

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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Rockin'ola Yogurt Parfait-Mixed Berries



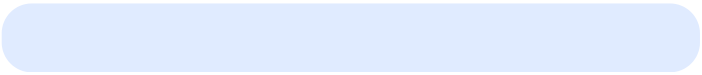
Servings:	43.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-673

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	384 Ounce	READY_TO_EAT Ready to use with pouch & serving tip. 4 bags= 48-(8 oz) portions	811500
Rockin'ola Pro granola	96 Ounce	Wilkens pre-packaged bag 1.5 oz- 2 Bags per student JHS/KHS Or Bulk 1/3 Cup portion use #10 scoop	4244
BLUEBERRY IQF 4-5 GFS	10 3/4 Cup	Keep Frozen until ready to prepare parfait 1/4 cup blueberries when mixed with another berry.	166720
STRAWBERRY WHL IQF 4-5 GFS	10 3/4 Cup	Keep Frozen until ready to prepare parfait 1/4 cup strawberries when mixed with another berry.	244630
CRUMB CRACKER GRAHAM 10 KEEB	86 Fluid Ounce	ADD 1/4 CUP OF GRAHAM CRACKER CRUMB TO BOTTOM OF BOWL	109568

Preparation Instructions

1. USE SQUARE BOWL (WILKENS) WITH LID
2. PLACE .25 Cup OF GRAHAM CRACKER CRUMBS TO BOTTOM OF SQUARE BOWL
3. PLACE 4 OZ OF VANILLA YOGURT (gfs#811500) ON TOP OF GRAHAM CRACKER CRUMBS
4. ADD .25 Cup OF STRAWBERRIES
5. PLACE 4 OZ OF VANILLA YOGURT (gfs#811500) ON TOP OF BERRIES
6. ADD .25 CUP OF BLUEBERRIES
7. SERVE .25 CUP OF ROCKIN'OLA GRANOLA(2oz)



Meal Components (SLE)

Amount Per Serving

Meat	28.15
Grain	1.49
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

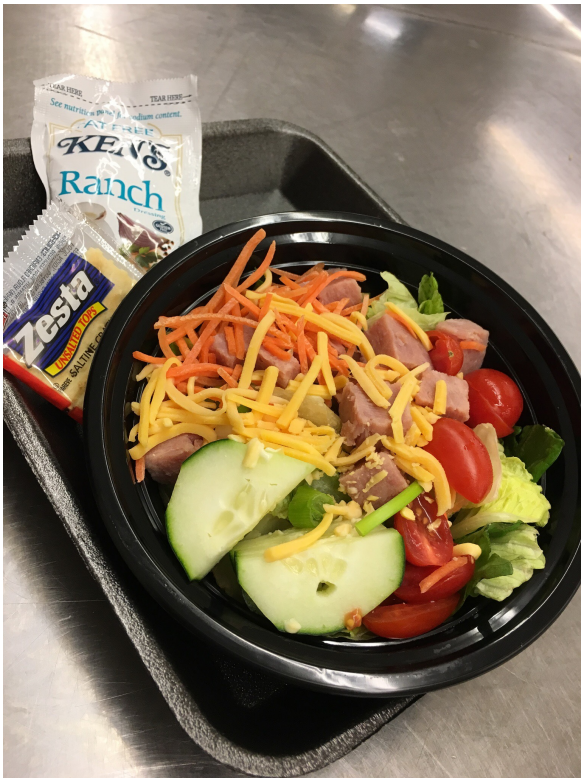
Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		2419.71	
Fat		26.25g	
SaturatedFat		6.66g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1265.72mg	
Carbohydrates		477.41g	
Fiber		8.70g	
Sugar		316.39g	
Protein		82.04g	
Vitamin A	0.00IU	Vitamin C	14.40mg
Calcium	2420.12mg	Iron	16.06mg

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	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	24 Ounce		359572

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 Ounce	3oz portion	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.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	3.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

Baked Beans

NO IMAGE

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	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	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)

Meal Components (SLE)

Amount Per Serving

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

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

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	Prep Instructions	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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.70
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

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	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	3 3/4 Ounce	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.84
OtherVeg	0.00
Legumes	0.00

Starch

0.00

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

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	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	128 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
Hamburger bun, Whole Grain, White	128 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120 per case-12 per bag/10 bags per case	Wilkens Food Service

