.00mg

French Fries

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20583
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
Fries 3/8 S/C Ovations 6-5 Mcc	40 Ounce	868961

Preparation Instructions

Place 1/4 cup french fries

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	84.39		
Fat	2.95g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	109.70mg		
Carbohydrates	14.35g		
Fiber	0.84g		
Sugar	0.00g		
Protein	1.69g		
Vitamin A	0.00IU	Vitamin C	3.04mg
Calcium	0.00mg	Iron	0.30mg

Breakfast Banana Split topped w/Berries served w/Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20584
School:	PROEGLER		

Ingredients

Description	Measurement	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1/2 Each	197769
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500
BLUEBERRY IQF 4-5 GFS	1/4 Cup	166720
STRAWBERRY WHL IQF 4-5 GFS	1/4 Cup	244630
Rockin'ola Pro granola	1 Ounce	4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	316.94
Fat	5.53g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	93.63mg
Carbohydrates	60.13g
Fiber	5.97g
Sugar	34.00g
Protein	10.38g
Vitamin A 37.76IU	Vitamin C 19.54mg
Calcium 144.95mg	Iron 7.00mg

Homemade Oat Bars w/Fruit Jam

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-21214
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	7 Cup	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	12 Cup	240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound	299405
BLUEBERRY IQF 4-5 GFS	25 Cup	166720
STARCH CORN 24-1 ARGO	1/4 Cup	108413
SUGAR BROWN LT 12-2 P/L	4 Cup	860311

Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
 2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
 3. Blueberry filling layer, in a 6" steam table pan, mix blueberries, 2 cups brown sugar and corn starch, then placing in steamer for 20 minutes. Let cool 10-15 minutes to thicken to a jam consistency and Pour blueberry filling layer over bottom portion of prepared crust.
 4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- It is best to make 2 days ahead of time.

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	293.13
Fat	9.19g
SaturatedFat	4.78g

Trans Fat	0.00g		
Cholesterol	19.20mg		
Sodium	0.34mg		
Carbohydrates	49.62g		
Fiber	5.71g		
Sugar	21.36g		
Protein	4.86g		
Vitamin A	0.00IU	Vitamin C	1.80mg
Calcium	5.71mg	Iron	1.47mg

Maple Breakfast Tornado

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22304
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
TORNADO BKFST MAPL WGRAIN 18-8CT	144 Each	514113

Preparation Instructions

- 1 each per serving-K-8
- 2 each per serving-9-12

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	260.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	4.00g
Protein	7.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.44mg

Breakfast Tornado

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22305
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
TORNADO BKFST WHLWHE 2.79Z 18-8CT	144 Each	495932

Preparation Instructions

- 1 ea per serving k-8
- 2 ea per serving 9-12

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	280.00mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Campbell's Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22388
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO 12-5 HNZ	1/2 Cup	102008

Preparation Instructions

1 serving 1/2 cup use #8 scoop
place soup in squat bowl 6oz.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	460.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	12.00g
Protein	2.00g
Vitamin A 300.00IU	Vitamin C 2.40mg
Calcium 20.00mg	Iron 0.72mg

Campbell's Chicken Noodle Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22389
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
SOUP CHIX NOODL 12-5 HLTHYREQ	1/2 Cup	488224

Preparation Instructions

1 serving 1/2 cup of soup

use #8 scoop place in 6oz squat bowl

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	50.00
Fat	2.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	390.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	0.00g
Protein	2.00g
Vitamin A 1000.00IU	Vitamin C 1.20mg
Calcium 273.00mg	Iron 1.00mg

Turkey Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22390
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	200 Ounce	768230
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	6 Cup	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	6 Cup	242489
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690

Preparation Instructions

To assemble taco

1. Add 2oz (Use #10 scoop) Taco filling in center of tortilla shell
2. top with 1/2 oz of mexican cheddar cheese
3. offer salad mix as a topping-shredded lettuce 1/2oz

1-6" taco per student

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 107.11

Fat 5.49g

Saturated Fat 2.44g

Trans Fat 0.00g

Cholesterol 43.50mg

Sodium 242.27mg

Carbohydrates 1.83g

Fiber 0.08g

Sugar 0.07g

Protein 12.26g

Vitamin A 138.01IU **Vitamin C** 0.00mg

Calcium 62.04mg **Iron** 0.72mg

Italian Combo Platter

Servings:	113.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22391
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
WG Breaded Mozzarella Sticks	339 Each	41009
WG Breaded Mini Cheese Ravioli	452 Each	41834
SAUCE MARINARA A/P 6-10 REDPK	28 1/4 Cup	592714

Preparation Instructions

Serving Size

3 Breaded Mozzarella Sticks

4 Mini Breaded Ravioli

1/4 cup warm marinara sauce

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 297.86

Fat 8.91g

SaturatedFat 4.17g

Trans Fat 0.00g

Cholesterol 29.57mg

Sodium 572.43mg

Carbohydrates 38.37g

Fiber 4.51g

Sugar 3.77g

Protein 16.31g

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

Calcium 8.00mg **Iron** 0.00mg

Assorted Mini Loaf

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22392
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	DistPart #
Mini Banana Loaf	1 Each	Wilkens Food Service
Mini Blueberry Loaf	1 Ounce	Wilkens Food Service

Preparation Instructions

Serve 1 of the flavors.

1 Loaf per serving

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 235.00

Fat 7.50g

Saturated Fat 1.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 157.50mg

Carbohydrates 39.00g

Fiber 0.50g

Sugar 20.50g

Protein 4.50g

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

Calcium 0.00mg **Iron** 0.00mg