

Cookbook for Kankakee High School-Main

Created by HPS Menu Planner

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KHS-Buffalo Glazed Drumsticks

KHS-Assorted Whole Grain Cereal

Breakfast Banana Split w/fresh berries

Homemade Breakfast Casserole

Assorted Cup Fruit

Assorted Fruit Juice

Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds

Rockin'ola Yogurt Parfait-Mixed Berries

NO IMAGE

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

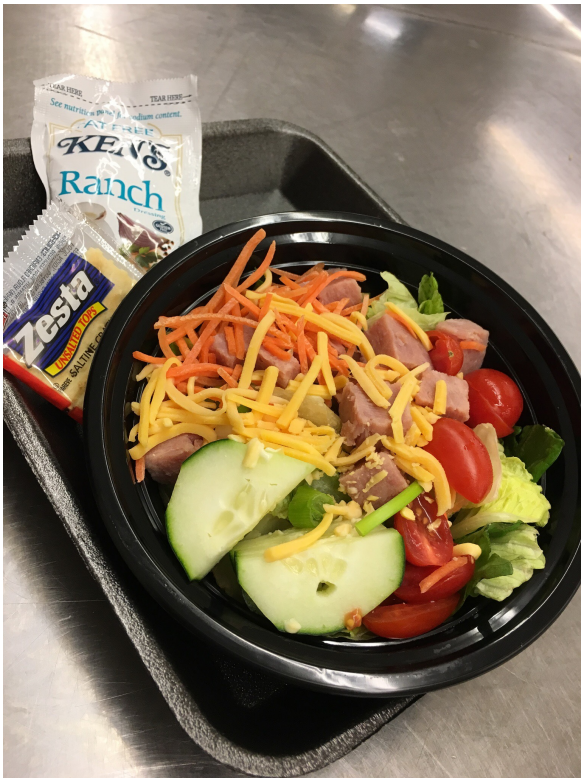
Nutrition Facts

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

Steamed Broccoli

NO IMAGE

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	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	384 Ounce	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.	610902

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

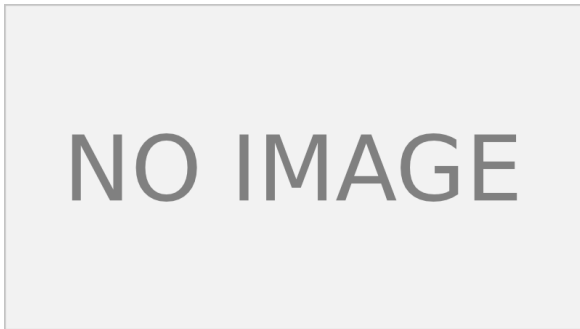
Nutrition Facts

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	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

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	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	<p>BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION</p>	327120
POTATO MASH INST 6-26Z BRILLIANT	40 Cup	<p>RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production</p>	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	50 Ounce	<p>Keep in cooler Ready to use 4/5lb bags-1 bag=80oz</p>	359572
Chicken Gravy	17 Cup	<p>MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened. 1 Case = 1136 Ounces (8 x 142 Ounces per Bag) of Gravy Mix, Poultry, Low-Sodium DRY= 450 DAYS</p>	9152

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	2 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	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

Meal Components (SLE)

Amount Per Serving

Meat	2.68
Grain	1.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.57

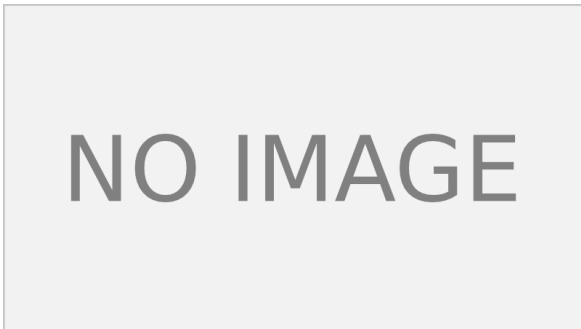
Nutrition Facts

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

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	Prep Instructions	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
ENTREE MAC & CHS WGRAIN	600 Ounce	Options: Thaw or Frozen. Thawed: Place unopened pouch in boiling water for 20-25 minutes. Frozen: Place unopened pouch in boiling water for 40-45 minutes. Let stand 5 minutes prior to serving. Hold for hot service at 140 degrees F or higher.	591551
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. 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.	674312

