

Cookbook for Benton Elementary

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688

Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	264702
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	265811
CEREAL TRIX WGRAIN BWL 96CT GENM	1 Package	264742

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.78		
Fat	1.39g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.33mg		
Carbohydrates	23.11g		
Fiber	2.11g		
Sugar	7.44g		
Protein	1.89g		
Vitamin A	367.78IU	Vitamin C	8.51mg

Calcium 52.22mg

Iron 6.98mg

100% Fruit Juice

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each	135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	135460

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.50mg		
Carbohydrates	16.50g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	30.60mg
Calcium	10.00mg	Iron	0.00mg

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	DistPart #
PEACH DCD XL/S 6-10 GFS	1 Cup	268348
PINEAPPLE TIDBITS IN JCE 6-10 GFS	1 Cup	189979
Applesauce cnd	1 Cup	110541comm
FRUIT MIXED 6-10	1 Cup	100212
Pear Halves	1 Cup	100226

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.40
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	15.20g		
Fiber	1.20g		
Sugar	12.60g		
Protein	0.20g		
Vitamin A	40.00IU	Vitamin C	2.04mg
Calcium	0.00mg	Iron	0.07mg

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	1.50
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 Each

Amount Per Serving

Calories	265.00		
Fat	8.50g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	620.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	22.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	118.00mg	Iron	9.80mg

Baked Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692

Ingredients

Description	Measurement	DistPart #
BEAN BKD KTTL BRN SUGAR 6-10 HRTHSTN	2 #10 CAN	822477
SUGAR BROWN LT 12-2 P/L	1/2 Cup	860311
SAUCE BBQ 4-1GAL GFS	2 Cup	734136
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 Cup	100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup	860221

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.54
Starch	0.00

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	159.23		
Fat	0.57g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	641.93mg		
Carbohydrates	33.77g		
Fiber	6.57g		
Sugar	14.91g		
Protein	5.49g		
Vitamin A	66.67IU	Vitamin C	0.80mg
Calcium	44.85mg	Iron	1.57mg

Peas

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693

Ingredients

Description	Measurement	DistPart #
PEAS GREEN IQF 30 GFS	45 Pound	285660
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.44
Starch	0.00

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.04mg		
Carbohydrates	7.80g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.25g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	0.09mg	Iron	0.71mg

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	558061
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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 Each

Amount Per Serving

Calories	360.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	600.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	10.00mg

Green Beans

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV 6-10 GFS	10 #10 CAN	273856
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.57		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	302.06mg		
Carbohydrates	4.17g		
Fiber	2.09g		
Sugar	2.09g		
Protein	1.04g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	20.95mg	Iron	0.52mg

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 KE	45 Pound	283730
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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	0.37

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	113.19		
Fat	5.00g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.76mg		
Carbohydrates	15.64g		
Fiber	1.49g		
Sugar	1.49g		
Protein	2.23g		
Vitamin A	364.80IU	Vitamin C	1.79mg
Calcium	0.09mg	Iron	0.27mg

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	159204
BEAN REFRD 6-10 GRSZ	4 #10 CAN	293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN	695513
SAUCE CHS CHED POUCH 6-106Z LOL	3 Package	135261
SALSA 103Z 6-10 REDG	3 #10 CAN	452841
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound	150250

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes and top with 1/2oz shredded cheese.

SLE Components

Amount Per Serving

Meat	3.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17
OtherVeg	0.00
Legumes	0.09
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	354.31		
Fat	22.13g		
SaturatedFat	9.94g		
Trans Fat	2.14g		
Cholesterol	82.37mg		
Sodium	758.93mg		
Carbohydrates	13.83g		
Fiber	2.42g		
Sugar	1.17g		
Protein	24.27g		
Vitamin A	298.25IU	Vitamin C	1.37mg
Calcium	243.17mg	Iron	1.00mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706

Ingredients

Description	Measurement	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	203270
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	230.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	410.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708

Ingredients

Description	Measurement	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
ONION DEHY SUPER TOPPER 6-2 P/L	2 Cup	223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN	785024
TOMATO PASTE 6-10 HUNTS	2 33/50 #10 CAN	444707
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup	331473
SPICE GARLIC POWDER 21Z TRDE	2 1/4 Tablespoon	224839
SALT IODIZED 24-26Z GFS	1/4 Cup	108308
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Tablespoon	225061
SUGAR BROWN LT 12-2 P/L	4 Cup	860311
Tap Water for Recipes	4 3/4 Gallon	000001WTR

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.25
Starch	0.00

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	304.20
Fat	12.56g
SaturatedFat	4.06g
Trans Fat	2.03g
Cholesterol	52.83mg
Sodium	538.59mg
Carbohydrates	25.93g
Fiber	8.44g
Sugar	8.22g

Protein	19.57g		
Vitamin A	147.81IU	Vitamin C	0.00mg
Calcium	47.01mg	Iron	1.71mg

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN	293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound	645170

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.34
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.27
Starch	0.00

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89		
Fat	3.76g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	4.00mg		
Sodium	619.22mg		
Carbohydrates	25.06g		
Fiber	6.47g		
Sugar	1.34g		
Protein	10.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.17mg	Iron	2.16mg

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice	556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	1.50
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 Each

Amount Per Serving

Calories	221.67		
Fat	6.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	703.33mg		
Carbohydrates	22.67g		
Fiber	2.00g		
Sugar	3.50g		
Protein	18.50g		
Vitamin A	0.00IU	Vitamin C	0.80mg
Calcium	111.33mg	Iron	8.48mg

Mixed Vegetables

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743

Ingredients

Description	Measurement	DistPart #
VEG MIXED 30 GFS	45 Pound	285690
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	84.21		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	172.29mg		
Carbohydrates	7.80g		
Fiber	1.95g		
Sugar	1.95g		
Protein	1.30g		
Vitamin A	777.80IU	Vitamin C	3.90mg
Calcium	13.09mg	Iron	0.47mg

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup	860311
SUGAR CANE GRANUL 25 GFS	6 Cup	108642
MARGARINE SLD ZT 30-1 GFS	6 Cup	557482
OIL CORN 2-2.5GAL MAZOLA	6 Cup	433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308
BAKING SODA 36Z GFS	2 Tablespoon	513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon	513687
FLOUR ULTRAGRAIN 50 HLCHC	20 Cup	515002
OATS QUICK HOT CEREAL 12-42Z GFS	8 Cup	240869
CEREAL RICE KRISPIES 4-27Z KELL	8 Cup	732427
CHOC CHIPS SMISWT 1000/ 4-4 GFS	8 Cup	283610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.07
Grain	0.05
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 340.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	151.03		
Fat	8.93g		
SaturatedFat	2.75g		
Trans Fat	0.01g		
Cholesterol	4.32mg		
Sodium	100.01mg		
Carbohydrates	17.75g		
Fiber	1.06g		
Sugar	9.92g		
Protein	1.70g		
Vitamin A	141.18IU	Vitamin C	0.00mg
Calcium	5.43mg	Iron	0.94mg

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	45 Pound	100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN	264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 #5 CAN	695513
BASE CHIX RSTD 25 GFS	2 Pound	160830
Tap Water for Recipes	7 Gallon	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon	225037
MARGARINE SLD 30-1 GCHC	1 Pound	733061
PASTA LINGUINE 100 WHLWHE 2-5 GFS	20 Pound	654580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	179.45		
Fat	4.06g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	45.58mg		
Sodium	552.10mg		
Carbohydrates	20.39g		
Fiber	2.79g		
Sugar	1.55g		
Protein	16.26g		
Vitamin A	119.29IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9746

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	327120
SAUCE ORNG GINGR 4-.5GAL ASIAN	15 Cup	802860

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.66		
Fat	16.73g		
SaturatedFat	3.22g		
Trans Fat	0.00g		
Cholesterol	25.74mg		
Sodium	575.32mg		
Carbohydrates	33.38g		
Fiber	3.86g		
Sugar	14.73g		
Protein	18.02g		
Vitamin A	128.72IU	Vitamin C	0.00mg
Calcium	51.49mg	Iron	2.32mg

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	12 Cup	516371
BROTH CHIX 12-5 COLLEGE INN	4 #5 CAN	264865

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	87.96		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.38mg		
Carbohydrates	18.50g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9748

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF 30 KE	30 Pound	283780
MARGARINE SLD 30-1 GCHC	3 Pound	733061
SALT IODIZED 24-26Z GFS	1/4 Cup	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	935.48IU	Vitamin C	11.61mg
Calcium	12.99mg	Iron	0.00mg

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9749

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 63/100 Ounce	564790
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00		
Fat	7.50g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	557.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	18.00g		
Vitamin A	459.00IU	Vitamin C	6.00mg
Calcium	36.00mg	Iron	10.00mg

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	21.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.36mg

Chocolate Cake

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751

Ingredients

Description	Measurement	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	3 Cup	515002
SUGAR CANE GRANUL 25 GFS	3 1/2 Cup	108642
COCOA PWD BAKING 6-5 GFS	2 2/25 Cup	269654
BAKING SODA 36Z GFS	2 1/2 Teaspoon	513849
BAKING POWDER 6-5 CLABBER GIRL	2 1/2 Teaspoon	361032
SALT IODIZED 24-26Z GFS	1 1/2 Teaspoon	108308
EGG SHL LRG A GRD 6-30CT GCHC	4 Each	206539
MILK WHT 1 4-1GAL RGNLBRND	2 1/4 Cup	817801
OIL CORN 2-2.5GAL MAZOLA	7/8 Cup	433518
FLAVORING VANILLA IMIT 1-QT KE	5 Teaspoon	110736
MARGARINE SLD ZT 30-1 GFS	9 Tablespoon	557482
SUGAR POWDERED 10X 12-2 PION	4 Cup	859740

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.29
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: 50.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	164.67
Fat	7.18g
SaturatedFat	1.74g
Trans Fat	0.01g
Cholesterol	18.60mg
Sodium	199.34mg
Carbohydrates	24.76g
Fiber	1.84g
Sugar	17.40g
Protein	3.19g
Vitamin A 160.56IU	Vitamin C 0.00mg
Calcium 54.28mg	Iron 1.72mg

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755

Ingredients

Description	Measurement	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	2918

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	770.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756

Ingredients

Description	Measurement	DistPart #
PORK RIB-B-Q CKD CN 160-2.4Z PIER	1 Each	849006
Aunt Millie's Whole Grain Hot Dog Buns	1 bun	2918

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
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 Each

Amount Per Serving

Calories	250.00		
Fat	7.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	680.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	44.00mg	Iron	11.44mg

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757

Ingredients

Description	Measurement	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each	100750
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
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 Each

Amount Per Serving

Calories	390.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	530.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	9.80mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758

Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
3.5 WG Hamburger Bun	1 Each	3354

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.73
Grain	1.50
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 Each

Amount Per Serving

Calories	289.33		
Fat	12.23g		
SaturatedFat	3.71g		
Trans Fat	0.00g		
Cholesterol	71.31mg		
Sodium	954.48mg		
Carbohydrates	23.12g		
Fiber	2.00g		
Sugar	3.50g		
Protein	21.60g		
Vitamin A	37.31IU	Vitamin C	1.79mg
Calcium	157.70mg	Iron	9.34mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9759

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHOP 55/45 4-5	1 Cup	153121
CHEESE CHED MLD SHRD 4-5# COMM	1/4 Cup	150250
Ham, Cubed Frozen	2 1/2 Ounce	100188-H

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.25
RedVeg	0.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.38		
Fat	11.05g		
SaturatedFat	8.05g		
Trans Fat	0.00g		
Cholesterol	66.89mg		
Sodium	665.41mg		
Carbohydrates	6.21g		
Fiber	0.56g		
Sugar	2.60g		
Protein	17.80g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	206.22mg	Iron	0.20mg

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	3 Slice	722360
MARGARINE SLD ZT 30-1 GFS	1 Tablespoon	557482
Aunt Millie's Wheat Sandwich Bread	2 Slice	466

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.50
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 Each

Amount Per Serving

Calories	345.00		
Fat	19.00g		
SaturatedFat	8.75g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	930.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	15.50g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	294.00mg	Iron	8.00mg

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9761

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound	557482
SUGAR BROWN LT 12-2 P/L	1 Pound	860311
SUGAR CANE GRANUL 25 GFS	8 1/4 Cup	108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup	110736
BAKING SODA 36Z GFS	2 39/47 Tablespoon	513849
SALT IODIZED 24-26Z GFS	1 21/50 Tablespoon	108308
FLOUR ULTRAGRAIN 50 HLCHC	24 Cup	515002
CHOC CHIPS SMISWT 1000/ 4-4 GFS	5 33/100 Cup	283610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.17
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: 350.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	116.63		
Fat	6.42g		
SaturatedFat	2.88g		
Trans Fat	0.00g		
Cholesterol	10.20mg		
Sodium	112.57mg		
Carbohydrates	14.28g		
Fiber	0.82g		
Sugar	7.74g		
Protein	1.62g		
Vitamin A	228.57IU	Vitamin C	0.00mg

Calcium

4.44mg

Iron

0.62mg

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
Chicken, Diced, Cooked, Frozen	1 Ounce	100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce	100012
EGG SHL LRG A GRD PAST 6-30CT GFS	1 Each	265454
Whole Grain Dinner Roll	1 roll	4372

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.66
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	2.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	296.00		
Fat	10.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	261.00mg		
Sodium	398.00mg		
Carbohydrates	21.50g		
Fiber	4.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	200.00IU	Vitamin C	0.60mg
Calcium	52.00mg	Iron	1.44mg

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	100012
Whole Grain Dinner Roll	1 roll	4372

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.33
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	2.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	15.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	475.00mg		
Carbohydrates	23.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	32.00mg	Iron	0.72mg

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9777

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup	451730
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	209244
STRAWBERRY CLAMSHELL 8 MRKN	1/4 Cup	212768
BLUEBERRY 12-1PT P/L	1/4 Cup	451690
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	172172

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	389.46		
Fat	13.80g		
SaturatedFat	5.00g		
Trans Fat	0.15g		
Cholesterol	55.00mg		
Sodium	830.96mg		
Carbohydrates	46.75g		
Fiber	6.07g		
Sugar	15.45g		
Protein	22.68g		
Vitamin A	26.87IU	Vitamin C	37.48mg
Calcium	65.54mg	Iron	2.14mg

Sante Fe Chicken Salad

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9907

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	50 Cup	451730
Chicken, Diced, Cooked, Frozen	5 Pound	100101
Salsa, Low-Sodium, Canned	4 Cup	100330
SPICE CUMIN GRND 15Z TRDE	2 Tablespoon	273945
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon	331473
BEANS BLACK LO SOD 6-10 BUSH	6 1/4 Cup	231981
Corn fzn	6 1/4 Cup	100348
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	20 Each	644182

Preparation Instructions

Each Salad:

lettuce 2c.

Chicken Mixture 3 oz

Black Beans ¼ c

Corn ¼ c

Flatbread 1

The chicken mixture is made with 5# diced chicken, 4 c. salsa, 2 tbl gr cumin, and 2 tbl chipotle chili powder. Mixed well

SLE Components

Amount Per Serving

Meat	3.20
Grain	1.60
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16
OtherVeg	2.00
Legumes	0.13

Starch

0.25

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 385.50

Fat 7.95g

SaturatedFat 0.80g

Trans Fat 0.00g

Cholesterol 67.20mg

Sodium 497.70mg

Carbohydrates 48.46g

Fiber 9.68g

Sugar 6.88g

Protein 30.50g

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

Calcium 78.00mg **Iron** 2.40mg

Teriyaki Chicken Taco

Servings:	467.00	Category:	Entree
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11320

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 Pound	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	7 Quart	417622
Cheese, Cheddar Reduced fat, Shredded	467 Tablespoon	100012
TORTILLA FLOUR 6 PRSD ULTRGR 24-12CT	467 Each	690120

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp.of shredded cheddar cheese.

SLE Components

Amount Per Serving

Meat	1.50
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving

Calories	224.83		
Fat	6.82g		
SaturatedFat	2.91g		
Trans Fat	0.00g		
Cholesterol	57.20mg		
Sodium	832.62mg		
Carbohydrates	22.37g		
Fiber	1.00g		
Sugar	8.16g		
Protein	17.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.07mg

Green Beans-Benton

Servings:	204.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12136

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GFS	9 #10 CAN	118737
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound	299405
SALT IODIZED 24-26Z GFS	3 Tablespoon	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 204.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.51		
Fat	1.73g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	4.71mg		
Sodium	263.19mg		
Carbohydrates	4.56g		
Fiber	2.28g		
Sugar	2.28g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.37mg	Iron	0.57mg

Corn- Benton

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12139

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GFS	30 Pound	285620
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound	299405
SALT IODIZED 24-26Z GFS	3 Tablespoon	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.02		
Fat	2.88g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	131.61mg		
Carbohydrates	15.67g		
Fiber	1.49g		
Sugar	1.49g		
Protein	2.24g		
Vitamin A	74.63IU	Vitamin C	1.79mg
Calcium	0.68mg	Iron	0.27mg

Peas- Benton

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12149

Ingredients

Description	Measurement	DistPart #
PEAS GREEN 6-4 GFS	26 2/11 Pound	610802
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	48/55 Pound	299405
SALT IODIZED 24-26Z GFS	2 34/55 Tablespoon	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	64.92		
Fat	2.13g		
SaturatedFat	1.35g		
Trans Fat	0.00g		
Cholesterol	5.80mg		
Sodium	193.09mg		
Carbohydrates	7.81g		
Fiber	2.60g		
Sugar	2.60g		
Protein	3.26g		
Vitamin A	260.50IU	Vitamin C	3.91mg
Calcium	0.68mg	Iron	0.70mg

Glazed Carrots- Benton

Servings:	87.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12153

Ingredients

Description	Measurement	DistPart #
Carrots fzn	43 1/2 Cup	100352
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Cup	299405
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
100% Orange Juice	1 Cup	

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 87.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	63.46		
Fat	3.02g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	29.52mg		
Sodium	44.48mg		
Carbohydrates	10.66g		
Fiber	2.00g		
Sugar	7.55g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	1.38mg
Calcium	4.25mg	Iron	0.03mg

Chocolate Chip Cookie- Benton

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12154

Ingredients

Description	Measurement	DistPart #
SUGAR CANE GRANUL 25 GFS	5 1/2 Pound	108642
SUGAR BROWN LT 12-2 P/L	3 Pound	860311
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	4 Pound	299405
EGG SHL LRG A GRD 6-30CT GCHC	24 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	5 Tablespoon	110736
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Pound	515002
BAKING SODA 36Z GFS	4 Tablespoon	513849
SALT IODIZED 24-26Z GFS	3 Tablespoon	108308
CHOC CHIPS SMISWT 1000/ 4-4 GFS	8 Cup	283610

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	151.23
Fat	6.09g
SaturatedFat	3.44g
Trans Fat	0.00g
Cholesterol	25.37mg
Sodium	108.61mg
Carbohydrates	23.64g
Fiber	1.23g
Sugar	13.85g
Protein	2.40g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 9.31mg **Iron** 0.94mg

Refried Beans- Benton

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12160

Ingredients

Description	Measurement	DistPart #
BEAN REFRD 6-10 GRSZ	5 #10 CAN	293962
Cheese, Cheddar Reduced fat, Shredded	30 Ounce	100012
SEASONING TACO MIX 6-9Z GRSZ	9 Ounce	222313

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	213.47		
Fat	4.39g		
SaturatedFat	1.85g		
Trans Fat	0.00g		
Cholesterol	6.00mg		
Sodium	1014.26mg		
Carbohydrates	31.73g		
Fiber	7.76g		
Sugar	1.29g		
Protein	12.45g		
Vitamin A	84.00IU	Vitamin C	0.00mg
Calcium	58.20mg	Iron	2.59mg

Broccoli-Benton

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12161

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF 30 GFS	30 Pound	285590
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound	299405
SALT IODIZED 24-26Z GFS	3 Tablespoon	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	39.22		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	158.03mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	15.00mg
Calcium	10.78mg	Iron	0.00mg

Chicken & Noodles- Benton

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12162

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	45 Pound	100101
BROTH CHIX 12-5 COLLEGE INN	6 #5 CAN	264865
SOUP CRM OF CHIX 12-5 HNZ	5 #5 CAN	101656
BASE CHIX 12-1 GFS	2 Pound	439606
Tap Water for Recipes	7 Gallon	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon	225037
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound	299405
PASTA LINGUINE 100 WHLWHE 2-5 GFS	20 Pound	654580

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	182.50		
Fat	4.31g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	47.82mg		
Sodium	577.55mg		
Carbohydrates	20.39g		
Fiber	2.79g		
Sugar	1.55g		
Protein	16.26g		
Vitamin A	10.14IU	Vitamin C	0.00mg
Calcium	2.30mg	Iron	0.86mg

California Blend- Benton

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12176

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF PREM 30 GFS	30 Pound	285740
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	1 Pound	299405
SALT IODIZED 24-26Z GFS	3 Tablespoon	108308

Preparation Instructions

No Preparation Instructions available.

SLE Components

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: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	163.09mg		
Carbohydrates	2.76g		
Fiber	1.66g		
Sugar	1.10g		
Protein	1.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.34mg	Iron	0.55mg

Combo Cookie- Benton

Servings:	380.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12178

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN LT 12-2 P/L	6 Cup	860311
SUGAR CANE GRANUL 25 GFS	6 Cup	108642
BUTTER PRINT UNSLTD GRD AA 36-1 GFS	6 Cup	299405
OIL CORN 2-2.5GAL MAZOLA	6 Cup	433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each	206539
FLAVORING VANILLA IMIT 1-QT KE	6 Tablespoon	110736
SALT IODIZED 24-26Z GFS	2 Tablespoon	108308
BAKING SODA 36Z GFS	2 Tablespoon	513849
SPICE CREAM OF TARTAR 29Z TRDE	2 Tablespoon	513687
FLOUR ULTRAGRAIN 50 HLCHC	21 1/4 Cup	515002
OATS QUICK HOT CEREAL 12-42Z GFS	6 Cup	240869
CEREAL RICE KRISPIES 4-27Z KELL	6 Cup	732427
CHOC CHIPS SMISWT 1000/ 4-4 GFS	6 Cup	283610
COCONUT FANCY SHRD 5-2 GFS	6 Cup	265829

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.75
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 380.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		137.41	
Fat		8.11g	
SaturatedFat		3.20g	
Trans Fat		0.01g	
Cholesterol		11.45mg	
Sodium		61.37mg	
Carbohydrates		15.18g	
Fiber		1.60g	
Sugar		8.26g	
Protein		1.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.73mg	Iron	0.72mg

Teriyaki Chicken

Servings:	26.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12181

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound	100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	16 Ounce	417622

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
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: 26.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	147.33		
Fat	3.62g		
SaturatedFat	1.81g		
Trans Fat	0.00g		
Cholesterol	66.97mg		
Sodium	843.80mg		
Carbohydrates	10.43g		
Fiber	0.00g		
Sugar	9.19g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.44mg

Chef Salad- Benton

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12182

Ingredients

Description	Measurement	DistPart #
CHEESE CHED MLD SHRD 4-5# COMM	2 Tablespoon	150250
Ham, Cubed Frozen	1 5/8 Ounce	100188-H
EGG HRD CKD DCD IQF 4-5 GFS	3/4 Ounce	192198
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup	451730

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	148.33		
Fat	7.95g		
SaturatedFat	4.97g		
Trans Fat	0.00g		
Cholesterol	117.44mg		
Sodium	434.63mg		
Carbohydrates	5.60g		
Fiber	1.00g		
Sugar	2.76g		
Protein	13.72g		
Vitamin A	277.12IU	Vitamin C	0.00mg
Calcium	123.97mg	Iron	0.31mg

Taco Filling

Servings:	300.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12183

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound	722330
BEAN REFRD 6-10 GRSZ	2 #10 CAN	293962

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
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: 300.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	117.85		
Fat	4.47g		
SaturatedFat	1.60g		
Trans Fat	0.24g		
Cholesterol	29.44mg		
Sodium	336.95mg		
Carbohydrates	8.17g		
Fiber	2.72g		
Sugar	1.85g		
Protein	12.15g		
Vitamin A	546.79IU	Vitamin C	4.54mg
Calcium	41.41mg	Iron	2.01mg

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12184

Ingredients

Description	Measurement	DistPart #
BACON CKD RND 192CT HRML	1 Each	433608
EGG SCRMBD PTY RND 3.25 200-1Z GFS	1 Each	462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.75
Grain	1.50
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 Each

Amount Per Serving

Calories	265.00		
Fat	15.50g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	680.01mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.08mg

Taco Salad- Benton

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12214

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 8/47 Ounce	722330
CHEESE CHED MLD SHRD 4-5# COMM	1 Tablespoon	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup	451730

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.75
RedVeg	0.13
OtherVeg	1.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	153.90		
Fat	7.15g		
SaturatedFat	3.30g		
Trans Fat	0.29g		
Cholesterol	42.50mg		
Sodium	339.40mg		
Carbohydrates	8.25g		
Fiber	3.50g		
Sugar	3.50g		
Protein	16.05g		
Vitamin A	725.00IU	Vitamin C	5.40mg
Calcium	113.75mg	Iron	1.98mg