Preparation Instructions

To prepare:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 128.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	11.50g
SaturatedFat	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

Southern Oven Fried Chicken

NO IMAGE

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	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT. Approx. 82 pieces per case - 1 breast pc. = 2.25 m/ma & 0.75 oz. grain - 1 drum = 2 m/ma & 0.75 oz. grain - 1 thigh = 3.25 m/ma & 1 oz. grain	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

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.83
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

Breaded Chicken Patty Sandwich

NO IMAGE

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	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	128 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. 128-3.75oz patty/case CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Hamburger bun, Whole Grain, White	128 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. case 12 per bag/10 bags per case	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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 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

KHS-Pizza Burger

NO IMAGE

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

Preparation Instructions

To Assemble:

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

NO IMAGE

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	Prep Instructions	DistPart #
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	Keep in cooler Shelf life of 150 days in cooler 1 slice per serving	534040
BACON TKY CKD 12- 50CT JENNO	200 Slice	Keep Frozen Convection oven: preheat oven to 350 degrees F place 16 slices of bacon on sheet tray in a single layer. Place rack in center of oven. Heat for 1-2 minutes. Remove and serve. Crispier bacon bake 2 minutes longer. Serve 2 slices per burger.	834770
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, MICROWAVE HIGH FOR 30 SECONDS TO 2 MINUTES. TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. SHELF LIFE:FROZEN= 365 DAYS FROM PRODUCTION DATE 40 patties per case	753760
3.4oz Hamburger Pretzel Bun	100 Each	READY_TO_EAT Thaw under refrigeration 24-48 hours	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

Meal Components (SLE)

Amount Per Serving

Meat	4.86
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

Broccoli florets

NO IMAGE

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	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound	Place frozen broccoli in a slotted insert into 6" steam table pan and thaw under refrigeration overnight. Cover with lid. Once thawed place in steamer for 5-8 minutes until heated to 135 degrees f for 15 seconds or longer. Do not over cook. should still be bright green and slightly crisp.	110473

Preparation Instructions

1/2 cup serving per portion

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.68
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

Roasted Brussel Sprouts

NO IMAGE

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	Prep Instructions	DistPart #
SPROUTS BRUSSEL 3-2 RSS	128 Each	3/2#bags per case 4 each per serving	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

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 32.00			
Serving Size: 3.00 Ounce			
Amount Per Serving			
<hr/>			
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		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	1.00mg
<hr/>			

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.83
Fruit	0.17
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	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

KHS-Loaded French Fries

NO IMAGE

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	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	25 Cup	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	50 Cup	2oz portion=Use #10 Scoop	344012
BACON CRUMBLES CKD 12-1 GCHC	12 1/2 Cup	1 oz portion=Use #30 Scoop	357220
Fries 3/8 S/C Ovation 6-5 Mcc	474 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. 1 cup of french fries per portion	868961
BROCCOLI FLORETS 6-4 GCHC	25 Cup	Place frozen broccoli florets in 6" steam table pan and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	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

Meal Components (SLE)

Amount Per Serving

Meat	0.90
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	1.00

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

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	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	300 Ounce	192oz/case 3oz per serving 100 servings needs 1.5 cases	199721
CHEESE MOZZ LMPS SHRD FTTHR 4-5#	6 1/4 Cup	320oz per case-80oz per bag 1/2oz (1 Tablespoon)per sandwich	265041
SAUCE MARINARA A/P 6-10 REDPK	6 1/4 Cup	READY_TO_EAT None 1/2 oz (1 Tablespoon) per serving	592714
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/2 #10 CAN	4 tsp per serving (.66oz) 1/2 can per 100 servings #10 can (110.3oz)	324531
PEPPERS GREEN DCD 1/4 2-3 RSS	1/2 #10 CAN	4 tsp per serving (.66oz) 1 1/2 trays per 100 servings 2/3# tray (96oz)	198331
BREAD PANINI 192-.82Z PILLS	100 Piece	Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161

Preparation Instructions

- 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

Meal Components (SLE)

Amount Per Serving

Meat	2.06
Grain	0.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.09
OtherVeg	0.07
Legumes	0.00
Starch	0.00

