

Cookbook for KANKAKEE JUNIOR HIGH SCHOOL

Created by HPS Menu Planner

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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		2418.46	
Fat		26.00g	
SaturatedFat		6.66g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1265.72mg	
Carbohydrates		477.66g	
Fiber		8.45g	
Sugar		316.39g	
Protein		82.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2420.62mg	Iron	16.13mg

Chicken-Mini Corn Dog Bites



Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1557
School:	KANKAKEE JUNIOR HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	240 Piece	REHEATING FROM THAWED STATE IS RECOMMENDED MINUTES. MICROWAVE: FROZEN, 60 SECONDS. THAWED, 30 SECONDS. CONVENTIONAL 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.	497360

Preparation Instructions

BAKE

REHEATING FROM THAWED STATE IS RECOMMENDED

HEAT OVEN TO 350 DEGREES F FOR (FROZEN) 15 MINUTES, THAWED (10 MINUTES)

FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING TIME.

INTERNAL TEMPERATURE OF 165 DEGREES F.

K-6

6 MINI CORN DOGS PER STUDENT

Condiments Optional:

1 packet of Ketchup (25g Na)

1 packet of Mustard (85g Na)

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: 1.00 Serving

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	0.00g		
Sugar	7.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.50mg

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

Hot Dog Bar-Plain Hot Dog



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

Ingredients

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

Preparation Instructions

Serve:

1 hotdog placed in 1 bun

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 300.00

Fat 17.50g

SaturatedFat 6.00g

Trans Fat 0.50g

Cholesterol 35.00mg

Sodium 730.00mg

Carbohydrates 27.00g

Fiber 3.00g

Sugar 3.00g

Protein 10.00g

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

Calcium 8.89mg **Iron** 0.77mg

Garden Fresh Tossed Salad



Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-2573
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	48 Cup	2 cups of romaine lettuce = 1 cup eq. of vegetable	735787
TOMATO CHERRY 11 MRKN	120 Each	Wash and air dry 5 medium size cherry tomatoes =1oz approx. 120 cherry tomatoes will be used for 24 salads.	569551
Cucumber	96 Slice	4 slices = 1 1/2 oz (wt.) cucumber	16P98
Carrots, baby	72 Each	3 baby carrots = 1/8 cup/1oz	18D69
CHEESE AMER SHRD FTTH 4-5 BONGARDS - Bongards - W	24 Ounce		359572

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	72 Ounce	3oz portion	202150

Preparation Instructions

Place 2 cups of romaine lettuce in 12 oz round black bowl
 Add to top 3 oz of turkey ham- (Use a level 4 oz ladle)
 Add 1/4 cup -5 cherry tomatoes
 Add 1/4 cup-4 slices of cucumbers
 Add 1/4 cup 3 baby carrots
 and top with 1 Tablespoon-Use # 30 Scoop of shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	4.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	3.60
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Breaded Chicken Patty Sandwich-Spicy



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

Ingredients

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

Preparation Instructions

To prepare:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

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

Nutrition Facts

Servings Per Recipe: 128.00
Serving Size: 1.00 Serving

Amount Per Serving

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

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

Hot Dog Bar-chili cheese dog

NO IMAGE

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

Ingredients

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

Preparation Instructions

Serve:

1 hotdog in 1 bun

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Classic Chicken Popper Mashed Potato Bowl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3835
School:	LINCOLN CULTURAL CENTER		

Ingredients

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

Description	Measurement	Prep Instructions	DistPart #
Corn cnd	2 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl

Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl

Chicken Poppers- 12 ea

Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle

Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle

Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	362.49
Fat	17.65g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	641.25mg
Carbohydrates	32.28g
Fiber	4.66g
Sugar	3.05g
Protein	18.91g
Vitamin A 1.19IU	Vitamin C 3.98mg
Calcium 113.31mg	Iron 2.34mg

Breaded Chicken Patty Sandwich

NO IMAGE

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

Ingredients

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

Preparation Instructions

To Prepare:

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00

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

Nutrition Facts			
Servings Per Recipe: 128.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		330.00	
Fat		10.50g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		540.00mg	
Carbohydrates		33.00g	
Fiber		6.00g	
Sugar		5.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Broccoli florets

NO IMAGE

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8583
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound	Place frozen broccoli in a slotted insert into 6" steam table pan and thaw under refrigeration overnight. Cover with lid. Once thawed place in steamer for 5-8 minutes until heated to 135 degrees f for 15 seconds or longer. Do not over cook. should still be bright green and slightly crisp.	110473

Preparation Instructions

1/2 cup serving per portion

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.68
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	35.53
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.07mg
Carbohydrates	6.83g
Fiber	4.10g
Sugar	1.37g

Protein	4.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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



