

# **Cookbook for Benton Elementary School**

**Created by HPS Menu Planner**

# **Table of Contents**

**Biscuit Sticks and Chocolate Gravy**

**Chili Soup & 1/2 Sandwich**

**Mozzarella Cheese Sticks w/ Marinara**

**Sausage Biscuit**

**Macaroni & Cheese**

**Wow Jammer**

**Chicken Pot Pie with Biscuit Sticks**

**Lettuce/Tomato**

# Biscuit Sticks and Chocolate Gravy

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	250 Each	<b>BAKE</b> 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

<b>Meat</b>	0.00
<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: 125.00

Serving Size: 4.50 Ounce

#### Amount Per Serving

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

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# Chili Soup & 1/2 Sandwich



<b>Servings:</b>	341.00	<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-20389
<b>School:</b>	Benton Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5 COMM	40 Pound	<b>BAKE</b> 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	<b>BAKE</b> 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	<b>UNPREPARED</b>	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

<b>Meat</b>	1.50
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.45
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.99
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 341.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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# Mozzarella Cheese Sticks w/ Marinara

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<b>BAKE</b> 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! <b>CONVECTION OVEN:</b> 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	<b>READY_TO_EAT</b> None	677721

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<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

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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# Sausage Biscuit

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> 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	<b>BAKE</b> 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

<b>Meat</b>	1.00
<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 Serving

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

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

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# Macaroni & Cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21782
<b>School:</b>	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

<b>Meat</b>	1.33
<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: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

<b>Calcium</b>	247.33mg	<b>Iron</b>	0.00mg
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# Wow Jammer

NO IMAGE

<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-21939
<b>School:</b>	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

<b>Meat</b>	2.00
<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>	540.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	390.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	8.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 242.00mg	<b>Iron</b> 4.00mg

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# Chicken Pot Pie with Biscuit Sticks

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	2 Each	<b>BAKE</b> 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	<ol style="list-style-type: none"><li>1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)</li><li>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).</li><li>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.</li></ol>	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

<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>	0.00

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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# Lettuce/Tomato



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

<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>	0.00

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		9.08	
<b>Fat</b>		0.10g	
<b>SaturatedFat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		4.22mg	
<b>Carbohydrates</b>		1.95g	
<b>Fiber</b>		0.55g	
<b>Sugar</b>		1.25g	
<b>Protein</b>		0.40g	
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	7.06mg	<b>Iron</b>	0.19mg

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