

# **Cookbook for KANKAKEE JUNIOR HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Pizza-Pepperoni



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	72 Slice	<b>BAKE</b> <b>COOK BEFORE EATING.</b> Best if cooked from frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> <b>CONVECTION OVEN: 350°F high fan for 12-15 minutes. IMPINGEMENT OVEN: Pre-heat at 400°F and bake for 7.5 - 8.5 minutes.</b> <b>NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</b>	814301

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1 Slice 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>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		360.00	
<b>Fat</b>		17.00g	
<b>SaturatedFat</b>		8.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		45.00mg	
<b>Sodium</b>		570.00mg	
<b>Carbohydrates</b>		34.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		19.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	320.00mg	<b>Iron</b>	2.20mg

# Pizza-Cheese



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1554

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 WGRAIN PARBK 3-3CT	72 Slice		814291

## Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. CONVECTION OVEN: 350°F high fan for 12-15 minutes.

NOTE: Rotate product half-way through bake time in convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.

1 Slice 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>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

### Amount Per Serving

**Calories** 360.00

**Fat** 16.00g

**SaturatedFat** 8.00g

**Trans Fat** 0.00g

**Cholesterol** 40.00mg

**Sodium** 470.00mg

**Carbohydrates** 35.00g

**Fiber** 4.00g

**Sugar** 6.00g

**Protein** 18.00g

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

**Calcium** 380.00mg      **Iron** 2.00mg

# 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

# Turkey Sandwich



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

<b>Meat</b>	2.50
<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 Ounce

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

# 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>	399.07
<b>Fat</b>	13.22g
<b>SaturatedFat</b>	6.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	79.82mg
<b>Sodium</b>	1143.81mg
<b>Carbohydrates</b>	46.20g
<b>Fiber</b>	3.32g
<b>Sugar</b>	6.00g
<b>Protein</b>	21.91g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 192.80mg	<b>Iron</b> 1.73mg

# Baked Beans

NO IMAGE

<b>Servings:</b>	50.00	<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-2613
<b>School:</b>	TAFT ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	25 Cup	Place baked beans in a "6 Steam Table pan and cover with foil and bake for 20-25 minutes or until the internal temperature reaches 165 Degrees F for 15 seconds or longer.	570710

## Preparation Instructions

Portion size of 4 oz

1- #10 can =29 servings

6-#10 Cans = 176 servings

Serving size per students

1/2 cup (Use #8 SCOOP)

### Meal Components (SLE)

Amount Per Serving

<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>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	130.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	10.00g

<b>Protein</b>		7.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Loaded French Fries

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>	Lunch	<b>Recipe ID:</b>	R-4643
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	1oz portion=Use #16 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	25 Cup	1oz portion=Use #16 Scoop	344012
BACON CRUMBLES CKD 12-1 GCHC	6 1/4 Cup	1/2 oz portion=Use Tablespoon	357220
Green Onion	6 1/4 Cup	READY_TO_EAT Rinse and slice green onion into 1/4" pieces 1/2 oz portion-Use 1 Tablespoon	5543
Fries 3/8 S/C Ovation 6-5 Mcc	237 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
SOUR CREAM PKT 400- 1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

## Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.



Place 1/2 cup french fries in boat,  
 top with 1/8 cup (Use #30 scoop) of Chili,  
 place 3oz Use #8 scoop or 4oz ladle of broccoli florets,  
 then add 1/8 cup (Use #16 Scoop) of Cheddar cheese sauce,  
 .5oz use #16 scoop salsa,  
 next add 2 Tbl Use #30 scoop of bacon bits  
 Then add 1 Tbl green onions,

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.45
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.02
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	244.02		
<b>Fat</b>	13.71g		
<b>SaturatedFat</b>	5.82g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.33mg		
<b>Sodium</b>	502.36mg		
<b>Carbohydrates</b>	21.64g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	1.46g		
<b>Protein</b>	9.06g		
<b>Vitamin A</b>	53.69IU	<b>Vitamin C</b>	4.41mg
<b>Calcium</b>	154.69mg	<b>Iron</b>	0.58mg

