

Cookbook for Benton Elementary

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	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	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

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	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 7.00			
Serving Size: 1.00 Each			
Amount Per Serving			
<hr/>			
Calories	110.00		
Fat	1.29g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.57mg		
Carbohydrates	23.57g		
Fiber	1.86g		
Sugar	8.29g		
Protein	1.86g		
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Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.14mg	Iron	3.09mg
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Mexican Dip

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

Ingredients

Description	Measurement	Prep Instructions	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	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	UNPREPARED	100012

Preparation Instructions

Heat together first 7 ingredients. Portion $\frac{3}{4}$ c into serving dishes.

Meal Components (SLE)

Amount Per Serving

Meat	2.67
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.17

OtherVeg	0.00
Legumes	0.17
Starch	0.00

Nutrition Facts

Servings Per Recipe: 300.00
Serving Size: 0.75 Cup

Amount Per Serving

Calories	355.52
Fat	20.08g
SaturatedFat	7.42g
Trans Fat	2.13g
Cholesterol	69.67mg
Sodium	945.16mg
Carbohydrates	18.03g
Fiber	2.16g
Sugar	1.17g
Protein	22.13g

Vitamin A	363.90IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.38mg

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
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	0.00IU	Vitamin C	0.00mg
Calcium	44.11mg	Iron	10.76mg

Green Beans-B

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	1.14
RedVeg	0.00
OtherVeg	0.59
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	34.31mg	Iron	0.46mg

Buttered Corn

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.06		
Fat	2.30g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	127.88mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

Buttered Peas

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	26 2/11 Pound		610802
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	7/8 Pound		299405
SALT IODIZED 24-26Z GFS	2 5/8 Tablespoon		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	58.41		
Fat	2.13g		
SaturatedFat	1.35g		
Trans Fat	0.00g		
Cholesterol	5.80mg		
Sodium	127.97mg		
Carbohydrates	7.81g		
Fiber	2.60g		
Sugar	2.60g		
Protein	2.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.72mg

Refried Beans

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

Ingredients

Description	Measurement	Prep Instructions	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.30
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.65
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	0.00IU	Vitamin C	0.00mg
Calcium	59.88mg	Iron	2.59mg

Buttered Broccoli

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

Ingredients

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

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	0.00
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	38.89		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	156.53mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.45mg	Iron	0.67mg

Chicken & Noodles

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

Ingredients

Description	Measurement	Prep Instructions	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 GCHC	2 Pound		439606
Tap Water for Recipes	7 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG GRIND 16Z TRDE	1 1/2 Tablespoon		225037
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	183.93
Fat	4.54g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	46.96mg
Sodium	594.60mg
Carbohydrates	20.06g
Fiber	2.74g
Sugar	1.67g
Protein	16.18g

Vitamin A	10.14IU	Vitamin C	0.00mg
Calcium	12.58mg	Iron	0.95mg

Seasoned California Blend

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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	16.67mg	Iron	0.55mg

Chef Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

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	430.39mg		
Carbohydrates	5.60g		
Fiber	1.00g		
Sugar	2.76g		
Protein	13.72g		
Vitamin A	150.00IU	Vitamin C	0.00mg
Calcium	126.09mg	Iron	0.42mg

Black Bean & Corn Salsa

Servings:	49.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24058
School:	Emergency Sack Lunches Fairfield		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	2 #10 CAN		231981
Corn fzn	5 Pound		100348
Salsa, Low-Sodium, Canned	1 #10 CAN		IN100330
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon		273945
SUGAR CANE GRANUL 25 GCHC	1 Tablespoon		108642
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.50
Starch	0.25

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	165.85
Fat	0.56g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.89mg
Carbohydrates	32.94g
Fiber	7.48g
Sugar	4.04g
Protein	8.54g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.62mg	Iron	1.79mg

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27726
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight	722330
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package		696871
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261

Preparation Instructions

A serving of nachos is 3.17 oz weight of taco filling, 1 package of chips and 1/4 cup of cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	316.17		
Fat	14.69g		
SaturatedFat	6.17g		
Trans Fat	0.29g		
Cholesterol	56.87mg		
Sodium	817.86mg		
Carbohydrates	27.65g		
Fiber	3.00g		
Sugar	2.00g		
Protein	19.90g		
Vitamin A	645.00IU	Vitamin C	5.00mg
Calcium	280.23mg	Iron	2.30mg