

Cookbook for LINCOLN CULTURAL CENTER

Created by HPS Menu Planner

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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

Chicken Mini Corn Dog Bites



Servings:	40.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1558
School:	TAFT ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY WGRAIN .67Z CN 2-5# HOR	240 Each	Keep Frozen until ready to cook BAKE REHEATING FROM THAWED STATE IS RECCOMENDED METHOD. CONVECTION OVEN: 350 DEGREES F. FROZEN, 15 MINUTES. THAWED, 10 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING. HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F. 240 count per case	864190

Preparation Instructions

6 MINI CORN DOGS PER STUDENT

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: 40.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	290.00
Fat	14.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	380.00mg
Carbohydrates	30.00g
Fiber	3.00g

Sugar			7.00g
Protein			10.00g
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

Chicken Nuggets



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	1000 Each	Convection Oven: Preheat oven to 350 degrees F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes. approx. 110 servings per case	394053
Buttermilk ranch dipping cup	100 Each	READY_TO_EAT Ready to eat	3098

Preparation Instructions

10 nuggets per student/serving

1 ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	4.09
Grain	2.04
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 377.14

Fat 24.86g

SaturatedFat 3.64g

Trans Fat 0.00g

Cholesterol 67.14mg

Sodium 735.71mg

Carbohydrates 16.29g

Fiber 1.43g

Sugar 2.00g

Protein 22.86g

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

Calcium 0.00mg **Iron** 0.00mg

Turkey Sandwich

NO IMAGE

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

Ingredients

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

Preparation Instructions

Turkey

Thaw under refrigeration for at least 48 hours for a single bag or up to 72 hours for multiple bag units in box.

DO NOT THAW AT ROOM TEMPERATURE.

2 slices per sandwich

Pullman Bread

Thaw at room temperature for 24 hours

American Cheese Slices

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

One slice per sandwich

ASSEMBLE

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

1 COMPLETE SANDWICH FOR SERVING PER STUDENT

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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 Ounce

Amount Per Serving			
Calories		275.00	
Fat		4.50g	
SaturatedFat		1.75g	
Trans Fat		0.00g	
Cholesterol		42.50mg	
Sodium		910.00mg	
Carbohydrates		29.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		28.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	153.74mg	Iron	1.78mg

Hot Dog Bar-Plain Hot Dog



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	FROZEN PRODUCT, THAW UNDER REFRIGERATION AT 40 DEGREE F OF LESS. Shelf Life FROZEN= 6 MO FROM DATE OF PACK. Basic Preparation FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.	265039
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog placed in 1 bun

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 17.50g

SaturatedFat 6.00g

Trans Fat 0.50g

Cholesterol 35.00mg

Sodium 730.00mg

Carbohydrates 27.00g

Fiber 3.00g

Sugar 3.00g

Protein 10.00g

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

Calcium 8.89mg **Iron** 0.77mg

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

Breaded Chicken Patty Sandwich-Spicy



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

Ingredients

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

Preparation Instructions

To prepare:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

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

Nutrition Facts

Servings Per Recipe: 128.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	11.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	6.00g
Protein	22.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

Hot Dog Bar-chili cheese dog

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	80 Each	Thaw under refrigeration at 40 degrees F or less, Fully Cooked, can be steamed. Heat to internal temperature of 165 dgrees F. for 15 seconds Hold above 140 degree F.	265039
SAUCE CHS CHED POUCH 6-106Z LOL	10 Cup	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE	135261
CHILI BEEF W/BEAN 6- 5 COMM	80 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
Hot dog Bun, Whole Wheat White	80 Each	READY_TO_EAT Keep frozen until serving- Thaw at room temperature 3-4 hours or under refrigeration overnight.	Wilkens Food Service

Preparation Instructions

Serve:

1 hotdog in 1 bun

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

Meal Components (SLE)

Amount Per Serving

Meat	2.71
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.07
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	376.07
Fat	21.86g
SaturatedFat	8.54g
Trans Fat	0.50g
Cholesterol	50.32mg
Sodium	969.45mg
Carbohydrates	31.07g
Fiber	3.69g
Sugar	3.86g
Protein	14.73g
Vitamin A 214.75IU	Vitamin C 3.26mg
Calcium 122.14mg	Iron 1.28mg

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

Breaded Chicken Patty Sandwich

NO IMAGE

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

Ingredients

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

Preparation Instructions

To Prepare:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

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

Nutrition Facts

Servings Per Recipe: 128.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00
Fat	10.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	540.00mg
Carbohydrates	33.00g
Fiber	6.00g
Sugar	5.00g
Protein	22.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

Zesty Beef, Bean & Cheese Burrito

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6953
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF/BEAN/CHS WGRAIN CN 60-5Z	60 Each	1 Case = 60 Burritos, Beef/Bean/Cheese, Whole Grain, Raw, Frozen, 5 Ounce THAW UNDER REFRIGERATION, DO NOT THAW AT ROOM TEMPERATURE. REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED. CONVENTIONAL OVEN - 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN 280 DEGREES F FOR 16-22 MINUTES or until internal temperature reaches 165 degrees F for 15 seconds or longer.	497221

Preparation Instructions

1- 5.0 oz Burrito per students

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: 60.00

Serving Size: 5.00 Ounce

Amount Per Serving

Calories 360.00

Fat 15.00g

SaturatedFat 7.00g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 460.00mg

Carbohydrates 40.00g

Fiber 5.00g

Sugar 3.00g

Protein 16.00g

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

Calcium 100.00mg **Iron** 1.44mg

Classic Hummus

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Classic Hummus	25 Ounce	RECONSTITUTE Ready to Mix 1/2 bag = 55 servings	4937
BEAN GARBANZO 6-10 GCHC	2 #10 CAN	Drain and rinse	118753
Original with Sea Salt Wave	70 Bag	READY_TO_EAT Ready to Eat	2742

Preparation Instructions

Place 1/2 can of garbanzo beans in food processor add 1/4 of bag of hummus sauce.

