

Cookbook for KANKAKEE JUNIOR HIGH SCHOOL

Created by HPS Menu Planner

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Breakfast Tornado

Italian Combo Platter

Pillsbury Warm Cinnamon Roll topped icing

Pillsbury Assorted Muffin Top

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 RECOMMENDED 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

Spanish rice

NO IMAGE

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

Ingredients

Description	Measurement	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

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.51
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	123.10		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	387.04mg		
Carbohydrates	26.12g		
Fiber	0.00g		
Sugar	2.42g		
Protein	2.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.00mg

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

Hamburger w/cheese on WG Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Steamer:Place cooking bag inside 6" steam table pan- put frozen patties in side bag close and cover with lid. Steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer.	658622
CHEESE AMER 160CT SLCD 6-5# BONGARDS	1 Slice	Keep in cooler until use	235541
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration.	Wilkens Food Service

Preparation Instructions

Serve:

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

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: 170.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 250.21

Fat 9.51g

SaturatedFat 3.51g

Trans Fat 0.50g

Cholesterol 40.04mg

Sodium 351.29mg

Carbohydrates 24.01g

Fiber 3.00g

Sugar 5.01g

Protein 13.02g

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

Calcium 0.44mg **Iron** 1.08mg

Hamburger on WG Bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	170 Each	Keep Frozen until ready to cook. For Best Results use Steamer Place frozen beef patties in a cooking bag, place in a 6" steam table pan, close bag and place lid on pan. Place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F when using a meat thermometer. After cooking place covered pan in steam table or in hot holding until ready to serve. Please do not leave in hot holding more than 20 minutes. 170 per case	658622
Hamburger bun, Whole Grain, White	170 Each	READY_TO_EAT Keep Frozen until ready to use. Thaw at room temperature 3-4 hours or overnight under refrigeration. 120/2oz per case 12 per bag/10 bags per case	Wilkens Food Service

Preparation Instructions

Serve:

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

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: 170.00
Serving Size: 2.00 Ounce

Amount Per Serving

Calories	250.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	350.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Yang's Mandarin Orange Chicken & Asian Fried Rice



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

Ingredients

Description	Measurement	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>HEAT_AND_SERVE 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

Meat	2.01
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.60 Ounce

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

Southern Oven Fried Chicken

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I 4-7.5 TYS	480 Ounce	<p>PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F. FROM FROZEN, PLACE PIECES IN A SINGLE LAYER ON A PARCHMENT PAPER LINED SHEET PAN OR ON A WIRE RACK SPRAYED WITH PAN RELEASE. HEAT FOR 25 -30 MINUTES. FOR BEST PERFORMANCE HOLD ON A SHEET PAN, UNCOVERED, WITH A WIRE RACK, ABOVE 140 DEGREES F IN A DRY HEAT ENVIRONMENT.</p> <p>Approx. 82 pieces per case</p> <ul style="list-style-type: none">- 1 breast pc. = 2.25 m/ma & 0.75 oz. grain- 1 drum = 2 m/ma & 0.75 oz. grain- 1 thigh = 3.25 m/ma & 1 oz. grain	258610
CORNBREAD PRE- CUT 4-30CT CP	160 Piece		579785

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	0.83
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 160.00
Serving Size: 1.00 Ounce

Amount Per Serving

Calories	400.00
Fat	21.00g
SaturatedFat	4.50g
Trans Fat	0.24g
Cholesterol	110.00mg
Sodium	730.00mg
Carbohydrates	31.00g
Fiber	1.40g
Sugar	11.00g
Protein	19.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.08mg

Nacho Grande

NO IMAGE

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

Ingredients

Description	Measurement	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

Meat	2.37
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Lumberjack

NO IMAGE

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

Ingredients

Description	Measurement	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

Meat	2.01
Grain	2.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 Serving

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

Calcium 0.00mg **Iron** 0.00mg

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

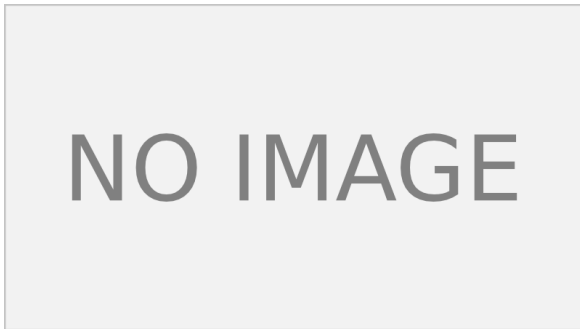
Servings Per Recipe: 70.00
Serving Size: 1.00 Cup