Preparation Instructions

Serving size is Place in B24SB black square container 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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
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	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

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

KHS-BBQ Bacon Jalapeno Burger

NO IMAGE

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	Prep Instructions	DistPart #
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	100 Slice	Keep refrigerated Shelf life 365 days 1 slice per portion	257271
PEPPERS JALAP SLCD 4- 106Z ELPAS	50 Tablespoon	READY_TO_EAT Refrigerate after opening. 2 slices per burger	786802
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	KEEP FROZEN: CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6- 13 MINUTES, COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES AS MEASURED BY USE OF A THERMOMETER.	753760
BACON TKY CKD 12-50CT JENNO	100 Slice	12/50 COUNT PER CASE-600 SLICES PER CASE 1 SLICE IN HALF PER BURGER	834770
4" WG WHITE HAMBURGER BUN	100 bun	KEEP FROZEN: THAW UNDER REFRIGERATION OR AT ROOM TEMPERATURE 1-2 HOURS 1 BUN PER SERVING	1711
Barbeque Sauce Low Sodium	12 1/2 Cup	READY_TO_EAT 1/8 cup per burger use#70 scoop	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

Meal Components (SLE)

Amount Per Serving

Meat	4.43
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: 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

Smoky Honey Rib Sandwich

NO IMAGE

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	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	100 Each	BAKE: Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
Hawaiian Hoagie Roll	100 Each	READY_TO_EAT Keep frozen until serving-Thaw at room temperature 3-4 hours or under refrigeration overnight	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

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 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

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

Description	Measurement	Prep Instructions	DistPart #
SEASONING SPAGHETTI ITAL 12Z TRDE	3 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	2 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	160 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

COOKING INSTRUCTIONS:

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

SERVING SIZE

PLACE 3/4 CUP PORTION OF BAKED MOSTACCOLI

SERVE WITH A 1 BOSCO CHEESE STICK

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

Steamed Carrots

NO IMAGE

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	Prep Instructions	DistPart #
Carrots, Sliced, low sodium, canned	6 #10 CAN	Rinse top of can free from debris Place 2 #10 cans in 4" steam table pan and cover with lid and steam for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer.	100309

Preparation Instructions

1/2 cup per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.92		
Fat	0.00g		
SaturatedFat	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

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

Corn

NO IMAGE

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	Prep Instructions	DistPart #
Corn cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 cans in a slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees for 15 seconds or longer.	100313

Preparation Instructions

1/2 cup serving per portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.49

Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.45		
Fat	0.98g		
SaturatedFat	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

NO IMAGE

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	Prep Instructions	DistPart #
Green Beans cnd	6 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

Preparation Instructions

1/2 cup serving size per portion.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

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

Mashed Potatoes

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH INST 6-26Z BRILLIANT	278 1/4 Ounce	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 4: Use these potatoes in your recipe. [Alternate] Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.	675031
BUTTER SUB 24-4Z BTRBUDS	1 15/16 Package	1-40z package make 56 servings. 5 packages= 262 servings USE DRY OR RECONSTITUTED. EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS. MAY BE REHEATED.	209810

Preparation Instructions

3/8 cup serving size use #10 scoop

CN = 3.02oz

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	2.17

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	306.83
Fat	0.00g
SaturatedFat	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

