

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 TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

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	107.43
Fat	1.27g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.29mg
Carbohydrates	23.57g
Fiber	2.16g
Sugar	7.86g
Protein	1.77g
Vitamin A 42.86IU	Vitamin C 0.51mg
Calcium 60.63mg	Iron 2.41mg

*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 PBJ GRP WGRAIN	1 Each		527462
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	2 Each	Or Use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	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	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.50g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
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

Graham Snack

Servings:	9.00	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 CHARACT W/G	1 Package		264282
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GLDFSH GRHM FREN TST	1 Package	N/A	288252
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GRHM HNY MAID LIL SQ	1 Package		503370
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472

Preparation Instructions

Updated 10.11.24

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	122.22
Fat	3.83g
SaturatedFat	0.78g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	121.11mg
Carbohydrates	20.78g
Fiber	1.33g
Sugar	7.56g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.44mg	Iron 0.91mg

*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	30 Pound		610802
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE ONION POWDER	1 Fluid Ounce		126993
SPICE GARLIC POWDER	1 Fluid Ounce		224839

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, pepper, onion, and garlic powder to vegetables and place in hot hold until ready for service.

Updated 12.16.24

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	69.83		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	146.53mg		
Carbohydrates	9.69g		
Fiber	3.17g		
Sugar	3.17g		
Protein	3.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.78mg	Iron	0.87mg

*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	1.514
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
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

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 6IN	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	0.00g
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

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 Pound		285620
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE ONION POWDER	1 Fluid Ounce		126993

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, pepper, garlic and onion powder to vegetables and place in hot hold until ready for service.

Updated 12.16.24

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	116.36
Fat	3.10g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	5.82mg
Sodium	127.88mg
Carbohydrates	20.51g
Fiber	0.97g
Sugar	4.85g
Protein	2.91g
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

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	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	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	1/4 Cup	Or any other fresh vegetables you would like to offer.	576646
CROUTON CHS GARL WGRAIN	2 Package		661022
BREADSTICK GARLIC	1 Each	**Non-Whole Grain**	616500
DRESSING RNCH PKT	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	2.000
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

Mashed Potatoes

Servings:	39.00	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	1 Package	N/A	613738
Tap Water for Recipes	1 Gallon	N/A	000001WTR

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.
- 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Updated 1.23.24

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	76.33		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.78mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45616
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	13 Pound	2.9 ounce weight per sandwich	689541
CHEESE AMER 160CT SLCD R/F	72 Slice	N/A	722360
BUN SUB SLCD WGRAIN 5IN	72 Each	N/A	276142

Preparation Instructions

On each bun place 2.9 ounce weight of turkey and 1 piece slice of cheese. Use a 2" sandwich pan. Place 4 X 6 complete sandwiches. Total of 3 layers. 72 total.
Cover with foil and place in cold pass thru.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 72.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	274.69
Fat	5.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	47.35mg
Sodium	848.28mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	26.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Variety Mini French Toast

Servings:	3.00	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 MINI CHOC CHIP IW	1 Package	Equals 2 Grain Equivalents	498492
FRENCH TST MINI TRIX IW	1 Each		497998
FRENCH TST CINN TST CRNCH IW	1 Each		499873

Preparation Instructions

Heat according to manufacture's direction on box

Updated 1.24.25

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	206.67
Fat	6.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	35.67g
Fiber	3.00g
Sugar	10.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.67mg	Iron 2.17mg

*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:	3.00	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	N/A	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI BLUEB IW	1 Each		498104

Preparation Instructions

Heat according to manufacture's direction on box

Updated 1.24.25

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	240.00mg
Carbohydrates	35.67g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavored Yogurt Cup

Servings:	4.00	Category:	Condiments or Other
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	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT CHERRY TRPL L/F	1 Each		186911
YOGURT DANIMAL STRAWB N/F	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

*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	1 Each		359700
ICE CRM CUP STRAWB FLAV	1 Each		359730
ICE CRM CUP CHOC FLAV	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:	5.00	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	1 Each		265901
BAR CEREAL GLDN GRHM WGRAIN	1 Each		265921
BAR CEREAL CINN TST WGRAIN	1 Each		265891
BAR CEREAL TRIX WGRAIN	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW	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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	158.00		
Fat	3.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.00mg		
Carbohydrates	29.60g		
Fiber	3.00g		
Sugar	8.80g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	2.12mg

*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	1 Each		262343
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN APPL CINN WGRAIN IW	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

Green Beans with Bacon

Servings:	258.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47171
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	10 #10 CAN	Use Brown Box Commodity when available or use GFS#118737	100307
BACON BIT 1/4IN	1 Quart		332817
SPICE ONION POWDER	1/2 Tablespoon		126993
SPICE GARLIC POWDER	1/2 Tablespoon		224839

Preparation Instructions

Place drained green beans in a 4 inch pan with bacon. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Place in hot hold until ready for service.

Updated 12.16.24

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: 258.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	51.12		
Fat	2.23g		
SaturatedFat	0.74g		
Trans Fat	0.00g		
Cholesterol	7.44mg		
Sodium	244.56mg		
Carbohydrates	4.03g		
Fiber	2.01g		
Sugar	2.01g		
Protein	3.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.07mg

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

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	1.842
Grain	0.837
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

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/	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 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	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

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

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	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	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.519
RedVeg	0.000
OtherVeg	0.519
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	0.00g
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

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 ORIG	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	0.504
Starch	0.000

Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	151.17		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	574.44mg		
Carbohydrates	30.23g		
Fiber	5.04g		
Sugar	12.09g		
Protein	7.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.39mg	Iron	1.89mg

*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 Pound		285590
SAUCE CHS CHED BASIC	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

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 Pound		285740
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	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
