

# **Cookbook for Benton Elementary**

**Created by HPS Menu Planner**

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# Assorted Whole Grain Cereals

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9688
<b>School:</b>	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	N/A	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	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	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	110.00
<b>Fat</b>	1.29g
<b>SaturatedFat</b>	0.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	158.57mg
<b>Carbohydrates</b>	23.57g
<b>Fiber</b>	1.86g

<b>Sugar</b>			8.29g
<b>Protein</b>			1.86g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	47.14mg	<b>Iron</b>	3.09mg

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# Green Beans

<b>Servings:</b>	204.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12136
<b>School:</b>	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
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

## Preparation Instructions

Place drained green beans in a 2 inch steam pan. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 204.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	38.51		
<b>Fat</b>	1.73g		
<b>SaturatedFat</b>	1.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.71mg		
<b>Sodium</b>	263.19mg		
<b>Carbohydrates</b>	4.56g		
<b>Fiber</b>	2.28g		
<b>Sugar</b>	2.28g		
<b>Protein</b>	1.14g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.79mg	<b>Iron</b>	0.46mg

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# Buttered Corn

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

## Ingredients

Description	Measurement	Prep Instructions	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
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

## Preparation Instructions

Place frozen corn in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	36.06		
<b>Fat</b>	2.30g		
<b>SaturatedFat</b>	1.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.82mg		
<b>Sodium</b>	127.88mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.83g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.68mg	<b>Iron</b>	0.00mg

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# Buttered Peas

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	30 Pound		610802
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	3 Tablespoon		108308
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

## Preparation Instructions

Place frozen peas in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	67.00		
<b>Fat</b>	2.44g		
<b>SaturatedFat</b>	1.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	146.53mg		
<b>Carbohydrates</b>	8.96g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.78mg	<b>Iron</b>	0.82mg

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# Glazed Carrots

<b>Servings:</b>	87.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12153
<b>School:</b>	Benton Elementary		

## Ingredients

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

## Preparation Instructions

Place frozen carrots in a 2 inch steam pan. Steam for 23 minutes. Make sure that temperature is to 155 degrees. Add butter, brown sugar, and orange juice once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 87.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	48.88		
<b>Fat</b>	3.02g		
<b>SaturatedFat</b>	1.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.52mg		
<b>Sodium</b>	43.23mg		
<b>Carbohydrates</b>	6.92g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.85g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.38mg
<b>Calcium</b>	0.55mg	<b>Iron</b>	0.00mg

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# Refried Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12160
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	1 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012

## Preparation Instructions

Spray a 2 inch pan and empty #10 can of refried beans into pan. Spread out in pan using gloved hands.

Put in a steamer with a lid for 30 minutes.

Heat to 155 degrees. Then place beans into warmer until ready for service.

When ready for service remove beans from warmer and sprinkle 1 cup shredded cheddar cheese on top and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	164.22		
<b>Fat</b>	3.16g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	604.55mg		
<b>Carbohydrates</b>	24.96g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	9.79g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.50mg	<b>Iron</b>	2.16mg

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# Buttered Broccoli

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12161
<b>School:</b>	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
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

## Preparation Instructions

Place frozen broccoli in a 2 inch steam pan. Steam for 15 to 20 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	38.89		
<b>Fat</b>	2.44g		
<b>SaturatedFat</b>	1.56g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	156.53mg		
<b>Carbohydrates</b>	3.33g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.11mg	<b>Iron</b>	0.67mg

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# Chicken & Noodles

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

Note: Start process at 6:30 am for 10:45 am portioning (11:00 am service).

Spray tilt skillet.

Place all ingredients into tilt skillet except for noodles.

Heat all ingredients until 160 degrees and then simmer until 9:45 am

Break noodles into thirds. Add noodles to skillet.

Cook for 1/2 hour longer (make sure that still boiling and tilt skillet lid is propped up)

Dip Chicken and Noodles into 4 inch pans. Place pans in a warmer with a lid until ready for service.

Note: Makes 6 to 7, 4 inch pans.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.75
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00

<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		183.93	
<b>Fat</b>		4.54g	
<b>SaturatedFat</b>		0.79g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		46.96mg	
<b>Sodium</b>		594.60mg	
<b>Carbohydrates</b>		20.06g	
<b>Fiber</b>		2.74g	
<b>Sugar</b>		1.67g	
<b>Protein</b>		16.18g	
<b>Vitamin A</b>	10.14IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.85mg	<b>Iron</b>	0.95mg

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# Seasoned California Blend

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12176
<b>School:</b>	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
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

## Preparation Instructions

Place frozen blend in a 2 inch steam pan. Steam for 15 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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# Chef Salad

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

## Ingredients

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

## Preparation Instructions

Use a 2lb boat and layer ingredients as listed (Lettuce, ham, egg, and cheese). Place in cooler until ready for service.