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

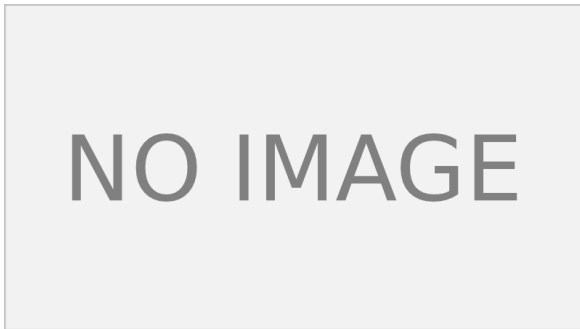
Servings Per Recipe: 100.00

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-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	Prep Instructions	DistPart #
BREAD ULTRA LOCO SQUARED 12-12CT TFT	50 Each	READY_TO_EAT 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 For individual pieces (out of bag)	220462
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	3/4 Cup	1 TEASPOON PER FLATBREAD	732900
SEASONING ITAL HRB 6Z TRDE	1 Ounce		428574
TOMATO 6X6 LRG 25 MRKN	6 Cup	2 slices per flatbread 1/4 cup	199036
PEPPERS GREEN STRP 3/4 2-3 RSS	3 Cup	1/8 cup per flatbread	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	3 Cup	1 tablespoon per flatbread	637442
ONION RD SLIVERED 1/8 2-3 RSS	3 Cup	1 tablespoon per flatbread	313157
CHEESE MOZZ LMPS SHRD FTNR 4-5#	100 Ounce	50 flatbread use 1 1/4 bags 2oz of cheese per flatbread	265041
SPINACH LEAF FLAT CLND 4-2.5 RSS	3 Cup	rough chop spinach 1 tablespoon per flatbread	329401

Description	Measurement	Prep Instructions	DistPart #
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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.75
Fruit	0.00
GreenVeg	0.03
RedVeg	0.12
OtherVeg	0.07
Legumes	0.00
Starch	0.00

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	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	5 Cup		786543
PEPPERS JALAP SLCD 4-106Z ELPAS	2 1/2 Cup	READY_TO_EAT Refrigerate after opening. ROUGH CHOP JALAPENOS	786802
PICKLE SWT/SPCY CHIP 2GAL BRICK	5 Cup	ROUGH CHOP PICKLES	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

Meal Components (SLE)	
Amount Per Serving	
Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.10
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	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 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 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 For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p> <p>THAW 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 For 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



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



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-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-Veggie & Fruit w/Cornbread 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-10304
School:	Kankakee High School 1		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cornbread Muffins-Whole Grain	150 Ounce	READY_TO_EAT Thaw desired amount at room temperature for approximately two hours, Remove all packaging from product before placing in any heating device. 1 cornbread muffin per serving 48 per case	Wilkens Food Service
Buttermilk ranch dipping cup	50 Each	READY_TO_EAT Ready to eat 100 per case	3098
Broccoli Florets	25 Cup	READY_TO_EAT 1/2 cup of broccoli florets, place in 5oz cup w/lid per bento box	2332
Pineapple Tidbits in Juice	50 Serving	READY_TO_EAT Shelf Stable-Use by expiration date 1-1/2 cup per 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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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Grain	2.00
Fruit	0.50
GreenVeg	0.50
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	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	Prep Instructions	DistPart #
Classic Hummus	2 Cup	RECONSTITUTE Ready to Mix 1 bag of sauce to 2-10# cans of garbanzo beans	4937
BEAN GARBANZO 6-10 GCHC	1 1/2 #10 CAN	Drain and rinse	118753
ONION RD SLIVERED 1/8 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	313157
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	12 1/2 Cup	1/4 cup per tortilla	637442
PEPPERS GREEN STRP 3/4 2-3 RSS	12 1/2 Cup	1/4 cup per tortilla	849995
PEPPERS RED DOMESTIC 23 MRKN	12 1/2 Cup	1/4 cup per tortilla	560715
PEPPERS BELL ORANGE 11	12 1/2 Cup	1/4 cup per tortilla	460860
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	10 Cup		732900

Description	Measurement	Prep Instructions	DistPart #
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	READY_TO_EAT Rinse under cool water and let dry	310
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM 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. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	1.00

GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.28
Legumes	0.39
Starch	0.00

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	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-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	Prep Instructions	DistPart #
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	25 Each	READY_TO_EAT Product is RTE, however can be heated with the following directions: Preparation Notes: Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048
YOGURT VAN L/F PARFPR 6-4 YOPL	12 1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 4 oz per serving use 5oz cup with lid	811500
Apples, Gala	25 Serving	READY_TO_EAT Rinse under cool water and let dry	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

Meal Components (SLE)

Amount Per Serving

Meat	1.49
Grain	1.00
Fruit	1.00
GreenVeg	0.00
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	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	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
TOMATO SLCD 1/4 5 RSS	100 Slice	1 slice of tomato per burger	786535
ONION RD SLIVERED 1/8 2-3 RSS	25 Cup	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	313157
DRESSING RNCH LT 4-1GAL GCHC	3 1/8 Cup	4/1gal per case 1 tablespoon per burger use #70 scoop	472999
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Description	Measurement	Prep Instructions	DistPart #
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

