

Cookbook for Benton Elementary School

Created by HPS Menu Planner

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Biscuit Sticks and Chocolate Gravy

NO IMAGE

Servings:	125.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19845
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	250 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
COCOA PWD BAKING 6-5 GCHC	1 3/4 Cup		269654
SUGAR CANE GRANUL 25 GCHC	4 Pound		108642
FLOUR H&R A/P 50 GCHC	1 1/4 Cup		765180
1% Low Fat White Milk	3 1/2 Quart		13871

Preparation Instructions

1. Keep biscuit dough frozen until day of service

Day of service:

1. mix 4lbs of granulated sugar, 1 1/4 cup flour, 1 3/4 cup cocoa powder in a heavy sauce pan with a wire whisk and then whisk in 14 cups (3 1/2 quarts) milk.

2. cook over medium heat stirring constantly until it becomes pudding thick. remove pan from heat and add 1/2 cup of butter and stir until melted.

3. ladle 1/4 (2oz) portions into cups and keep warm at 140^ until ready to serve.
4. pan biscuit sticks on lined sheet pans and bake for 10-12 minutes (until golden brown) in a 350^ convection oven or 375^ in a conventional oven.
5. brush baked sticks with butter or oil and place in a 140^ warmer until ready to serve
6. serve 2 biscuit sticks with 1/4 cup chocolate gravy

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 4.50 Ounce

Amount Per Serving

Calories	293.15		
Fat	10.42g		
SaturatedFat	6.24g		
Trans Fat	0.00g		
Cholesterol	1.68mg		
Sodium	754.11mg		
Carbohydrates	42.61g		
Fiber	0.08g		
Sugar	17.73g		
Protein	5.30g		
Vitamin A	1.12IU	Vitamin C	0.22mg
Calcium	5.44mg	Iron	0.05mg

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

Chili Soup & 1/2 Sandwich



Servings:	341.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20389
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	40 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
BASE BEEF LO SOD 12-1 LEGO	1/5 Pound		130885
ONION DEHY CHPD 15 P/L	3/4 Quart		263036
CELERY DCD IQF 6-4 GCHC	3/4 Quart		261513
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
JUICE TOMATO 100 FRSH 12-46FLZ HV	4 #5 CAN		732790
TOMATO PASTE 6-10 HUNTS	2 #10 CAN		444707
Tap Water for Recipes	3 #10 CAN	UNPREPARED	000001WTR
SPICE CHILI POWDER MILD 16Z TRDE	2 1/2 Cup		331473
SALT IODIZED 24-26Z GFS	3/4 Cup		108308
SUGAR BROWN LT 12-2 GFS	2 1/2 Cup		314641

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD I/JCE MW 6-10 GCHC	2 #10 CAN		246131

Preparation Instructions

Makes 64 Qts.-serves 341 6 oz. servings

Put all ingredients into floor soup pot and heat-TASTE to check seasoning. Stir and simmer till 170*, put into ½-10B pans-serve with mini cornbread loaves-gfs#159791.

Mini cornbread GFS 159791= 1.5 oz. eq. whole grain

Meal Components (SLE)

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.45
OtherVeg	0.00
Legumes	0.99
Starch	0.00

Nutrition Facts

Servings Per Recipe: 341.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	332.88		
Fat	7.23g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	22.52mg		
Sodium	1020.34mg		
Carbohydrates	46.48g		
Fiber	11.41g		
Sugar	14.05g		
Protein	25.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.47mg	Iron	1.68mg

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Mozzarella Cheese Sticks w/ Marinara

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20392
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		350.00	
Fat		11.00g	
SaturatedFat		3.50g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		760.00mg	
Carbohydrates		41.00g	
Fiber		5.00g	
Sugar		6.00g	
Protein		21.00g	
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	536.00mg	Iron	1.77mg

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Sausage Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21562
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	311.00
Fat	18.00g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	602.00mg
Carbohydrates	26.00g
Fiber	1.00g

Sugar	2.00g
Protein	10.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 1.60mg

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Macaroni & Cheese

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21782
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	4 Ounce	BAKE See Package Instructions	150731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.33
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	188.67		
Fat	7.33g		
SaturatedFat	4.33g		
Trans Fat	0.00g		
Cholesterol	24.67mg		
Sodium	432.00mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	5.33g		
Protein	10.00g		
Vitamin A	328.67IU	Vitamin C	0.67mg

Calcium	247.33mg	Iron	0.00mg
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Wow Jammer



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21939
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW 40-4.6Z	1 Each		661222

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	540.00
Fat	29.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	53.00g
Fiber	8.00g
Sugar	19.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.00mg	Iron 4.00mg

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Chicken Pot Pie with Biscuit Sticks



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27915
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	2 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
CHIX DCD 40 COMM	9 1/2 Pound		110530
POTATO GRANULES COMPLETE 6-5.31 GCHC	12 1/2 Pound	1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
GRAVY MIX BROWN 8- 13.37Z TRIO	3 Pound		741141
CORN CUT SUPER SWT 6-4 GCHC	6 Pound		851329
PEAS & CARROT 12-2.5 GCHC	12 Pound		119458

Preparation Instructions

Be sure to wash your hands before beginning the recipe. Prepare Potatoes according to the package. Prepare

chicken gravy according to package. Steam Corn, Carrots and Peas separately. And hold in steam table. Prepare Rich's Biscuit sticks according to instructions on the box.- 2 biscuits per serving Mix the prepared gravy and thawed fully cooked chicken in a steam pan to bring back up to temperature for holding

CCP: Heat to 140° F or higher

To assemble bowls: base is 4oz of mashed potatoes, chicken and gravy, vegetable options and topped with two biscuit sticks on the side of bowl sticking up.

Bowl assembly can vary depending on students choices. Must take,

Chicken, 4 oz of vegetable and 2 biscuit sticks at minimum to get meal

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	717.35		
Fat	6.45g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	63.84mg		
Sodium	1505.18mg		
Carbohydrates	115.79g		
Fiber	8.31g		
Sugar	4.43g		
Protein	32.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.50mg	Iron	4.08mg

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Lettuce/Tomato



Servings:	1.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31010
School:	Benton Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF 12CT MRKN	1/4 Cup	PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34"-36"F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. DO NOT ICE - LETTUCES ARE SUSCEPTIBLE TO FREEZE DAMAGE. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, MELONS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE.	198668
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	*STORAGE RECOMMENDATIONS: NEVER REFRIGERATE, OPTIMUM STORAGE IS 55*-60*. KEEP AWAY FROM OTHER ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND MELONS. **PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	199001

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	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 0.50 Cup

Amount Per Serving

Calories	9.08
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.22mg
Carbohydrates	1.95g
Fiber	0.55g
Sugar	1.25g
Protein	0.40g

Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	7.06mg	Iron	0.19mg

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