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

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	421.48
Fat	20.07g
SaturatedFat	9.03g
Trans Fat	0.00g
Cholesterol	30.11mg
Sodium	672.36mg
Carbohydrates	41.14g
Fiber	6.02g
Sugar	3.01g
Protein	20.07g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.50mg	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 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

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

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	151.35		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1177.19mg		
Carbohydrates	33.63g		
Fiber	8.41g		
Sugar	16.82g		
Protein	0.00g		
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

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

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

Spicy Pepperjack/Provolone Grilled Cheese Sandwich w/sliced tomato



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

Ingredients

Description	Measurement	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

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

Biscuits and Sausage Gravy



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15462
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG GRIND 16Z TRDE	25 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
 2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
- 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	292.48		
Fat	14.80g		
SaturatedFat	9.08g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	694.89mg		
Carbohydrates	30.61g		
Fiber	2.00g		
Sugar	2.72g		
Protein	10.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	154.33mg	Iron	1.44mg

Banana Berry Smoothie

NO IMAGE

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18981
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF 4-5 GFS	6 1/2 Cup		166720
BANANA TURNING SNGL 150CT 40 P/L	12 Each		197769
STRAWBERRY WHL IQF 4-5 GFS	6 1/2 Cup		244630
JUICE APPLE 100 ASEP 12-46FLZ HV	96 Fluid Ounce		584339
YOGURT VAN L/F PARFPR 6-4 YOPL	12 Cup	READY_TO_EAT Ready to use with pouch & serving tip. 3 1/4 bags of per 50 servings	811500
Bagel, WG, sliced	24 Ounce	READY_TO_EAT No baking necessary. Thaw under refrigeration 24-48 hours. Place in warmer for 15-20 minutes prior to serving 24 oz of bagel = 24 each	Wilkens Food Service
CHEESE CREAM CUP 100-1Z GCHC	24 Each		228427

Preparation Instructions

Can make a couple of days ahead of time and chill in cooler until ready to serve.

Make 4 batches of 6 portions of 1 cup Banana Berry Smoothie

Place 1 1/2 cup of fresh blueberries & 1 1/2 Cup strawberries w/o juice and 3 peeled banana in blender.

Add 3 cup apple juice and blend until smooth. 20-30 seconds.

Next add in 3 cup vanilla yogurt and blend another 10 seconds.

Pour 1 cup of Banana Berry smoothie in 12oz clear plastic cup with lid and a straw.

Serve with 1 sliced bagel and 1-1oz cream cheese cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	437.38
Fat	10.44g
SaturatedFat	6.42g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	287.57mg
Carbohydrates	77.21g
Fiber	5.76g
Sugar	45.42g
Protein	8.65g
Vitamin A 337.76IU	Vitamin C 110.74mg
Calcium 173.70mg	Iron 0.35mg

Assorted Cup Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19249
School:	LINCOLN CULTURAL CENTER		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	295.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	73.50g		
Fiber	1.50g		
Sugar	60.00g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

Assorted 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

Garden Fresh Tossed Side Salad



Servings:	24.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19260
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	12 Cup	1/2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	48 Each	Wash and air dry 2 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	24 Slice	1 slices	16P98
Carrots, baby	24 Each	2 baby carrots	18D69
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	12 Ounce	1/2oz per salad 1 tbl	359572

Preparation Instructions

Place .5 cups of romaine lettuce in 12 oz round black bowl

Add 2 cherry tomatoes

Add 1 slices of cucumbers

Add 2 baby carrots

and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	1.24
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	112.78		
Fat	4.10g		
SaturatedFat	2.52g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	287.16mg		
Carbohydrates	15.68g		
Fiber	1.03g		
Sugar	2.20g		
Protein	3.38g		
Vitamin A	359.86IU	Vitamin C	5.92mg
Calcium	87.32mg	Iron	0.30mg

Buffalo Flavored Cheese Crunchers

NO IMAGE

Servings:	71.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19261
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8- 3.125#	284 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: 71.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	530.00		
Fat	31.00g		
SaturatedFat	9.00g		
Trans Fat	0.50g		
Cholesterol	25.00mg		
Sodium	730.00mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	500.00mg	Iron	1.80mg

Stir Fried Vegetable

NO IMAGE

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

Ingredients

Description	Measurement	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

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

Nutrition Facts

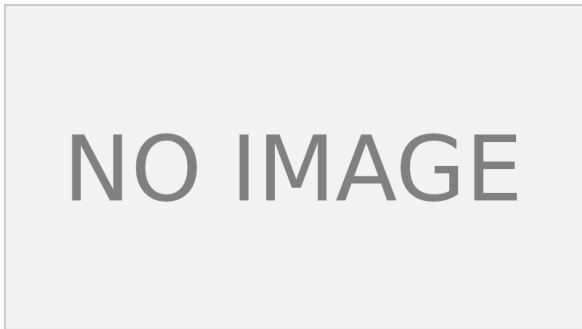
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Protein		0.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