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	Prep Instructions	DistPart #
Diced Yellow Onions	6 1/4 Pound	READY_TO_EAT 1oz of sauteed onions per sandwich	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	4 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	1oz of sauteed onions per sandwich	849995
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
BEEF SLCD CKD 10-3# ADV	250 Ounce	BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes Shelf life of 365 days frozen or 5 days in ambient temperature. 2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag	598762
SAUCE CHS WHT BLND 6-106Z LOL	12 1/2 Cup	100 oz per 100 servings = 1 bag 1oz per sandwich	235631

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	100 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221

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

Meal Components (SLE)

Amount Per Serving

Meat	2.37
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	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

NO IMAGE

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	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	62 Cup	2/5# case 160oz 1 tray=80oz	786543
CUCUMBER SELECT SUPER 45 MRKN	35 Cup	diced cucumber 17.5# per 100 servings	198587
ONION RD SLIVERED 1/8 2-3 RSS	3 3/4 Cup	diced red onion	313157
PARSLEY ITAL FRESH 1# MRKN	1 1/4 Cup	chopped	521520
LIME 200CT 40 MRKN	40 Each	20 oz per 100 servings	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.62
OtherVeg	0.35

Legumes	0.00
Starch	0.00

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

NO IMAGE

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	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	200 Slice	THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
CHEESE MOZZ LMPS SHRD FTNR 4-5#	6 1/4 Cup	1/2 OZ OF MOZZ. CHEESE PER SANDWICH	265041
TURKEY HAM UNCURED 6-2 JENNO	200 Slice	Thaw under refrigeration for 24-48 hours.	690041
BREAD PANINI 192- .82Z PILLS	200 Piece	For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831161

Preparation Instructions

- 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

Meal Components (SLE)

Amount Per Serving

Meat	3.06
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 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-Cheeseburger Sauce

NO IMAGE

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	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	3 Cup		429422
SAUCE SRIRACHA CHILI 12-17Z ROLAND	2 Tablespoon	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	246911
MUSTARD VOL PK 3GAL HNZ	3/4 Cup		806889
PICKLE SWT/SPCY CHIP 2GAL BRICK	1 Tablespoon	use 1 Tablespoon of juice of the pickles	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

Meal Components (SLE)

Amount Per Serving

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

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Ounce			
Amount Per Serving			
Calories	33.80		
Fat	2.40g		
SaturatedFat	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

NO IMAGE

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	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	100 Ounce	To thaw: product must be heated from thawed state; thaw under refrigeration 24-48 hours Cook in Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f. 100 OZ = 1 1/4 BAG OF BEEF CRUMBLES 2oz of beef crumble per flatbread	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

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	<p>READY_TO_EAT</p> <p>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed</p> <p>/u2022For best results thaw out to room temperature prior to heating</p> <p>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen</p> <p>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p> <p>THAW</p> <p>HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed</p> <p>/u2022For best results thaw out to room temperature prior to heating</p> <p>/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen</p> <p>/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p>	220462
Lettuce Chopped Romaine 6/2#	6 1/4 Cup	1/8 cup per flatbread	2783
SAUCE CHS CHED POUCH 6-106Z LOL	6 1/4 Cup	1/4 CUP OF CHEESE SAUCE PER FLATBREAD	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.

Meal Components (SLE)

Amount Per Serving

Meat	2.37
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

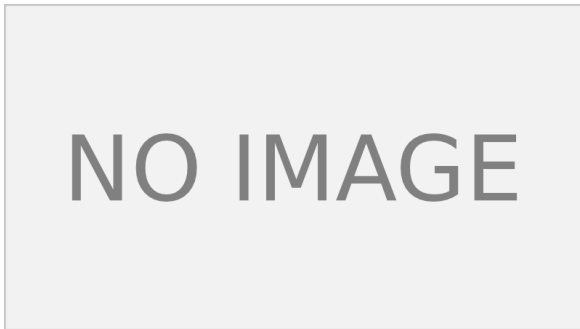
Servings Per Recipe: 50.00
Serving Size: 1.00 Slice

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

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	2 Cup	4/1# bag 1/8Cup per flatbread	219550
Broccoli Florets	1 Pound	1/8 cup per flatbread	2755

Preparation Instructions

- 1) To make cheese sauce: combine 36 oz of cheese sauce with 3/4 cup sriracha chili sauce blend until thoroughly combined. cover and set aside in cooler until ready to use.
- 2) Place flatbread in a single layer on parchment lined sheet tray,
- 3) Spread evenly 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.