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

BAKED MOSTACCIOLI w/Lentil pasta



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9568
School:	AVIS Huff		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	2 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO BEEF CRUMBLES & ONION MIXTURE	592714
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup	USE 1/4 CUP WITH SAUTEEING ONIONS USE 1/2 CUP WITH PASTA	732900
BEEF CRMBL CKD 6- 5 SMRTPCKS	90 Ounce	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN-PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER. 11.25 CUPS	674312
CHEESE MOZZ SHRD 4-5 LOL	15 Cup	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 1/4 Cup	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	Wilkens Food Service
Lentil Penne	480 Ounce	BOIL Open 1 bag pasta and add to boiling water. Reduce heat to medium high, stir occasionally. cook 6-8 minutes. Drain, rinse and serve Hold hot at 145 degrees F unitl service 60 CUPS	4519

Description	Measurement	Prep Instructions	DistPart #
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Tablespoon	Mix 3 TBL in with beef crumbles and sauteed onions prior to heating.	413453
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon	Mix 2 TBL in with beef crumbles and sauteed onions prior to heating.	513881
BREADSTICK CHS STFD WGRAIN 6 144CT	60 Each	<p>THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>CONVECTION Convection Oven1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

COOKING INSTRUCTIONS:

1. CARMELIZE 1.25 CUO OF DICED ONION, MIX A 1/8 CUP OF OIL TO THE ONIONS AND SPREAD EVENLY ON A SHEET TRAY BAKE AT 350 DEGREES FOR 20 MINUTES OR UNTIL ONIONS CARMELIZE(LIGHT BROWN COLOR)
2. COOK PASTA IN BOILING WATER FOR 6-8 MINUTES BE SURE THE PASTA IS AL DENTE (A LITTLE FIRM TO TASTE), ONCE COOKED DRAINED AND RINSE PASTA WITH COLD WATER(THIS STOPS THE COOKING PROCESS) PLACE IN A LARGE MIXING BOWL MIX AND ADD 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
3. PLACE IN A LARGE MIXING BOWL-1 BAG OF GROUND BEEF CRUMBLES, ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING AND ADD 1/2 CUP OF WATER MIX TOGETHER PLACE IN A TILT SKILLET/BRAIZER OR IN STEAM TABLE PAN IN PREHEATED OVEN AT 350 DEGREES FOR 20 MINUTES.
4. NEXT MIX BEEF CRUMBLES MIXTURE WITH 3 CANS OF MARINARIA SAUCE TOGETHER.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE WITH THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 8 PORTIONS ADD TO 2" STEAM TABLE PANS, ADD 1 1/3rd CUPS OF MOZZARELLA CHEESE WITH THE PASTA. PLACE THE REMAINING 1 1/3RD CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1 CUP PORTION OF BAKED MOSTACCIOLI
SERVE WITH A BOSCO CHEESE STICK

Meal Components (SLE)

Amount Per Serving

Meat	3.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.69
OtherVeg	0.00
Legumes	0.50
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	1180.72
Fat	18.12g
SaturatedFat	8.38g
Trans Fat	0.00g
Cholesterol	48.75mg
Sodium	894.70mg
Carbohydrates	175.82g
Fiber	16.76g
Sugar	7.49g
Protein	75.26g

Vitamin A	5.21IU	Vitamin C	0.02mg
Calcium	455.22mg	Iron	1.86mg

KHS-Boom Boom Sauce

NO IMAGE

Servings:	54.00	Category:	Condiments or Other
Serving Size:	0.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9976
School:	Kankakee High School 1		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	2 Cup		429422
SALSA 103Z 6-10 REDG	1/3 Cup	READY_TO_EAT None 1/3rd Cup per 54 servings	452841
SAUCE SRIRACHA CHILI 12-17Z ROLAND	1/2 Cup	READY_TO_EAT Ready to use out of the bottle, just tip bottle and squeeze.	246911
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon		513857

Preparation Instructions

Place ingredients into food processor and thoroughly mix 20-30 seconds until creamy consistency. chill until serving 1/2 oz serving Use # 70 scoop or 1 Tablespoon

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.01
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 54.00
Serving Size: 0.50 Ounce

Amount Per Serving

Calories	21.81		
Fat	1.48g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.93mg		
Sodium	127.96mg		
Carbohydrates	2.54g		
Fiber	0.02g		
Sugar	1.66g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	0.31mg

Chicka Boom Boom Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9977
School:	Kankakee High School 1		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hoagie Roll, WG Split top	50 Each	READY_TO_EAT Keep frozen until serving. Thaw under refrigeration for 24 hours. Shelf Life of 5 days in ambient temperature. 365 days	Wilkens Food Service
CHIX BRST STRP BRD WGRAIN 6-5.15	152 Ounce	BAKE PREPARATION: Appliances vary, adjust accordingly. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered. 3 strips per sandwich	740820
Lettuce Chopped Romaine 2#	25 Cup	1 case-2# =8 cups(16-1/2 cup servings) 1/2 cup per serving	2784
TOMATO 6X6 LRG 25 MRKN	2 1/2 Cup	1 case = 25#=50 cups 1 Tablespoon per serving	199036
ONION RD SLIVERED 1/8 2-3 RSS	6 1/4 Cup	1 case 2/3# bags=96oz=12 cups 1/8 cup per serving (1oz)	313157
PICKLE SWT/SPCY CHIP 2GAL BRICK	150 Slice	3 slices per sandwich	527791
SAUCE BOOM BOOM 4- 1GAL KENS	3 Cup		877930

Preparation Instructions

1. Open Hoagie buns, arrange 1/2 cup of lettuce and 1 tablespoon diced tomato, use # 60 scoop on bottom half of bun
 2. Place 3 cooked breaded chicken strips on top of tomato slices
 3. scatter 1 oz sliced onion, use # 30 scoop and 3 pickles across the chicken strips
 4. drizzle with squeeze bottle 1 tablespoon of Boom Boom Sauce across top of sliced onions and pickles and place top half of bun on top.
- 1 sandwich = 1 serving.

Meal Components (SLE)

Amount Per Serving

Meat	3.04
Grain	3.52
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.02
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	523.67		
Fat	22.38g		
SaturatedFat	3.49g		
Trans Fat	0.00g		
Cholesterol	68.00mg		
Sodium	934.15mg		
Carbohydrates	51.16g		
Fiber	1.63g		
Sugar	10.09g		
Protein	29.40g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	20.02mg	Iron	1.54mg

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

Philly Cheesesteak on Ciabatta bread

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-13134
School:	Kankakee High School-Main		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Yellow Onions	12 1/2 Pound	READY_TO_EAT 2 1/2 cases	Wilkens Food Service
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	2 Cup	4 cups for of oil for Onions & peppers	732900
PEPPERS GREEN STRP 3/4 2-3 RSS	25 Ounce	3/4# per case	849995
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	18 3/4 Cup	2 case per 100 servings	637442
PARSLEY ITAL FRESH 1# MRKN	1 1/2 Cup	2 1/3rd case per 100 servings	521520
BEEF SLCD CKD 10- 3# ADV	250 Ounce	BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and filled with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes Shelf life of 365 days frozen or 5 days in ambient temperature. 2.5 oz per serving 4 bags per 100 servings 10/3# bag per case 48oz per bag	598762

Description	Measurement	Prep Instructions	DistPart #
BREAD CIABATTA WGRAIN 96-1.8Z PILLS	100 Each	MICROWAVE Tips and Handling: For best results thaw bread at ambient temperature (72F). Thawing under refrigeration is not recommended. To thaw a partial case, remove desired amount of product and lay out on a sheet pan and cover with plastic. Product will thaw at room temperature (72F) in approximately 1-2 hours. To thaw an entire case, remove from the freezer and leave in original packaging with inner bags sealed. Product will thaw at room temperature in approximately 9-12 hours.	831221
SAUCE CHS CHED POUCH 6-106Z LOL	12 1/2 Cup	6-106oz pouches per case	135261

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Sautee Mushrooms, Onions & Peppers : heat oil add onions and carmelize to a golden brown, stir occasionally. cook approx. 20-30 minutes
 - 3) Place bottom of ciabatta bread on tray then add 2.5 oz sliced beef use# 10 scoop, add 1 oz of cheddar cheese sauce over meat, use# 30 scoop
 - 4) Top with 1/4 cup of sauteed vegetables and garnish with 1/4 teaspoon parsley
 - 5) Add the top of ciabatta bread to complete sandwich
- 1 sandwich per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.37
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.33
OtherVeg	0.19
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	426.40		
Fat	20.02g		
SaturatedFat	6.57g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	583.36mg		
Carbohydrates	41.21g		
Fiber	3.98g		
Sugar	7.05g		
Protein	21.65g		
Vitamin A	576.83IU	Vitamin C	3.06mg
Calcium	727.11mg	Iron	3.86mg

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	436.02		
Fat	10.17g		
SaturatedFat	6.42g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	287.57mg		
Carbohydrates	77.48g		
Fiber	5.49g		
Sugar	45.42g		
Protein	9.20g		
Vitamin A	337.76IU	Vitamin C	95.14mg
Calcium	174.24mg	Iron	0.43mg

Pancakes & Breakfast Sausage w/Maple syrup

NO IMAGE

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

Ingredients

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

Preparation Instructions

Portion size

2 pancakes

2 sausage links

1 syrup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

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

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

Assorted Cup Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	2.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

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

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

Cinnamon French Toast w/Breakfast Sausage & Hash Brown Rounds



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19274
School:	LINCOLN CULTURAL CENTER		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	144 Each	Thaw over night under refrigeration pre heat oven to 350 degrees F. Place in a single layer on parchment lined sheet tray. Bake for 8-10 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer.	646262
Hash Brown Rounds	288 Each	BAKE Temp (°F): 425 Cooking Time (min): 14 to 20 Instructions: Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking.	
SAUSAGE TKY LNK BKfst CKD 160- 1.025Z	288 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740
Pancake Syrup	144 Each		

Preparation Instructions

Portion Size
1 French Toast

2 sausage links

2 ea hash brown rounds

1 maple syrup cup

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	850.00		
Fat	30.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	890.00mg		
Carbohydrates	121.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	1.72mg

Pillsbury Assorted Muffin Top

NO IMAGE

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