Meal Components (SLE)

Amount Per Serving

Meat	3.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.03
Legumes	0.00
Starch	0.00

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	Prep Instructions	DistPart #
BEEF STKBRGR PTY 40-4Z THE PUB	100 Each	PREPARE FROM FROZEN. CONVENTIONAL OVEN 350 DEGREES FOR 10-15 MINUTES. CONVECTION OVEN 350 DEGREES FOR 6-13 MINUTES, 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
CHEESE MOZZ LMPS SHRD FTHR 4-5#	100 Ounce	4/5# bags per case 80oz per bag/320oz per case 1oz per burger use#30 scoop	265041
PEPPERS RED DOMESTIC 23 MRKN	25 Cup	Add 1/2 Cup of oil to raw red peppers mix thoroughly. 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	560715
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	1/2 cup of oil per 25 cups.	732900
GARLIC MINCED IN WTR 6- 32Z ITALR	4 Teaspoon	Add to oil and Pepper mixture prior to sauteeing	874910

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon	Add to peppers, oil, minced garlic prior to sauteeing	225045
SPICE ONION POWDER 19Z TRDE	2 Teaspoon	Add to peppers, oil, minced garlic, black pepper prior to sauteeing	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

Meal Components (SLE)

Amount Per Serving

Meat	4.75
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: 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-Chicken Pot Pie

NO IMAGE

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	Prep Instructions	DistPart #
SOUP CRM OF BROCCOLI FRSH 2-8 GCHC	5 3/4 Cup	2/128 oz tub per case	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	480 oz per case	285730
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	55 1/4 Ounce	Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hour prior to using. 2/5#bags per case	570533
MILK WHT 2 4-1GAL RGNLBRND	4 Cup		504602

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	24 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	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.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.31
Legumes	0.00
Starch	0.00

Nutrition Facts

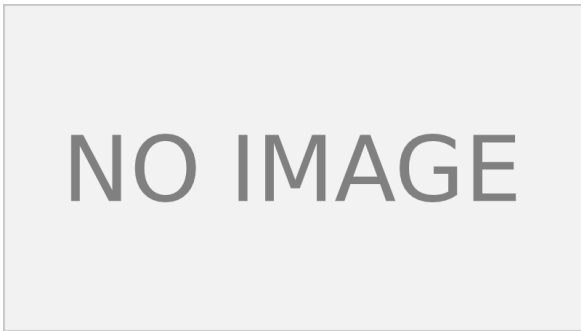
Servings Per Recipe: 24.00

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	Prep Instructions	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	Cook from frozen. Thaw under refrigeration for 24-48 hours. Place chicken in steam table pan with 1/2 cup of water. place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer 1 Case = 160 Ounces (2 x 80 Ounces per Bag) 2.2oz #16 scoop	467802
ENTREE MAC & CHS WGRAIN	600 Ounce	Options: Thaw or Frozen. Thawed: Place unopened pouch in boiling water for 20-25 minutes. Frozen: Place unopened pouch in boiling water for 40-45 minutes. Let stand 5 minutes prior to serving. Hold for hot service at 140 degrees F or higher.	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

Meal Components (SLE)

Amount Per Serving

Meat	1.47
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

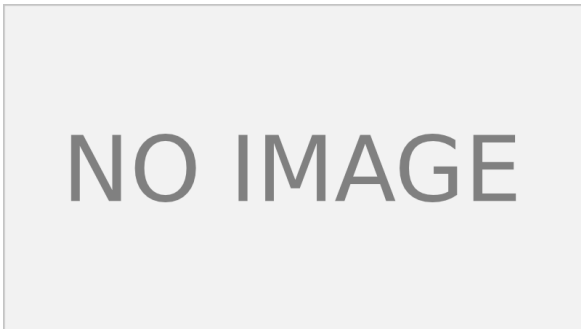
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	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	Prep Instructions	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1# MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
CHILI BEEF W/BEAN 6-5 COMM	200 Ounce	Keep Frozen until ready to use. Thaw under refrigeration 24-28 hours Place bag of frozen chili in steam table pan and put in steamer for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 2oz serving use #16 scoop	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

Meal Components (SLE)