Meal Components (SLE)

Amount Per Serving

Meat	2.22
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.04
Legumes	0.00
Starch	0.00

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	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep Frozen; thaw under refrigeration for 24 hours 30/12 count per case=360	882690
CHIX PULLED WHT & DRK BLND 2-5 TYS	200 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24-48 hours Warm in 2" steam table pan heat for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2.2oz per tortilla pizza	467802
SAUCE BBQ SMOKY 4- 1GAL CATL	6 1/4 Cup	4/1 gallon per case	300829
CORN CUT IQF 30 KE	12 1/2 Cup	30# case Place 12.5 Cup of frozen corn in 4" steam table pan and heat until internal temperature reaches 135 degrees for 15 seconds or longer. 2oz per tortilla use #20 scoop	283730
ONION RD SLIVERED 1/8 2- 3 RSS	6 1/4 Cup	2/3# bags rough chop red onion into 1/4" pieces 1oz per tortilla use a #30 scoop	313157
PEPPERS BELL ORANGE 11	6 1/4 Cup	11# case .75oz per tortilla	460860
CHEESE MOZZ LMPS SHRD FTHR 4-5#	9 3/8 Cup	4/5# bags=320oz per case 1/8 cup per tortilla use #30	265041

Description	Measurement	Prep Instructions	DistPart #
CILANTRO CLEANED 4-1 RSS	3 1/8 Cup	4/1# bags 64oz per case rough chop 1 tablespoon per tortilla use #60	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

Meal Components (SLE)

Amount Per Serving

Meat	2.85
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.08
Legumes	0.00
Starch	0.19

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	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT THAW UNDER REFRIGERATION FOR 24 HOURS OR AT ROOM TEMPERATURE 1-2 HOURS HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed For best results thaw out to room temperature prior to heating Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen	220462
SAUCE MARINARA A/P 6-10 REDPK	9 3/8 Cup	READY_TO_EAT None rinse top of can free from debris 6/#10 cans 1 tsp per flatbread	592714
CHEESE MOZZ LMPS SHRD FTNR 4-5#	50 Ounce	4/5# bags =320oz per case 1oz per flatbread use #30 scoop	265041
TURKEY ITAL COMBO SLCD 12-1 JENNO	100 Ounce	cut deli meat into 1/2" pieces. 12-16oz bags per case=192 oz 2oz per flatbread	199721
PEPPERS GREEN STRP 3/4 2-3 RSS	50 Ounce	2/3# bags 96oz per case 1oz per flatbread use #30	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/10# case 160oz per case 2oz per flatbread use #20 scoop	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

Meal Components (SLE)

Amount Per Serving

Meat	2.33
Grain	1.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.27
OtherVeg	0.25
Legumes	0.00
Starch	0.00

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-Smoky BBQ Pulled Pork Burger

NO IMAGE

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	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT Keep frozen until ready to use Thaw under refrigeration for 24 hours or at room temperature 1-2 hours	3354
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	Keep frozen until ready to use: FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 40 patties per case 1-4oz patty per serving Shelf Life:FROZEN= 365 DAYS FROM PRODUCTION DATE	753760
PORK PULLED BBQ LO SOD 4-5 BROOKWD	100 Ounce	4/5# bags per case=320oz USE 2/3RD BAG PER 50 SERVINGS- Place frozen pulled pork in a 6" steam table pan and bake at 350 degrees F for 30 minutes or until internal temperature reaches 160 degrees F for 15 seconds or longer. 1oz - use #30 scoop per burger Shelf life: 365 days from date of production.	498702
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	100 Slice	Keep in cooler until ready to use Shelf life of 150 days or follow "use by date" 1 slice per serving	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

Meal Components (SLE)

Amount Per Serving

Meat	4.75
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	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-Strawberry PB & J Bento Box

NO IMAGE

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	Prep Instructions	DistPart #
Uncrustables-Strawberry	72 Serving	READY_TO_EAT Keep Frozen until ready to use. Thaw under refrigeration for 24-48 hours	21028
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case	9999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	740.00
Fat	34.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	560.00mg
Carbohydrates	100.00g
Fiber	7.00g
Sugar	61.00g
Protein	20.00g