Blend until creamy consistency. Transfer to 2" hotel pan

Repeat steps and add mixture to 2" hotel pan

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

Store in in cooler overnight until serving time

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

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.37
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 70.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		182.72	
Fat		6.62g	
SaturatedFat		1.23g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		355.64mg	
Carbohydrates		25.66g	
Fiber		5.70g	
Sugar		3.57g	
Protein		4.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.34mg	Iron	0.53mg

Pizza Cheese Crunchers



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	285 Piece	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 case (395.5oz) = 285 pieces/4= 71 servings	143271
SAUCE MARINARA A/P 6-10 REDPK	142 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Keep Frozen until ready to prepare:

Convection oven: preheat to 350 degrees F.

Place in a single layer on parchment lined perforated sheet tray.

Bake for 15-16 minutes, if cooking more than one tray may take longer to cook.

or Until internal temperature reaches 165 degrees f for 15 seconds or longer.

4 pieces per portion Serve with 1/2 cup of marinara sauce

Meal Components (SLE)

Amount Per Serving

Meat	2.01
Grain	2.51
Fruit	0.00
GreenVeg	0.00

RedVeg	0.36
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 71.00
Serving Size: 5.48 Ounce

Amount Per Serving

Calories	442.91
Fat	20.07g
SaturatedFat	9.03g
Trans Fat	0.00g
Cholesterol	30.11mg
Sodium	868.07mg
Carbohydrates	44.00g
Fiber	7.45g
Sugar	5.87g
Protein	21.50g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	439.93mg	Iron	2.22mg

Refried Beans

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 1/2 #10 CAN	Rinse top of can free from debris. Place 2-#10 cans in 4" steam table pan cover with lid and place in preheated oven at 350 degrees F for 20-30 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. SHELF LIFE: DRY STORAGE= 730 DAYS.	293962

Preparation Instructions

1/2 cup serving size per portion.

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	0.47
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	131.57
Fat	1.88g
SaturatedFat	0.47g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	498.10mg
Carbohydrates	21.62g
Fiber	5.64g
Sugar	0.94g
Protein	7.52g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.29mg	Iron	1.88mg

Corn



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

Ingredients

Description	Measurement	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

Assorted Cereal

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.83
Fruit	0.17
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	243.33
Fat	4.33g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.67mg
Carbohydrates	50.00g
Fiber	3.67g
Sugar	17.83g
Protein	3.33g

Vitamin A	641.67IU	Vitamin C	57.70mg
Calcium	121.83mg	Iron	5.36mg

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

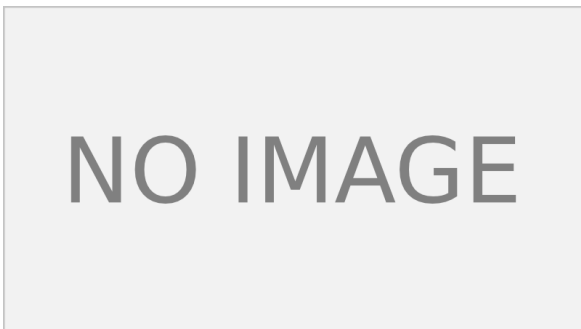
Servings Per Recipe: 150.00

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

Pancakes & Breakfast Sausage w/Maple syrup



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19247
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z AJ	2 Each	CONVECTION OVEN: PRE-HEAT OVEN TO 350°F AND PLACE PANCAKES IN A SINGLE LAYER ON SHEET PAN. BAKE FOR 3-4 MINUTES OR UNTIL HOT. 1 Case = 144 (12 x 12 per Package) Pancakes, Whole Grain, Frozen, 1.14 Ounce	617650
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	Oven: preheat to 350 degrees f. Place frozen beef on parchment line sheet tray. 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. Beef should have an evenly brown appearance when completely cooked. 8-10 minutes 1 Case = 160 Breakfast Sausage, Turkey, Links, 1 Ounce, Cooked, Frozen 2ea per portion	352740
Pancake Syrup	1 Each		

Preparation Instructions

Portion size

2 pancakes

2 sausage links

1 syrup

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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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	393.33
Fat	12.00g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	66.67mg
Sodium	400.00mg
Carbohydrates	58.33g
Fiber	2.00g
Sugar	22.33g
Protein	15.33g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.92mg

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
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Assorted Fresh Vegetable

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19250
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	3/4 Cup	UNSPECIFIED None	
PEPPERS ASST COLORS 4-6CT P/L	3/4 Cup		644562
Broccoli Florets	1/2 Cup	READY_TO_EAT	2332

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.75
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	83.15
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	58.90mg
Carbohydrates	16.50g
Fiber	5.45g
Sugar	4.00g

Protein	2.70g
Vitamin A 1573.80IU	Vitamin C 205.48mg
Calcium 31.91mg	Iron 36.52mg

Assorted Fruit Juice

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

Buffalo Flavored Cheese Crunchers

NO IMAGE

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19267
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8- 3.125#	288 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 13-14 minutes (full tray). If baking more than one tray, longer cooking time may be required. 1 Case = 288 Average Count (8 x 36 Average Count per Bag) Cheese Crunches, Buffalo, 1.38 Ounce 72 servings	233211

Preparation Instructions

4 ea per portion

1/2 cup marinara sauce

or buttermilk ranch dipping cup

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
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	530.00		
Fat	31.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	500.00mg	Iron	1.80mg