

# **Cookbook for KANKAKEE JUNIOR HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Rockin'ola Yogurt Parfait-Mixed Berries

NO IMAGE

<b>Servings:</b>	43.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	28.15
<b>Grain</b>	1.49
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 1.00 Serving

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

# Chicken Mini Corn Dog Bites



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1558
<b>School:</b>	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

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Each

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

<b>Sugar</b>			7.00g
<b>Protein</b>			10.00g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	1.80mg

# Chicken Nuggets



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1560
<b>School:</b>	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

<b>Meat</b>	4.09
<b>Grain</b>	2.04
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	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

# Spanish rice

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	1 1/2 #10 CAN	READY_TO_EAT None 103oz per #10 can	452841
RICE PARBL LONG GRAIN 6-10 PRDCR	6 1/4 Cup	1/4 cup dry= 1cup cooked Place in Steamer and cook for 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched Follow Manufacturers direction for rice to water ratio per servings.	699181
SEASONING TACO 21Z TRDE	3/4 Cup		413429

## Preparation Instructions

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

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

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

Serving size 4 oz- use # 8 Scoop

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.51
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 0.50 Cup

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**Amount Per Serving**

<b>Calories</b>	123.10		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	387.04mg		
<b>Carbohydrates</b>	26.12g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.42g		
<b>Protein</b>	2.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.00mg

# Garden Fresh Tossed Salad



<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-2573
<b>School:</b>	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

<b>Meat</b>	4.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	1.00
<b>RedVeg</b>	3.60
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

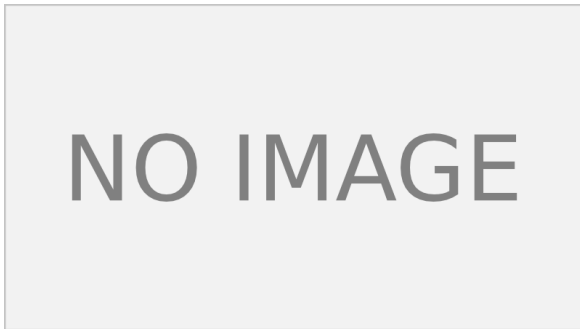
Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	394.44
<b>Fat</b>	12.74g
<b>SaturatedFat</b>	6.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	1190.40mg
<b>Carbohydrates</b>	46.20g
<b>Fiber</b>	3.32g
<b>Sugar</b>	6.00g
<b>Protein</b>	21.46g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 16.60mg
<b>Calcium</b> 192.80mg	<b>Iron</b> 2.09mg

# Baby Carrots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.70
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

# Yang's Mandarin Orange Chicken & Asian Fried Rice



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	696 Ounce	<p>Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.</p> <p>Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer.</p>	550512
Vegetable Fried Rice	192 Serving	<p><b>HEAT_AND_SERVE</b> From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle</p>	78001

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>		361.04	
<b>Fat</b>		9.02g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		40.28mg	
<b>Sodium</b>		621.94mg	
<b>Carbohydrates</b>		52.13g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		13.07g	
<b>Protein</b>		18.08g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.21mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.73mg



# Nacho Grande

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	200 Ounce	To thaw, place product under refrigeration overnight. 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. 2oz per portion use #10 scoop	674312
CHIP TORTL RND YEL 5-1.5 KE	100 Ounce	1oz = 10 chips 120 portions per case	163020
BEAN REFRD 6-10 GRSZ	2 #10 CAN		293962
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup		135261

## Preparation Instructions

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

To Assemble for Serving-

Place 10 tortilla chips in 3# boat,

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

then add 2.03 oz beef using #10 Scoop,

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

Can be served with Sour Cream & Salsa

## Meal Components (SLE)

### Amount Per Serving

<b>Meat</b>	2.37
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.26
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		362.43	
<b>Fat</b>		16.03g	
<b>SaturatedFat</b>		6.01g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		694.19mg	
<b>Carbohydrates</b>		33.40g	
<b>Fiber</b>		5.10g	
<b>Sugar</b>		0.52g	
<b>Protein</b>		18.64g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	167.78mg	<b>Iron</b>	2.47mg

# Lumberjack

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lumberjack	320 Ounce	BAKE Prepare from frozen. Bake in preheated 350 degrees oven for 15-20 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer	3236

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	401.00		
<b>Fat</b>	20.05g		
<b>SaturatedFat</b>	5.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	621.55mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	14.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg

# Refried Beans

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	5 5/11 #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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.47
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

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

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.29mg	<b>Iron</b>	1.88mg

# Steamed Carrots

NO IMAGE

<b>Servings:</b>	157.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8582
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 157.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	151.35		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1177.19mg		
<b>Carbohydrates</b>	33.63g		
<b>Fiber</b>	8.41g		
<b>Sugar</b>	16.82g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 0.00mg **Iron** 0.00mg