# Rockin'ola Strawberry & Blueberry Yogurt Parfait-K-6

NO IMAGE

<b>Servings:</b>	24.00	<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-6833
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	244630
BLUEBERRY IQF 4-5 GFS	6 Cup	Keep Frozen until ready to make parfait. 1/4 Cup portion	166720
CRUMB CRACKER GRAHAM 10 KEEB	6 Cup	portion size-1/4 Cup -use #16 scoop	109568
Rockin'ola Pro granola	24 Each	pre-packaged bag 1.5 oz- or bule 1/4 cup use scoop #16 1 per student	4244
YOGURT VAN L/F PARFPR 6-4 YOPL	18 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

1 serving per student

Layer in 12oz parfait cup

- 1.) Add 1/4 Cup of graham cracker crumb to bottom of parfait cup-Use #16 scoop
- 2.) Add 3oz of Vanilla yogurt in bottom of cup USE #10 scoop
- 3.) Add 1/4 Cup berries on top of yogurt

- 4.) Add 3oz of Vanilla yogurt on top of berries USE #10 scoop
- 5.) Add another 1/4 Cup of berries
- 6.) Place insert in cup and add 1 bag of Rockin'ola Pro granola or 1/4 Cup(use#16 scoop) of bulk Rockin'ola Pro granola
- 7.) place domed lid on cup

Must serve chilled- keep in refrigerator until serving time- when on the line keep in pan with cooling pads.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.00
<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: 24.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	439.16		
<b>Fat</b>	8.45g		
<b>SaturatedFat</b>	0.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	247.89mg		
<b>Carbohydrates</b>	79.45g		
<b>Fiber</b>	5.17g		
<b>Sugar</b>	41.21g		
<b>Protein</b>	14.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	219.66mg	<b>Iron</b>	7.92mg

# Smoky Honey Rib Sandwich

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-6904
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

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

## Preparation Instructions

To Prepare:

Place bottom of sub bun on tray, place 1 rib patty on sub bun and place top of bun to complete sandwich

2 Pickle slices and 1/2 oz onions optional

condiment BBQ Sauce cup

1 per student

### Meal Components (SLE)

Amount Per Serving

<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	910.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg

# Ultimate Mac & Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-6910
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN	6 Ounce	Options: Thaw or Frozen. Thawed: Place unopened pouch in boiling water for 20-25 minutes. Frozen: Place unopened pouch in boiling water for 40-45 minutes. Let stand 5 minutes prior to serving. Hold for hot service at 140 degrees F or higher. 1 Case = 480 Ounces (6 x 80 Ounces per Bag) of Entree, Macaroni & Cheese, Whole Grain, Reduced Sodium, Frozen	591551

## Preparation Instructions

Place 1 bag(160 - 1/2 cup servings) of cooked pasta in a "6 steam table pan, add in 2.25 bags of warm cheese sauce. Mix until all pasta is coated. Cover with plastic wrap and lid and store in hot holding until serving time. Do not hold longer than 30 minutes.

1/2 cup portion

### 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: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	28.00g

<b>Fiber</b>		2.00g	
<b>Sugar</b>		6.00g	
<b>Protein</b>		17.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	500.00mg	<b>Iron</b>	0.72mg

# Classic Hummus

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7466
<b>School:</b>	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

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



<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.37
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 70.00  
Serving Size: 1.00 Cup

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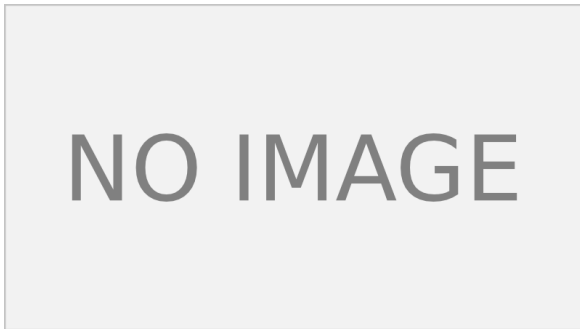
**Amount Per Serving**

<b>Calories</b>	182.72
<b>Fat</b>	6.62g
<b>SaturatedFat</b>	1.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	355.64mg
<b>Carbohydrates</b>	25.66g
<b>Fiber</b>	5.70g
<b>Sugar</b>	3.57g
<b>Protein</b>	4.43g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.34mg	<b>Iron</b>	0.53mg

# Pizza Cheese Crunchers



<b>Servings:</b>	71.00	<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-7967

## 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.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.01
<b>Grain</b>	2.51
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.36
<b>OtherVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 71.00			
Serving Size: 5.48 Ounce			
<b>Amount Per Serving</b>			
<b>Calories</b>	421.48		
<b>Fat</b>	20.07g		
<b>SaturatedFat</b>	9.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.11mg		
<b>Sodium</b>	672.36mg		
<b>Carbohydrates</b>	41.14g		
<b>Fiber</b>	6.02g		
<b>Sugar</b>	3.01g		
<b>Protein</b>	20.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	428.50mg	<b>Iron</b>	2.22mg

# 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

# Corn

NO IMAGE

<b>Servings:</b>	159.00	<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-8584
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

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

## Preparation Instructions

1/2 cup serving per portion.

