

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	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.46		
Fat	1.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.89mg		
Carbohydrates	23.57g		
Fiber	1.81g		
Sugar	8.00g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.54mg	Iron	2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with String Cheese & Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33627
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Meal consist of 1 uncrustable, string cheese, and 1 package of goldfish crackers.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	5.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33674
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011

Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	188.00		
Fat	6.60g		
SaturatedFat	1.60g		
Trans Fat	0.04g		
Cholesterol	20.00mg		
Sodium	121.00mg		
Carbohydrates	30.60g		
Fiber	1.60g		
Sugar	15.60g		
Protein	2.60g		
Vitamin A	2.88IU	Vitamin C	0.01mg
Calcium	18.20mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Pancakes

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33676
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220

Preparation Instructions

Heat according to manufacture's direction on box

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.20g
SaturatedFat	0.90g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	258.00mg
Carbohydrates	36.20g
Fiber	3.40g
Sugar	11.20g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.00mg	Iron 2.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavored Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40126
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	77.50
Fat	0.38g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	62.50mg
Carbohydrates	14.75g
Fiber	0.00g
Sugar	9.25g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety of French Toast

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33683
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN GLZD 144-3.25Z	1 Piece	Equals 1 Meat Alternative and 2 Grain Equivalents	240103
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	Equals 2 Grain Equivalents	498492
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	Equals 1 Meat Alternative and 1 Grain Equivalents	646262
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	2 Grain Equivalents	150291
FRENCH TST STIX CINN WGRAIN 100-3CT	1 Each	Equals 1 Meat Alternative and 1 Grain Equivalents	667462
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each	3 Sticks Equals 1 Meat Alternative and 1 Grain Equivalents	646222
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each	3 Sticks Equals 1 Meat Alternative and 1 Grain Equivalents	555012

Preparation Instructions

Heat according to manufacture's direction on box

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.71		
Fat	6.21g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	63.57mg		
Sodium	243.81mg		
Carbohydrates	27.10g		
Fiber	1.95g		
Sugar	9.24g		
Protein	5.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.67mg	Iron	1.52mg

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad- Alternate Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36839
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Ham, Cubed Frozen	1 1/2 Ounce	USDA Commodity/Brown Box OR GFS 202150. Weight	100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce	Use Commodity Brown Box when available or GFS#150250	100012
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	Or any other fresh vegetables you would like to offer.	576646
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
BREADSTICK GARLIC 168CT NY 10081	1 Each		616500
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	Or other dressing options	195774

Preparation Instructions

Package all items together in salad container.

This is a reimbursable meal by itself (grain, meat/meat alternate, and vegetable). Students must still be able to take other vegetables, fruits, and milk on the menu for the day.

When making substitutions, make sure salad still counts as at least 2 oz. eq. meat/meat alternate and 2 oz. eq. grain.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2070.76
Fat	35.56g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	170.46mg
Sodium	1216.05mg
Carbohydrates	341.47g
Fiber	151.46g
Sugar	156.32g
Protein	171.42g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 2464.97mg	Iron 3.65mg

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Nutrition - Per 100g

No 100g Conversion Available

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	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

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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Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33651
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40127
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	156.67
Fat	3.67g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	29.50g
Fiber	3.00g
Sugar	9.00g
Protein	2.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	Iron 1.95mg

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Nutrition - Per 100g

No 100g Conversion Available