Note: 14 large boats will fit on 1 tray. Start prepping salads at 10:00am for 11:00am service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	148.33		
<b>Fat</b>	7.95g		
<b>SaturatedFat</b>	4.97g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	117.44mg		
<b>Sodium</b>	430.39mg		
<b>Carbohydrates</b>	5.60g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.76g		
<b>Protein</b>	13.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	126.09mg	<b>Iron</b>	0.42mg

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# Taco Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12214
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	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

1. Place taco meat bags in a 2 inch steam pan.
2. Steam for 30 minutes or until 160 degrees.
3. Open bags of taco meat and put meat into a 4 inch pan.
4. Place lid on taco meat and put in warmer.
5. In boats prep 1 1/2 cup lettuce and 1 Tablespoon of cheese. Hold boats in cooler until service
6. For service place taco meat on top of lettuce and cheese in the boat while serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.75
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	153.90
<b>Fat</b>	7.15g
<b>SaturatedFat</b>	3.30g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	339.40mg
<b>Carbohydrates</b>	8.25g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.50g
<b>Protein</b>	16.05g
<b>Vitamin A</b> 645.00IU	<b>Vitamin C</b> 5.00mg
<b>Calcium</b> 114.75mg	<b>Iron</b> 2.00mg

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# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21738
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Hot Dog Bun	1 Each	READY_TO_EAT	2918
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.11mg	<b>Iron</b>	0.76mg

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# Black Bean & Corn Salsa

<b>Servings:</b>	49.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24058
<b>School:</b>	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	N/A	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

1. Drain black beans in a colander.
2. Drain corn in a colander.
3. In a large plastic tub or a large stainless steel bowl, add drained corn, black beans and salsa. Mix well
4. Add all seasonings to bean, corn and salsa mixture and blend well, cover and refrigerate overnight.
5. Stir before serving.

CCP: Hold for cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.50
<b>Starch</b>	0.25

### Nutrition Facts

Servings Per Recipe: 49.00  
Serving Size: 1.00 Cup

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**Amount Per Serving**

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<b>Calories</b>	165.21
<b>Fat</b>	0.56g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	174.76mg
<b>Carbohydrates</b>	32.70g
<b>Fiber</b>	7.46g
<b>Sugar</b>	4.04g
<b>Protein</b>	8.51g

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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.46mg	<b>Iron</b>	1.78mg

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# Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27726
<b>School:</b>	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

<b>Meat</b>	2.73
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.13
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# PBJ Meal

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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Pack

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.00mg

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# Sidekick Slushie

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	N/A	667911
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	N/A	863880

## Preparation Instructions

Remove from freezer and let sit out a short time before serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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# Fruitables Juice Box

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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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# Turkey Sub

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

## Ingredients

Description	Measurement	Prep Instructions	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

On bottom of sub bun place 6 slices of turkey and 1 slice of cheese. Place top of bun top of cheese. Hold subs in cooler until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	26.50g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
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<b>Calcium</b>	96.00mg	<b>Iron</b>	0.36mg
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# Mashed Potatoes

<b>Servings:</b>	76.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29652
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	2 Package	N/A	613738
Tap Water for Recipes	2 Gallon	N/A	000001WTR

## Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	73.69		
<b>Fat</b>	1.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	357.94mg		
<b>Carbohydrates</b>	14.74g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.53mg	<b>Iron</b>	0.32mg

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# Mexican Dip

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29656
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SALT IODIZED 18-2.25 GCHC	1/2 Tablespoon		350732
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
SEASONING TACO MIX 6-9Z GRSZ	18 Ounce		222313
Tap Water for Recipes	1 1/2 Quart		000001WTR
BEAN REFRD 6-10 P/L	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	2 #5 CAN	N/A	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
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

## Preparation Instructions

Brown ground beef and add salt, pepper, garlic to beef while being browned.  
Once beef is 160 degrees, drain grease.  
Add taco seasoning with water then bring to boil.  
Stir in the rest of ingredients except shredded cheese.  
Stir and simmer until dip reaches temperature of 160 degrees.  
Put dip into sprayed 4 inch pans. Cover with lid and place in the warmer.  
Place paper on trays under 8 oz. portion cups.  
Portion out 3/4 cup of dip into each portion cup.

Put 2 Tablespoons shredded cheese on top of dip in each cup.