Amount Per Serving

Meat	0.69
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.26
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

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	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	106 Ounce	1 Case = 636 Ounces (6 x 106 Ounces per Bag) of Sauce, Cheese, White Blend Thawing Instructions NONE Shelf Life GROCERY (DRY) = 210 DAYS. SEE EXPIRATION DATE. Basic Preparation HEAT SAUCE TO 145-155°F BY BOILING UN OPENED POUCH FOR 12-15 MINUTES.	570533
PASTA PENNE LENTIL 2-5 BAF	200 Cup	BOIL 1: Add 1 bag pasta to boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 9 minutes. (to desired tenderness) 3: Drain, rinse. [Alternate] To Precook: 1: Add 1 bag boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 5 minutes. (to desired tenderness) 3: Drain, rinse. 4: Chill in ice water, drain. Refrigerate covered. Reheat. Tips: Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins; Hold hot at 145°F until service.	460294
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Cup	Drizzle the oil over the cooked pasta to prevent sticking. Be sure to coat evenly.	732900
SAUCE CHS WHT BLND 6-106Z LOL	33 Cup	6/106 oz per case	235631
Broccoli Florets	25 Cup	READY_TO_EAT Rinse broccoli florets free from debris. Place broccoli in steamer for 6-10 minutes. or until tender.	2332

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	12 1/2 Teaspoon		225045
GARLIC MINCED IN WTR 6-32Z ITALR	1 1/2 Cup	6/32oz per case	874910
BREAD GARL TST SLC WGRAIN 12-12CT	200 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.89
Grain	2.00
Fruit	0.00
GreenVeg	0.25
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	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	Prep Instructions	DistPart #
FC Chicken Meatball	150 Each	Keep frozen until ready to serve. Place frozen meatballs in a 6" steam table pan, add 1/2 cup of water. Cover tightly with foil and place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 3 meatballs per sandwich	190302
SAUCE MARINARA A/P 6-10 REDPK	100 Ounce	READY_TO_EAT Rinse cans free from debris. Place marinara sauce in 6" steam table pan, cover with lid and place in steamer for 10-15 minutes. 1/4 cup per sandwich use # 16 scoop	592714
TOMATO ROMA DCD 3/8 2-5 RSS	1 1/2 Cup	2/5# trays 1 Tbl per sandwich	786543
CHEESE MOZZ LMPS SHRD FTHR 4-5#	50 Ounce	4/#5 bags 1oz of cheese per sandwich	265041
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens 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)

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.39
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	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	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	25 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	75 Ounce	6/82.4oz bags per case-494.4 oz 164 servings per case BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per serving	740820
CHEESE MOZZ LMPS SHRD FTHR 4-5#	25 Ounce	4/5# bags-80oz per bag/320 oz per case	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

Description	Measurement	Prep Instructions	DistPart #
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.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.14
Legumes	0.00
Starch	0.00

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

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

Meal Components (SLE)	
Amount Per Serving	
Meat	0.50

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	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

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

KHS-Pepper Steak over Rice

NO IMAGE

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	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	125 Ounce	<p>BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and fill up 3 4 with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes. 19-2.5oz servings per bag 192 servings per case(480 oz) 2.5oz per serving</p>	598762
SPICE PAPRIKA SMOKED 19Z TRDE	1/2 Cup		860430
BUTTER SUB 24-4Z BTRBUDS	1 Cup	1-4oz pouch yields 18 tablespoon	209810
GARLIC MINCED IN WTR 6-32Z ITALR	3/8 Cup		874910
Mult-Color Pepper	128 Ounce	<p>READY_TO_EAT 128oz = 8#</p>	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	<p>1/4C dry= 1 cup prepared 1.) In a pan combine water with rice. Bring to a boil. 2) Reduce heat to low, cover tightly, and simmer 20-25 minutes or until all water is absorbed. 3.)Remove from heat. Fluff with a fork before serving. See recipe book for cooking instructions.</p>	699181

Description	Measurement	Prep Instructions	DistPart #
ONION SLCD 3/16 2-5 RSS	8 5/16 Cup		591122
Brown Gravy	11 1/8 Cup	RECONSTITUTE Pour hot water into mixing bowl, pour mix into water while vigorously stirring with a wire whisk or a mixer on low speed. Continue stirring until mix is completely dissolved and gravy is smooth. stir before using.	9389
TOMATO DCD I/JCE MW 6-10 GFS	1 5/16 #10 CAN	Drain liquid from can prior to mixing into meat.	246131

