

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	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

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

Green Beans

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
SPICE PEPR BLK REG GRIND 16Z TRDE	3 Tablespoon		225037

Preparation Instructions

Place drained green beans in a 4 inch 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

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	34.79mg	Iron	0.46mg

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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
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. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

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	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. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

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	67.00		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	146.53mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.78mg	Iron	0.82mg

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Refried Beans

Servings:	24.00	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 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

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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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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	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	N/A	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. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

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	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

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	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. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

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	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

Meat	2.75
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:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12214
School:	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

Meat	2.25
Grain	0.00
Fruit	0.00
GreenVeg	0.75
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	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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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-21738
School:	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

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

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

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	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

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	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	2.73
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

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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	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

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
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	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

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

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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	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

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	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

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
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Calcium	96.00mg	Iron	0.36mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mashed Potatoes

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29652
School:	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

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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving

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

*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-29656
School:	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

Meat	2.75
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Sloppy Joe

Servings:	315.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29658
School:	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

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: 315.00

Serving Size: 0.33 Cup

Amount Per Serving

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

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

Macaroni & Cheese

Servings:	24.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 24.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

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

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

Taco

Servings:	360.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29677
School:	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

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: 360.00

Serving Size: 1.00 Each

Amount Per Serving

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

Vitamin A	452.16IU	Vitamin C	3.51mg
Calcium	52.74mg	Iron	2.40mg

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

Smokey Sausage Links

Servings:	96.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29681
School:	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

Meat	1.25
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: 96.00

Serving Size: 2.00 Each

Amount Per Serving

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

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

Benton Baked Beans

Servings:	77.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29682
School:	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

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: 77.00

Serving Size: 0.50 Cup

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

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

Ravioli

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29683
School:	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

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.38
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Cup

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

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29684
School:	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

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 Sandwich

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	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

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

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29685
School:	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

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 Sandwich

Amount Per Serving

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

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

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29686
School:	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

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 Sandwich

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

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

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29687
School:	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

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 Sandwich

Amount Per Serving

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

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

Buttered Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
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 carrots in a 2 inch steam pan. Steam for 23 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper and place in hot hold until ready for service.

Meal Components (SLE)

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: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.99		
Fat	3.39g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	30.81mg		
Sodium	186.15mg		
Carbohydrates	6.08g		
Fiber	2.03g		
Sugar	3.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.00mg

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