Place in warmer until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		335.67	
<b>Fat</b>		20.08g	
<b>SaturatedFat</b>		7.42g	
<b>Trans Fat</b>		2.13g	
<b>Cholesterol</b>		69.67mg	
<b>Sodium</b>		737.29mg	
<b>Carbohydrates</b>		15.76g	
<b>Fiber</b>		2.16g	
<b>Sugar</b>		1.17g	
<b>Protein</b>		22.13g	
<b>Vitamin A</b>	23.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	1.38mg

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# Sloppy Joe

<b>Servings:</b>	315.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.33 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29658
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

## Preparation Instructions

Spray tilt skillet and brown hamburger.

Once the hamburger is 160 degrees, drain/remove all the grease.

Add Manwich sauce to browned hamburger and bring 160 degrees.

Place in sprayed 4 inch pans.

Put in warmer with a lid until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.75
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 0.33 Cup

#### Amount Per Serving

<b>Calories</b>	178.41		
<b>Fat</b>	11.37g		
<b>SaturatedFat</b>	3.79g		
<b>Trans Fat</b>	1.90g		
<b>Cholesterol</b>	49.28mg		
<b>Sodium</b>	251.03mg		
<b>Carbohydrates</b>	5.26g		
<b>Fiber</b>	1.31g		
<b>Sugar</b>	3.94g		
<b>Protein</b>	13.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.24mg

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# Macaroni & Cheese

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2 Package		119122

## Preparation Instructions

Place 2 bags in 2 inch steam pans.

Steam 1 hour to 160 degrees.

Open bags and put in a 4 inch pan for service

Serve heaping 5 1/3 oz. scoop.

NOTE:

12-6 fl. oz. servings per bag

72- 6 fl. oz. servings per case

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 6.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	979.99mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	418.99mg	<b>Iron</b>	1.00mg

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# Taco

<b>Servings:</b>	360.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29677
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound		722330
Cheese, Cheddar Reduced fat, Shredded	15 Pound		100012
TORTILLA FLOUR ULTRGR 6 30-12CT	360 Each		882690

## Preparation Instructions

Note: 1 case tortillas= 30 dozen (360) tortillas

Heat taco meat in 2 inch steam pans in a steamer to 160 degrees.

Open 4 bags of taco meat per 4 inch pan.

Place it in a warmer.

Assemble Tacos

1/4 c. taco meat on tortilla shell

1 1/2 oz shredded cheese (heaping 1 oz. scoop)

Fold up and place on bun pans.

Cover with foil and place in the warmer.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	221.43
<b>Fat</b>	9.93g
<b>SaturatedFat</b>	5.43g
<b>Trans Fat</b>	0.20g
<b>Cholesterol</b>	37.87mg
<b>Sodium</b>	412.96mg
<b>Carbohydrates</b>	19.17g
<b>Fiber</b>	3.40g
<b>Sugar</b>	2.40g
<b>Protein</b>	15.64g

<b>Vitamin A</b>	452.16IU	<b>Vitamin C</b>	3.51mg
<b>Calcium</b>	52.74mg	<b>Iron</b>	2.40mg

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# Smokey Sausage Links

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29681
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	192 Each		720038

## Preparation Instructions

Place sausage links in 4 inch steam pans.

Steam for 30 minutes with no lid

Temp to 160 degrees.

Place steam pan with sausage links in a 4 inch pan.

Put the lid on pan and place it in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.12mg	<b>Iron</b>	0.60mg

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



# Benton Baked Beans

<b>Servings:</b>	77.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29682
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	3 #10 CAN		520098

## Preparation Instructions

Spray 4 inch pan and put 3 #10 cans baked beans in pan.  
Place the lid on the pan and bake in the oven for 45 minutes.  
Stir and temp to 155 degrees.  
Once it has reached temperature place in hot hold until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	151.17		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	554.28mg		
<b>Carbohydrates</b>	30.23g		
<b>Fiber</b>	5.04g		
<b>Sugar</b>	12.09g		
<b>Protein</b>	7.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.39mg	<b>Iron</b>	1.91mg

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# Ravioli

<b>Servings:</b>	36.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29683
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	3 #10 CAN		496286

## Preparation Instructions

Spray 4 inch pan and put 3 #10 cans cans of ravioli in pan.  
Place the lid on the pan and bake in the oven for 30 minutes.  
Stir and cook until temperature reaches 160 degrees.  
Once it has reached temp place in hot hold until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.38
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	260.01		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	600.02mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	300.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.70mg

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# Hamburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29684
<b>School:</b>	Benton Elementary		

## Ingredients

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

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29685
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
3.5 WG Hamburger Bun	1 Each		3354
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich with 1 slice of cheese and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.50
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.00mg	<b>Iron</b>	9.80mg

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# Breaded Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29686
<b>School:</b>	Benton Elementary		

## Ingredients

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

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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# Grilled Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29687
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY FC 100-3.1Z TYS	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

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