# Breakfast English Muffin Sandwich

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
English Muffin	100 Each	Keep Frozen Until ready to serve Thaw at room temperature 2-4 hours or under refrigeration for 24 hours.	2206
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	100 Each	Keep Frozen until ready to heat. Place sausage patties in a single layer on a parchment lined sheet tray. Bake in 350 degree F oven for 3-5 minutes or until internal temperature reaches 165 degrees for 15 seconds or longer. Shelf life: frozen for 180 days	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036

## Preparation Instructions

To assemble

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

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.80		
<b>Fat</b>	8.05g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	130.15mg		
<b>Sodium</b>	468.00mg		
<b>Carbohydrates</b>	25.02g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	14.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

# Assorted Cereal



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8782
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	1.83
<b>Fruit</b>	0.17
<b>GreenVeg</b>	0.00

<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 60.00  
Serving Size: 1.00 Each

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**Amount Per Serving**

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

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<b>Vitamin A</b>	641.67IU	<b>Vitamin C</b>	57.70mg
<b>Calcium</b>	121.83mg	<b>Iron</b>	5.36mg

# Mini Chocolate Donut Kit

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Chocolate Donuts	158 2/5 Ounce	READY_TO_EAT Keep Frozen until ready to serve 48 per case=458.4 oz	Wilkens Food Service
BlueRaspberry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating 4.4 fl oz per serving/211.2 fl oz= 48 servings	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

<b>Amount Per Serving</b>	
<b>Calories</b>	410.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>	37.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Mini Powdered Donut Kit

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mini Powdered Donuts	144 Ounce	Keep Frozen Until serving 270 oz = 48 packages	Wilkens Food Service
SourCherry-Lemon	211 1/5 fl. oz	READY_TO_EAT Remove from freezer and let sit out a short time before eating	Wilkens Food Service

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Kit

<b>Amount Per Serving</b>	
<b>Calories</b>	360.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	345.00mg
<b>Carbohydrates</b>	63.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	40.00g
<b>Protein</b>	4.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg



# Chicken Wing

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10597
<b>School:</b>	Kankakee High School 1		

## Ingredients

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

## Preparation Instructions

Serve immediately.

4 wings

Sauce Options:

Buffalo Sauce

Parmesan Garlic

BBQ Sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 50.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	360.00		
<b>Fat</b>	26.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	90.00mg		
<b>Sodium</b>	600.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.44mg

# Spicy Pepperjack Grilled Cheese Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10658
<b>School:</b>	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

<b>Meat</b>	0.50
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<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	350.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	870.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	19.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	390.00mg	<b>Iron</b>	0.00mg

# Assorted Fresh Fruit



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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.01
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# Spicy Pepperjack/Provolone Grilled Cheese Sandwich w/sliced tomato



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12838
<b>School:</b>	Kankakee High School-Main		

## Ingredients

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

## Preparation Instructions

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

5) Place on sandwich wrap and serve whole  
1 complete sandwich per serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	388.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	922.00mg
<b>Carbohydrates</b>	31.06g
<b>Fiber</b>	2.40g
<b>Sugar</b>	4.56g
<b>Protein</b>	18.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 352.50mg	<b>Iron</b> 0.00mg

# Assorted Cup Fruit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19249
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	2.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00



<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

<b>Calories</b>	295.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	73.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	60.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg

# Assorted Fresh Vegetable

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19250
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.75
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	83.15
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	58.90mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	5.45g
<b>Sugar</b>	4.00g

<b>Protein</b>	2.70g
<b>Vitamin A</b> 1573.80IU	<b>Vitamin C</b> 205.48mg
<b>Calcium</b> 31.91mg	<b>Iron</b> 36.52mg

# Assorted Fruit Juice

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19251
<b>School:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.02
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	3.80
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.70mg
<b>Carbohydrates</b>	0.92g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.78g
<b>Protein</b>	0.01g

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<b>Vitamin A</b>	20.00IU	<b>Vitamin C</b>	2.40mg
<b>Calcium</b>	0.80mg	<b>Iron</b>	0.00mg

# Stir Fried Vegetable



NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19268
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup	PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.	440884