French Fries



Servings:	20.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20583
School:	PROEGLER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fries 3/8 S/C Ovations 6-5 Mcc	40 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	868961

Preparation Instructions

Place 1/4 cup french fries

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	0.50

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	84.39
Fat	2.95g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	109.70mg
Carbohydrates	14.35g
Fiber	0.84g
Sugar	0.00g

Protein		1.69g	
Vitamin A	0.00IU	Vitamin C	3.04mg
Calcium	0.00mg	Iron	0.30mg

Maple Breakfast Tornado



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22304
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST MAPL WGRAIN 18- 8CT	144 Each	Conventional Oven, Convection Oven, Deep Fryer, Roller Grill. Cook to an internal temperature that reaches or exceed 161 degrees F. Convection Oven: Fan on High. From frozen 13 minutes at 350 degrees F. From thawed, 9 minutes at 350 degrees F. Place tornados evenly 1 inch apart on a cooking sheet. Place in preheated oven for time necessary. Bake. Let rest for 1 minute.	514113

Preparation Instructions

1 each per serving-K-8

2 each per serving-9-12

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	260.00mg
Carbohydrates	24.00g
Fiber	2.00g
Sugar	4.00g
Protein	7.00g

Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

Breakfast Tornado



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22305
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST WHLWHE 2.79Z 18- 8CT	144 Each	Conventional Oven, Convection Oven, Deep Fryer, Roller Grill. Cook to an internal temperature that reaches or exceed 161 degrees F. Convection Oven: Fan on High. From frozen 13 minutes at 350 degrees F. From thawed, 9 minutes at 350 degrees F. Place tornados evenly 1 inch apart on a cooking sheet. Place in preheated oven for time necessary. Bake. Let rest for 1 minute.	495932

Preparation Instructions

1 ea per serving k-8

2 ea per serving 9-12

Meal Components (SLE)

Amount Per Serving

Meat	0.75
Grain	1.25
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 144.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	180.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	280.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	1.00g
Protein	7.00g

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

Italian Combo Platter

NO IMAGE

Servings:	113.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22391
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Breaded Mozzarella Sticks	339 Each	BAKE Keep Frozen Pre Heat oven to 375 degrees, low fan speed place frozen sticks in a single layer on parchment lined baking sheet. Bake for 9-11 minutes or until internal temperature reaches 165 degrees F. Remove from oven and let stand for 1-2 minutes.	41009
WG Breaded Mini Cheese Ravioli	452 Each	BAKE Keep Frozen Preheat oven to 375 degrees low fan speed Place frozen ravioli in a single layer on parchment lined sheet trays Bake for 7 minutes or until internal temperature reaches 165 degrees for 15 seconds Remove from oven and let stand for 1-2 minutes	41834
SAUCE MARINARA A/P 6-10 REDPK	28 1/4 Cup	READY_TO_EAT None Place 1 Can of Marinara sauce in steam table pan place in steamer for 5 minutes to warm sauce	592714

Preparation Instructions

Serving Size

3 Breaded Mozzarella Sticks

4 Mini Breaded Ravioli

1/4 cup warm marinara sauce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	297.86		
Fat	8.91g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	29.57mg		
Sodium	572.43mg		
Carbohydrates	38.37g		
Fiber	4.51g		
Sugar	3.77g		
Protein	16.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.00mg

Pillsbury Warm Cinnamon Roll topped icing

NO IMAGE

Servings:	180.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22936
School:	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

Meat	0.00
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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: 180.00
Serving Size: 1.00 Serving

Amount Per Serving

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

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.23mg	Iron	0.01mg

Pillsbury Assorted Muffin Top



Servings:	112.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23101
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate Chip Muffin Top	112 Each	BAKE Place 15 frozen muffin dough on a full parchment lined baking sheet. preheat oven 300 degree F. Bake 17-21 minutes	
Blueberry Muffin Top	112 Each	BAKE Place frozen muffin dough on a full parchment lined baking sheet. Pre heat oven to 350 degrees F. Bake 17-21 minutes	

Preparation Instructions

Choose a flavor and alternate between weeks 1 or 3

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: 112.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00
Fat	21.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	275.00mg
Carbohydrates	28.00g

Fiber	3.00g		
Sugar	28.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg