

Cookbook for Benton Elementary School

Created by HPS Menu Planner

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Cheese Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15264

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL CRST 16" 9CT	450 Slice		564972

Preparation Instructions

Thawing Instructions

For best results, completely thaw the pizza before baking by placing each pizza on a parchment lined baking tray or pizza screen. Allow 2 hours for thawing. Keep pizzas covered while thawing.

Basic Preparation

Preheat oven. For convection oven rotate pizza halfway through baking time for even baking. Pizza is baked when the cheese is melted and the edge of the crust is golden brown. Oven temperatures and cook times may vary.

Thawed Pizza: Convection Oven, 435 F 6 to 7 minutes. Conveyor Oven, 435 to 450 F 6 to 6.5 minutes. Frozen

Pizza: Conveyor Oven, 425 to 435 F 6 to 8 minutes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Slice

Amount Per Serving	
Calories	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g

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

Pepperoni Pizza



Servings:	1.00	Category:	Entree
Serving Size:	16.00 16 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15417

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN 16" 9CT SGT PEPP'S	1 Slice		564962
PEPPERONI SLCD 14-16/Z 2-5 GFS	16 Each		729981

Preparation Instructions

Place each pizza on a parchment lined baking tray to thaw. Preheat oven to 435 F . Arrange pepperoni on pizza. Place pizza in oven and bake for 6 to 7 mins until cheese is melted and the edge of the crust is golden brown. Slice and place on serving line

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 16.00 16 each

Amount Per Serving

Calories	140.00		
Fat	13.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	460.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.36mg

Grilled Cheese Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 6-5 COMM	4 Slice		150260
BREAD WGRAIN HNY WHT 16-24Z GFS	2 Slice		204822

Preparation Instructions

LINED FULL SIZE SHEET PAN WITH PARCHMENT PAPER AND SPAY THE PAPER WITH BUTTERY SPRAY 1/3 SECOND SPRAY. THEN PLACE BREAD SLICES ONTO PARCHMENT. ADD 4 SLICES OF CHEESE TO ONE SLICE OF BREAD AND TOP WITH ANOTHER SLICE.. TOP WITH BUTTER SPRAY AND PLACE INTO OVEN AND TOAST UNTIL BREAD IS LIGHTLY BROWN AND CHEESE IS MELTED AND SERVE.

CCP: Hold for hot service at 135° F or higher

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: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	400.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1130.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g

Protein	16.00g
Vitamin A 600.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 2.00mg

Chef Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup	OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID.	735787
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO CHERRY 11 MRKN	1/4 Cup	WASH VEGETABLES AND DRAIN	569551
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010
HAM SLCD W/A 8-5 640CT COMM	2 Ounce		651470
CRACKER SALTINE 300-4CT ZESTA	2 Package		270644
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451

Preparation Instructions

BEFORE HANDLING FOOD AND/OR EQUIPMENT ALWAYS WASH HANDS FOR AT LEAST 30 SECONDS WITH SOAP.

OPEN PREWASHED BAG OF LETTUCE AND PLACE IN 3 COMPARTMENT CONTAINER WITH LID. THEN WASH REMAINING VEGETABLES AND DRAIN. THEN ADD VEGETABLES TO LETTUCE.

CUP UP 2 OZ OF HAM

CUP UP 1 OZ OF CHEESE

AND PLACE IN DELI BOX UNTIL SERVED.

PLACE 2 PKGS OF CRACKERS WITH SALAD

CCP: REFRIGERATE UNTIL SERVED.

Meal Components (SLE)

Amount Per Serving

Meat	2.64
Grain	1.00
Fruit	0.00
GreenVeg	1.25
RedVeg	0.53
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

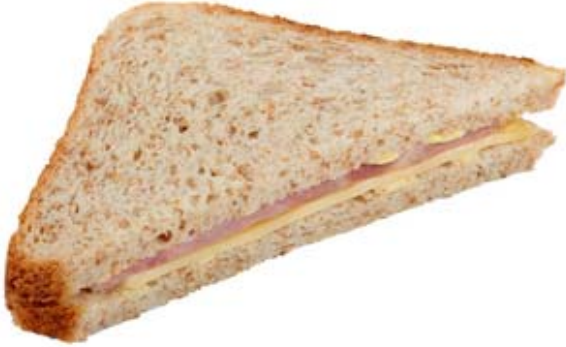
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	302.92
Fat	11.48g
SaturatedFat	5.66g
Trans Fat	0.00g
Cholesterol	49.51mg
Sodium	996.49mg
Carbohydrates	33.53g
Fiber	4.43g
Sugar	7.39g
Protein	20.20g
Vitamin A 14778.58IU	Vitamin C 30.99mg
Calcium 64.99mg	Iron 2.24mg

Ham and Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8714

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	4 Ounce		779160
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	2 Slice		710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

CCP: before handling food and/or equipment always wash hands for at least 30 seconds with soap.

ON A SHEET PAN PLACE BREAD AND HAM AND CHEESE ON BREAD- PLACE THE OTHER SLICES OF BREAD ON TOP. THEN WRAP IN A COLD BAG. PLACE IN DELI COOLER.

CCP: COOL TO 41* F OR LOWER WITHIN 4 HOURS.

Meal Components (SLE)

Amount Per Serving

Meat	0.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 0.00

Amount Per Serving

Calories	310.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	1195.00mg
Carbohydrates	28.50g
Fiber	4.00g
Sugar	8.50g
Protein	28.50g

Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	151.00mg	Iron	2.80mg

Corn



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15300

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
CORN CUT IQF 30 GFS	1/2 Cup	BAKE	285620

Preparation Instructions

DO NOT THAW PRIOR TO COOKING.

PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE WITH BUTTER BUDS.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	81.63
Fat	0.75g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	63.73mg
Carbohydrates	17.67g
Fiber	1.49g
Sugar	1.49g

Protein	2.24g		
Vitamin A	74.63IU	Vitamin C	1.79mg
Calcium	0.00mg	Iron	0.27mg

Side Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631

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	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

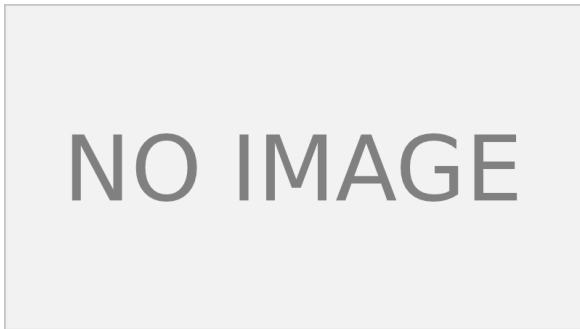
Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	18.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	3.75g		
Fiber	1.55g		
Sugar	2.25g		
Protein	1.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	20.50mg	Iron	0.48mg

Diced Peaches



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GFS	1/2 Cup	OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.	268348

Preparation Instructions

OPEN CAN AND POUR INTO A LARGE BOWL USING A 4 OZ SPOODLE, DIP CONTENTS INTO A 6 OZ OVS CONTAINER. PLACE FINISHED PRODUCT ONTO A FULL SIZED FLAT SHEET PAN. COVER WITH PARCHMENT SHEET AND PLACE ONTO A BAKING RACK UNTIL SERVED.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
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	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	11.00g
Protein	0.00g

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