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

KHS-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	Prep Instructions	DistPart #
Diced Peaches in Juice	72 Cup	READY_TO_EAT 72 count per case 1/2 cup per serving	9999
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	72 Each	Keep Frozen until ready to use. Thaw under refrigeration for 24 hours. 1-5.3oz uncrustable per serving 72 count/case	516761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 72.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	740.00
Fat	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-Classic Hummus Bento Box

NO IMAGE

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	Prep Instructions	DistPart #
Classic Hummus	18 Ounce	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	50 Bag	READY_TO_EAT Ready to Eat	2742
Baby Carrots	25 Cup	UNSPECIFIED None 1/2 cup of baby carrots (2oz)	
Grapes	25 Cup	UNSPECIFIED NONE Rinse and take grape off stem 1/2 cup of grapes per serving (2oz)	

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.52
Starch	0.00

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

NO IMAGE

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	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	8 1/4 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
32 oz Pullman Loaf WW	25 Ounce	Keep frozen until ready to use. Thaw under refrigeration for 24 hours-good for 5 days at ambient temperature. 1 slice =1oz Per sandwich 2oz or 2 slices 12/28oz bags per case 26-1oz slices/bag=13 sandwiches/bag 156 sandwiches/case	12265
Diced Pears in Juice	12 1/2 Cup	READY_TO_EAT	Wilkens Food Service
Broccoli Florets	12 1/2 Cup	READY_TO_EAT 1/2 cup per serving (2oz)	2332
Buttermilk ranch dipping cup	25 Each	READY_TO_EAT Ready to eat	3098

Preparation Instructions

To assemble sandwich:

- 1) Place bread in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad on bread slices
- 3) Gently press 2nd slice of bread on top of egg salad

- 4) With a bread knife cut on a bias (diagonal)
- 5) Place in Bento box with insides of sandwich facing up
- 6) Add 1-1/2 cup of diced pears and 1-1/2 cup of broccoli florets (do not need to be in cup) & 1 ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	585.00		
Fat	39.50g		
SaturatedFat	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	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	3 Cup	4/1gallon case 128 fl oz/bag-512 fl oz/case 1 Tablespoon per tortilla wrap	472999
Baby Spinach	50 Cup	1/2 cup per wrap	15R76
Cucumber	150 Slice	Wash and slice 1/4" thick 3 slices per wrap	
TOMATO SLCD 1/4 5 RSS	100 Slice	1/4 cup (2oz) per wrap=2 slices	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Ounce	.50 oz per wrap	313157
Shredded Cheddar redu fat/sodium	100 Ounce	1/4 cup shredded cheese per wrap use #16 scoop	344721
PEPPERS GREEN STRP 3/4 2-3 RSS	100 Ounce	1/4 cup per wrap (2oz)	849995
CHEESE CHED SLCD 8-1.5# BONGARDS	100 Slice	2oz-2 slices per serving wrap	534040

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standing bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
Apple, orange, strawberries, grapes	50 Each	READY_TO_EAT Wash, trim & cut place one whole orange in bento box	

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

Meal Components (SLE)

Amount Per Serving

Meat	2.30
Grain	2.00
Fruit	0.50
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.06
Legumes	0.00
Starch	0.00

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	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	50 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	6/64oz bag/case READY_TO_EAT Ready to use with pouch & serving tip. 4oz cup of yogurt (use #8 scoop) place in 5oz cup w/lid	811500
Mini Chocolate Chip Loaf	50 Serving	READY_TO_EAT Keep Frozen until ready to serve Thaw at room temperature 1-2 hours	Wilkens 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

Meal Components (SLE)

Amount Per Serving

Meat	11.94
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	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-Egg Salad Wrap Bento Box

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10341
School:	Kankakee High School 1		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD EGG CAFE STYLE 2-5 GCHC	16 1/2 Cup	2/5# tubs per case=80oz/tub-160oz/case 1/3 cup of prepared egg salad per sandwich.	695210
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat	3098
TORTILLA FLOUR ULTRGR 6 30-12CT	50 Each	Keep frozen until ready to use. Thaw under refrigeration for 24 hours. Warm tortilla in hot holding for a few minutes. 1 tortilla per wrap	882690
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	1/2 cup of red pepper strips per serving	560715
Applesauce, Unsweetened	50 Serving	READY_TO_EAT 96 per case	5721

Preparation Instructions

Warm Tortillas in hot holding for a few minutes

To assemble Wrap:

- 1) Place tortillas in a single layer on parchment lined sheet tray
- 2) Evenly spread 1/3 Cup(#10 scoop) of egg salad in a horizontal line in the middle of each tortilla.
- 3) Fold in both sides toward the middle, then while holding the sides fold bottom of wrap up past the egg salad and pull back to tighten. Then roll from the bottom up until the top of tortilla is under the wrap.
- 4) With a knife cut on a bias (diagonal)

5) Place in Bento box with insides of sandwich facing up

6) Add 1-1/2 cup of applesauce and 1-1/2 cup of red pepper (do not need to be in cup) & 1 ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	599.00
Fat	41.60g
SaturatedFat	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-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	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. FLAT GRILL 350 DEGREES FOR 8-15 MINUTES PER SIDE. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES TIME AND TEMPERATURE MAY VARY. COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER. 40-4oz burgers per case	753760
4" WG WHITE HAMBURGER BUN	100 bun	Keep Frozen until ready to use. Thaw under refrigeration 24-48 hours or room temperature 2 hours. Shelf life of 5 days at ambient temperature 1 hamburger bun per serving	1711
GARLIC MINCED IN WTR 6-32Z ITALR	4 Teaspoon	Add to oil and Onion mixture prior to sauteing	874910
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to onions, oil, minced garlic prior to sauteing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to onions oil, minced garlic, black pepper prior to sauteing	126993
ONION RING 1/4 2-5 RSS	25 Cup	1/4 cup per burger	542326
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil add to raw onions and seasonings in a large bowl then transfer to hot skillet	732900

Description	Measurement	Prep Instructions	DistPart #
Sliced American Cheese	100 Ounce	1 slice per patty melt	100018
DRESSING 1000 ISL 4-1GAL LTHSE	3 1/8 Cup	READY_TO_EAT Open, pour and enjoy! 1 tablespoon per patty melt use #60 scoop	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

Meal Components (SLE)

Amount Per Serving

Meat	4.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

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

Preparation Instructions

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

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Preparation Instructions

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

Serve immediately.

3 wings served with 1/4 cup celery sticks.

Meal Components (SLE)	
Amount Per Serving	
Meat	3.00
Grain	0.00

Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.20
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	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	Prep Instructions	DistPart #
CHIX WNG OVN RSTD 6-11/ 3-5 GCHC	200 Piece	Thaw chicken wings under refrigeration for 24-48 hours prior to baking. CONVECTION OVEN: PREHEAT OVEN TO 400 DEGREES F. PLACE FROZEN WINGS ON A FOIL LINED BAKING SHEET AND BAKE UNCOVERED FOR 13-16 MINUTES. Keep frozen Shelf life 270 days 4 wings per serving	183662

Preparation Instructions

Serve immediately.

4 wings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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

NO IMAGE

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	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	80 Ounce	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE	135261
CHILI BEEF W/BEAN 6- 5 COMM	80 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service
FRANKS BF BLK ANGUS NAN 8/ 2-5 GCHC	80 Each	Thaw under refrigeration for approximately 72 hours. Shelf life:Frozen = 210 days from date of production Heat in steamer: Heat to an internal temperature of 160 degrees F. 5-10 minutes from thawed.	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

Meal Components (SLE)

Amount Per Serving

Meat	2.67
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

NO IMAGE

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	Prep Instructions	DistPart #
SAUSAGE CHIX MLD ITAL NAT 2.5Z 4-2.5	50 Each	THAW UNDER REFRIGERATION 24-48 hours FULLY COOKED - JUST HEAT AND SERVE. Place thawed sausage in steam table pan in a single layer and heat for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	223240
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	if using whole peppers rinse and slice to 1/4" pieces	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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		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

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00
Serving Size: 1.00 Serving

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

Texas Western BBQ Pulled Pork served on Hamburger Bun

NO IMAGE

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	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	400 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F 1 cs=320 oz 80 servings 1.25 cs =400oz 100 servings	498702
3.5 WG Hamburger Bun	100 Each	READY_TO_EAT	3354

Preparation Instructions

To assemble:

