

Cookbook for Benton Elementary

Created by HPS Menu Planner

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Assorted Whole Grain Cereals

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

Ingredients

Description	Measurement	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
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 Package	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	
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
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 47.14mg **Iron** 3.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

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	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	100158
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	159204
BEAN REFRD 6-10 P/L	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 BASIC 6-10 CHEFM	3 #10 CAN	565695
SALSA 103Z 6-10 REDG	3 #10 CAN	452841
Tap Water for Recipes	1 1/2 Quart	000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	3.36
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

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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	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	304913
Aunt Millies Whole Grain Hot Dog Buns	1 bun	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

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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	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	34.79mg	Iron	0.46mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

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	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	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	0.68mg	Iron	0.00mg

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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	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
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Calcium	0.68mg	Iron	0.72mg
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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	DistPart #
BEAN REFRD 6-10 P/L	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	2.89
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
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Calcium	59.88mg	Iron	2.59mg
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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	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	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	24.11mg	Iron	0.67mg

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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	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	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	12.85mg	Iron	0.95mg
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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	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	17.34mg	Iron	0.55mg

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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	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	0.00IU	Vitamin C	0.00mg
Calcium	126.09mg	Iron	0.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Taco Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.75
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	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 645.00IU **Vitamin C** 5.00mg

Calcium 114.75mg **Iron** 2.00mg

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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	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	165.21
Fat	0.56g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	174.76mg
Carbohydrates	32.70g
Fiber	7.46g
Sugar	4.04g
Protein	8.51g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.46mg	Iron	1.78mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

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	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	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	2.73
Grain	1.25
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	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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

PBJ Meal

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27772
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	786580
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	527462

Preparation Instructions

Each PBJ Meal consist of 1 Uncrushable and 1 String Cheese.

Meal Components (SLE)

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: 2.00

Serving Size: 1.00 Pack

Amount Per Serving

Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.50g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	241.50mg	Iron	1.00mg
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Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27773
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	863880

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	19.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Fruitables Juice Box

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27774
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each	604802
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	272122

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	500.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28960

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.50
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: 1.00 Each

Amount Per Serving

Calories	305.00		
Fat	9.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	770.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	26.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	0.36mg

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