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

KHS-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	Prep Instructions	DistPart #
TURKEY BRST STK SLCD 4-6.17 JENNO	300 Slice	1 Case = 394.88 Ounces (4 x 98.72 Ounces per Bag) of Turkey Breasts, Steaks, Sliced, Frozen THAW UNDER REFRIGERATION FOR AT LEAST 48 HOURS FOR SINGLE BAGS OR UP TO 72 HOURS FOR MULTIPLE BAG UNITS IN BOX. DO NOT THAW AT ROOM TEMPERATURE. STEAMER: (PREFERRED METHOD) PLACE BAG OF PRODUCT IN PACKAGING INTO A STEAM PAN AND PLACE IN PREHEATED STEAMER. HEAT ACCORDING TO CHART AND UNTIL INTERNAL TEMPERATURE IS 140 DEGREES F. REMOVE FROM STEAMER AND SERVE HOT. SHELF LIFE-FROZEN = 365 DAYS FROM DATE OF PRODUCTION	563652
Brown Gravy	100 Ounce	Reconstitute- IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE; YIELDS APPROXIMATELY 1088 OUNCES. Portion size is 2 Tbl	15612

Preparation Instructions

Prepare portion size-

1. Place 3 slices of cooked turkey on tray add 1 Tbl of gravy-Use #30 scoop

2. Add 1 slice of corn bread to tray

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	130.00		
Fat	2.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	600.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.54mg

Roast Beef and Cheddar Sandwich

NO IMAGE

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1050.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	2.00g

Protein		35.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	2.16mg

KHS-Buffalo Glazed Drumsticks

NO IMAGE

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

Preparation Instructions

2 drumsticks per serving

Meal Components (SLE)

Amount Per Serving

Meat	5.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 340.00

Fat 20.00g

SaturatedFat 5.00g

Trans Fat 0.00g

Cholesterol 170.00mg

Sodium 500.00mg

Carbohydrates 10.00g

Fiber 0.00g

Sugar 0.00g

Protein 32.00g

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

Calcium 16.00mg **Iron** 2.00mg

KHS-Assorted Whole Grain Cereal



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

Breakfast Banana Split w/fresh berries

NO IMAGE

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.00
Fruit	0.72
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	1667.52
Fat	16.16g
SaturatedFat	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

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	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	25 Each	1 Case = 160 Breakfast Sausage, Turkey, Patties, 1.025 Ounce, Cooked, Frozen Heat to internal temperature of 165 degrees F for 15 seconds or longer heat oven to 350 degrees F. bake for 6-10 minutes. Once heated place patties in food processor and blend to bite size pieces. 10-15 seconds	184970
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	6 1/4 Cup	Thaw eggs 48 hours under refrigeration Pour in mixing bowl 1 carton of liquid eggs, add 2 cups of water and whisk 3-5 minutes or until eggs become frothy. 1 Case = 480 Ounces (15 x 32 Ounces per Carton) of Eggs, Liquid, Scrambled, with Milk, Pasteurized, Refrigerated	762861
Shredded Cheddar redu fat/sodium	6 1/4 Cup		344721
Hash Brown Rounds	50 Each	BAKE Temp (°F): 425 Cooking Time (min): 14 to 20 Instructions: Preheat oven. Spread frozen product evenly on a parchment lined sheet tray. Bake, turning once for uniform cooking. 2each per portion= 1/2 cup	

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

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	8.00

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

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	Wilkens 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			
<hr/>			
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		
<hr/>			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg
<hr/>			

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

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	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	144 Each	Thaw over night under refrigeration pre heat oven to 350 degrees F. Place in a single layer on parchment lined sheet tray. Bake for 8-10 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	646262
Hash Brown Rounds	288 Each	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.	
SAUSAGE TKY LNK BKfst CKD 160- 1.025Z	288 Each	GRILL Flat grill: 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
Pancake Syrup	144 Each		

Preparation Instructions

Portion Size
1 French Toast

2 sausage links

2 ea hash brown rounds

1 maple syrup cup

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	8.00

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