### Meal Components (SLE)

Amount Per Serving

<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>	0.49

### Nutrition Facts

Servings Per Recipe: 159.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	63.45		
<b>Fat</b>	0.98g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.64mg		
<b>Carbohydrates</b>	14.64g		
<b>Fiber</b>	1.95g		
<b>Sugar</b>	2.93g		
<b>Protein</b>	1.95g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

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

# Green Beans

NO IMAGE

<b>Servings:</b>	168.00	<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-8585
<b>School:</b>	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

<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>	0.46
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 168.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	14.78		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	129.33mg		
<b>Carbohydrates</b>	2.77g		
<b>Fiber</b>	1.85g		
<b>Sugar</b>	0.92g		
<b>Protein</b>	0.92g		
<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

# 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

# Breakfast Banana Split w/fresh berries

NO IMAGE

<b>Servings:</b>	24.00	<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-15472
<b>School:</b>	Kankakee High School-Main		

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	18.91
<b>Grain</b>	1.00
<b>Fruit</b>	0.97
<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: 24.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		1667.52	
<b>Fat</b>		16.16g	
<b>SaturatedFat</b>		4.58g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		768.57mg	
<b>Carbohydrates</b>		338.31g	
<b>Fiber</b>		9.16g	
<b>Sugar</b>		225.43g	
<b>Protein</b>		55.75g	
<b>Vitamin A</b>	102.30IU	<b>Vitamin C</b>	47.20mg
<b>Calcium</b>	1633.13mg	<b>Iron</b>	10.64mg

# 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

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
<b>Amount Per Serving</b>			
<hr/>			
<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		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg
<hr/>			

# 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

# Buffalo Flavored Cheese Crunchers

NO IMAGE

<b>Servings:</b>	71.00	<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-19261
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR BUFF CHS CRNCH 1.38Z 8- 3.125#	284 Each	<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! <b>CONVECTION OVEN:</b> 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

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 71.00			
Serving Size: 1.00 Serving			
<b>Amount Per Serving</b>			
<b>Calories</b>	530.00		
<b>Fat</b>	31.00g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	730.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	500.00mg	<b>Iron</b>	1.80mg

# Turkey Taco

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-22390
<b>School:</b>	LINCOLN CULTURAL CENTER		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	200 Ounce	Steam in a bag, Thaw or Frozen. Place bag of taco meat in steam pan and place in steamer. Heat for 20-30 minutes Until internal temperature reaches 140 Degrees F. Cut bag open and pour taco filling into steam pan, cover with plastic wrap and place lid on top. Keep in hot box until serving time.	768230
CHEESE BLND MEX SHRD FTHR 4-5 GCHC	6 Cup	Place 1/2 oz on top of taco meat and lettuce	606952
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	6 Cup	1/2oz on top of taco meat	242489
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	1 Box = 360 (30 x 12 per Bag) Tortillas, Ultragrain Flour, 6 Inch, Refrigerated COOLER= 90 DAYS FROM THE DATE OF PRODUCTION THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882690

## Preparation Instructions

To assemble taco

1. Add 2oz (Use #10 scoop) Taco filling in center of tortilla shell
  2. top with 1/2 oz of mexican cheddar cheese
  3. offer salad mix as a topping-shredded lettuce 1/2oz
- 1-6" taco per student

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.56
<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: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	107.11		
<b>Fat</b>	5.49g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.30mg		
<b>Sodium</b>	242.27mg		
<b>Carbohydrates</b>	1.83g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	12.26g		
<b>Vitamin A</b>	66.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.48mg	<b>Iron</b>	0.75mg

# 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	<p><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:</b> Oven temperature and times may vary due to oven load and or product temperature. Refrigerate or discard any unused portion.</p>	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