Place 4oz of pulled pork use # 8 scoop on top of hamburger bun

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

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

KHS-Assorted Whole Grain Cereal

NO IMAGE

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

Preparation Instructions

Order from GFS

130924-Cocoa Puffs-Gluten Free

130928-Honey Nut Cheerios

130922-Cinnamon Toast Crunch-Gluten Free

130925-Lucky Charms

130926-Cinnamon Chex

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 209.30

Fat 3.50g

SaturatedFat 0.50g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 297.50mg

Carbohydrates 43.00g

Fiber 2.90g

Sugar 17.00g

Protein 3.40g

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

Calcium 168.71mg **Iron** 9.56mg

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	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	32 Each	<p>BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits. 120 ct per case</p>	631902
GRAVY MIX BISC WHITE SAUCE 12-24Z	42 9/16 Tablespoon	<p>MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE 1 Case = 1536 Fluid Ounces (12 x (24 oz dry = 128 Fluid Ounces per Bag) of Gravy, Biscuit, White 4 fl oz per serving 1 bags (24 oz dry)= 128 fl oz per 32 servings 4 fl oz</p>	242420
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	32 Each	<p>From Thawed state: 32 ea per recipe serving reheat in oven or convey oven until internal temperature reaches 165 degrees F for 15 seconds or longer. rough chop bite size pieces in food processor or knife. Mix into warm gravy mix.</p>	184970

Preparation Instructions

1 warm biscuit split in half and top biscuits w/4 fl oz of sausage gravy

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 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

NO IMAGE

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	Prep Instructions	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	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	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.

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	1.00
Fruit	0.79
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

NO IMAGE

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	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKfst CKD 160- 1.025Z	2 Each	Oven: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
EGG SCRMBD CKD FZ 4-5 GCHC	1/2 Cup	CONVECTION OVEN - HEAT OVEN TO 250F. PLACE SCRAMBLED EGGS IN FULL SIZE STEAMER PAN SPRAYED WITH NON-STICK SPRAY; COVER TIGHTLY WITH FOIL. STIR AS NECESSARY (OPTIONAL: ADD 1/2 CUP TO 3/4 CUP OF WATER TO PAN. THAWED 15-20 MIN. FROZEN 20-25 MIN. Shelf Life:FROZEN= 1 YR. COOLER= 7 DAYS. PASTEURIZED & HOMOGENIZED. 1 Case = 320 Fluid Ounces (4 x 80 Fluid Ounces per Bag) of Eggs, Precooked, Scrambled Mix, Frozen	584584

Description	Measurement	Prep Instructions	DistPart #
Hash Brown Rounds	1/2 Cup	BAKE Temp (°F): 425 Cooking Time (min): 14 to 20 Instructions: Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking. 2ea (2.54 oz) = 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

Meal Components (SLE)

Amount Per Serving

Meat	3.52
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	2.00

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

Assorted Cup Fruit

NO IMAGE

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	Prep Instructions	DistPart #
Diced Peaches	1/2 Cup	BAKE	
Applesauce, Unsweetened	1/2 Cup	READY_TO_EAT	5721
Mandarin Oranges	1/2 Cup	READY_TO_EAT wash/wipe can free from dirt & debris	3802
Mixed Fruit in Juice	1/2 Cup	READY_TO_EAT Ready to Eat	61550
Pineapple Tidbits in Juice	1/2 Cup	READY_TO_EAT Shelf Stable-Use by expiration date	3801
Diced Pears in Juice	1/2 Cup	READY_TO_EAT	Wilkins Food Service

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 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 Fruit Juice

NO IMAGE

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	Prep Instructions	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

Fruit	0.02
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.01
Legumes	0.00
Starch	0.00

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

Homemade Oat Bars w/Fruit Jam

NO IMAGE

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	Prep Instructions	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	Bring butter to room temperature prior to mixing with flour and oats.	299405
BLUEBERRY IQF 4-5 GFS	25 Cup	Thawed under refrigeration for 24 hours in a slotted 6" hotel pan.	166720
STARCH CORN 24-1 ARGO	1/4 Cup		108413
SUGAR BROWN LT 12-2 P/L	4 Cup	2 cups for crust 2 cups for filling 1 bag =4 cups use 1/2 bag for crust and 1/2 bag for filling	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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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