

Cookbook for Benton Elementary

Created by HPS Menu Planner

Table of Contents

Assorted Whole Grain Cereals

Uncrustable with String Cheese & Goldfish Crackers

Assorted Muffin

Variety of Pancakes

Assorted Flavored Yogurt Cup

Vegetable Juice Box

Variety of French Toast

Chef Salad- Alternate Entree

French Fries

Macaroni & Cheese

Graham Snack

Green Beans

Buttered Corn

Ice Cream Cup

Assorted Cereal Bars

Seasoned California Blend

Hot Dog on Bun

Buttered Broccoli

Mexican Dip

Benton Baked Beans

Broccoli with Cheese

Taco Salad

Refried Beans

Breaded Chicken Sandwich

Buttered Peas

Taco

Ravioli

Walking Taco (Meat and Cheese Sauce)

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:	Grain
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:	Grain
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

Vegetable Juice Box

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37564
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	214513
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	597380
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each	Credits as 1/2 cup Other Vegetable	698261
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each	Credits as 1/2 cup Other Vegetable	510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	Credits as 1/2 cup Other Vegetable	510562

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	11.60g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	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 SALAD TINY CHP 55/45 4-5RSS	1 Pint	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121
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	**Non-Whole Grain**	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.

Updated 5.22.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	598.05
Fat	36.79g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	170.46mg
Sodium	1216.05mg
Carbohydrates	46.93g
Fiber	4.19g
Sugar	9.05g
Protein	24.15g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 100.34mg	Iron 4.65mg

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Nutrition - Per 100g

No 100g Conversion Available

French Fries

Servings:	9.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40130
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 CC O/R 6-5 MCC	1 1 Ounce	Weight	178531
FRIES 3/8 SC XLNG 6-5 MCC	2 2/7 Ounce	Weight	510043
FRIES 1/2 C/C OVEN 6-5 MCC	1 1 Ounce	Weight	200697
FRIES SPIRAL 6-4 MCC	1 1 Ounce	Weight	200859
FRIES 1/4 SS XLNG 6-4.5 MCC	2 1/4 Ounce	Weight	200611
FRIES WEDGE 8CUT CNTRY 6-5 MCC	7 Piece		509661
FRIES WAFFLE 6-4.5 MCC	9 Piece		201081
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/16 Ounce	Weight	510081
FRIES 1/2 C/C OVEN SEAS CRSPY 6-5	2 1/10 Ounce	Weight	123790

Preparation Instructions

Bake/Cook according to directions given by manufacture and on each items case.

Note: Serving size listed as weight or pieces for each product so that each serving will equal 1/2 cup Starchy vegetable

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: 9.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	86.22		
Fat	2.94g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.28mg		
Carbohydrates	14.03g		
Fiber	0.76g		
Sugar	0.22g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.01mg	Iron	0.12mg

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Nutrition - Per 100g

No 100g Conversion Available

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	2.000
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: 24.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	281.40
Fat	10.72g
SaturatedFat	6.03g
Trans Fat	0.33g
Cholesterol	30.15mg
Sodium	978.19mg
Carbohydrates	30.82g
Fiber	1.34g
Sugar	6.03g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 416.06mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31216
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRCKR GRHM TIGER BITE CINN 150-1Z	1 Package		330751
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package	READY_TO_EAT Ready to Enjoy	288252
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	READY_TO_EAT Ready to Enjoy	198472

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.83		
Fat	3.79g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.92mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	7.25g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.67mg	Iron	0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	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 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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

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	3.42mg
Calcium	34.79mg	Iron	0.46mg

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

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

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

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:	Grain
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

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

Nutrition - Per 100g

No 100g Conversion Available

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	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 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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

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 #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

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	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	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 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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

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 FINE GRIND 16Z	1 Tablespoon		225037
SEASONING TACO MIX 6-9Z GRSZ	1 Pound 2 Ounce (18 Ounce)		222313
Tap Water for Recipes	1 1/2 Quart		000001WTR
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	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	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	291.29
Fat	16.83g
SaturatedFat	6.34g
Trans Fat	1.59g
Cholesterol	55.59mg
Sodium	733.59mg
Carbohydrates	15.76g
Fiber	2.16g
Sugar	1.17g
Protein	18.34g
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

Nutrition - Per 100g

No 100g Conversion Available

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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33675
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED BASIC 6-10 CHEFM	1 #10 CAN		565695

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		39.87	
Fat		1.89g	
SaturatedFat		0.47g	
Trans Fat		0.00g	
Cholesterol		1.58mg	
Sodium		122.34mg	
Carbohydrates		4.82g	
Fiber		1.76g	
Sugar		0.59g	
Protein		2.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.80mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	#10 Disher or 3/8 cup	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Use Commodity Brown Box when available or GFS#150250	150250
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 1/2 Cup	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121

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.

Updated 5.16.23

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	161.35
Fat	7.05g
SaturatedFat	3.30g
Trans Fat	0.29g
Cholesterol	41.50mg
Sodium	343.20mg
Carbohydrates	9.40g
Fiber	4.07g
Sugar	4.07g
Protein	16.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.72mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 ROSARITA	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

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	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	350.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	640.00mg		
Carbohydrates	34.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	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 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	0.000
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: 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

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

Nutrition - Per 100g

No 100g Conversion Available

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 6 24-12CT GRSZ	360 Each	**Non-Whole Grain**	713320

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.

Updated 5/22/23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 360.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.62
Fat	9.36g
SaturatedFat	4.93g
Trans Fat	0.20g
Cholesterol	37.17mg
Sodium	500.62mg
Carbohydrates	18.17g
Fiber	1.40g
Sugar	2.40g
Protein	15.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.05mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco (Meat and Cheese Sauce)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39521
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup	4 fl oz spoodle or #8 Disher	722330
SAUCE CHS CHED BASIC 6-10 CHEFM	1/4 Cup	2 fl. oz spoodle or #16 Disher	565695

Preparation Instructions

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

Open 4 bags of taco meat per 4 inch pan.

Place it in a warmer.

Place Taco meat (1/2 cup) and cheese sauce (1/4 cup) in 1 lb boat for service. Served with lettuce, cheese, diced tomatoes, and Doritos.

Updated 4.5.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.80
Fat	12.40g
SaturatedFat	3.90g
Trans Fat	0.39g
Cholesterol	50.33mg
Sodium	754.26mg
Carbohydrates	12.67g
Fiber	2.67g
Sugar	2.67g
Protein	18.07g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	86.66mg
Iron	2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available