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

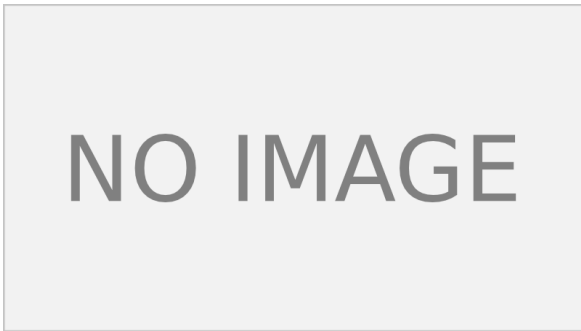
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	20.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.67mg
<b>Carbohydrates</b>	4.00g
<b>Fiber</b>	1.33g
<b>Sugar</b>	1.33g

<b>Protein</b>		0.67g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Hot Roast Beef and Cheddar Cheese on Pretzel Bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19440
<b>School:</b>	Kankakee High School-Main		

## Ingredients

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

## Preparation Instructions

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

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

1 complete sandwich per portion

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	160.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	100.00mg	<b>Iron</b>	0.72mg

# Pillsbury Warm Cinnamon Roll topped icing

NO IMAGE

<b>Servings:</b>	180.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22936
<b>School:</b>	KANKAKEE JUNIOR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN 180-2.5Z PILLS	180	THAW COVERED IN COOLER OVERNIGHT FROZEN= 93 DAYS PLACE FROZEN CINNAMON ROLLS ON PARCHMENT LINED FULL SHEET PAN. THAW COVERED IN COOLER OVERNIGHT, THEN PROOF IN PROOF BOX AT 70-95% HUMIDITY AND 95-100°F UNTIL DOUGH DOUBLES IN SIZE. BAKE 12-16 MINUTES IN 300°F CONVECTION OVEN. 180 serving per case	898910
YOGURT VAN L/F PARFPR 6-4 YOPL	45 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 1 bag=64 oz at 1 cup = 8 cups 1/2 oz drizzle estimated enough for 128 cinnamon rolls	811500
SUGAR POWDERED 10X 12-2 PION	45 Ounce		859740

## Preparation Instructions

To prepare glaze the Cinnamon Roll: 16 servings

Place in a mixing bowl 1 bag yogurt and 1/4 cup powdered sugar. Blend thoroughly with immersion blender. use #70 scoop and place glaze on top of warm cinnamon roll.

1 Iced Warm Cinnamon Roll per serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
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<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 180.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

<b>Calories</b>	303.20
<b>Fat</b>	8.37g
<b>SaturatedFat</b>	0.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	50.57g
<b>Fiber</b>	0.00g
<b>Sugar</b>	22.96g
<b>Protein</b>	6.87g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	67.23mg	<b>Iron</b>	0.01mg

# Ovenable French Fries

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22942
<b>School:</b>	KANKAKEE JUNIOR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 R/C CLR COAT 6-4.5 CAVFM	3 Ounce	PREPARE FROM FROZEN STATE. FROZEN= 720 DAYS FROM THE DATE OF PRODUCTION. STANDARD OVEN: 450°F, 17-22 MINUTES. SPREAD FROZEN POTATO PRODUCT IN A SINGLE LAYER ON BAKING SHEET AND COOK, TURN AFTER 10 MINUTES. Roughly 144 servings	199910

## Preparation Instructions

1/2 cup of French Fries = 1 Serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	430.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.80mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.72mg

# Breakfast Pizza



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22948
<b>School:</b>	KANKAKEE JUNIOR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS WGRAIN IW 100-3.67Z	100 Each	<b>BAKE</b> <b>COOKING INSTRUCTIONS. COOK BEFORE SERVING.</b> This product must be cooked to an internal temperature of 165°F prior to eating. Preheat the convection oven to 375°F. Product must be cooked from a frozen state for best results. Do not remove pizza from the wrap. Place 23 frozen wrapped pizzas in an 18" x 26" x 12" bun pan. <b>CONVECTION OVEN: 375°F for 16 to 17 minutes.</b> Rotate pan halfway through cooking. <b>NOTE: Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.</b>	659981

## Preparation Instructions

1 each

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

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**Amount Per Serving**

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<b>Calories</b>	240.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	196.00mg	<b>Iron</b>	2.00mg

# Pizza Cheese Crunchers



<b>Servings:</b>	57.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.48 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22980
<b>School:</b>	Kankakee High School-Main		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	285 Piece	<b>BAKE</b> 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

## 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.

5 pieces per portion Serve with (Optional) 1/2 cup of marinara sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<b>Grain</b>	3.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00



<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 57.00  
Serving Size: 5.48 Ounce

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**Amount Per Serving**

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<b>Calories</b>	525.00
<b>Fat</b>	25.00g
<b>SaturatedFat</b>	11.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	837.50mg
<b>Carbohydrates</b>	51.25g
<b>Fiber</b>	7.50g
<b>Sugar</b>	3.75g
<b>Protein</b>	25.00g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	533.75mg	<b>Iron</b>	2.76mg