

Cookbook for Benton Elementary

Created by HPS Menu Planner

Table of Contents

Whole Fruit Cup

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Uncrustable with String Cheese & Goldfish Crackers

Fruitables Juice Box

Apple Crisp

Chicken Bacon Salad

Assorted Muffin

Hamburger on Bun

Green Beans with bacon

Broccoli with Cheese

Sidekick Slushie

Breakfast Parfait

Taco Salad

Assorted Cereal Bars

Uncrustable with Yogurt & Goldfish Crackers

Assorted Flavored Yogurt Cup

Sausage, Egg, & Cheese Biscuit

Breakfast Bake

Hot Dog on Bun

Yogurt Parfait Side

Mashed Potatoes

Graham Snack

Orange Chicken

Green Beans with Bacon

Scalloped Potatoes

Chicken Taco Meat

Refried Beans

Chicken Sandwich

Whole Fruit Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31218
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
NOVELTY FZ ORG/PNAP/CHRY	1 Each	602402
NOVELTY FZ CUP JCE BRY/LEM	1 Each	532420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	18.50g		
Fiber	3.00g		
Total Sugar	15.50g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	250.00mcg	Vitamin C	30.00mg
Calcium	80.00mg	Iron	0.36mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-53797
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL RAISIN BRAN BWL	1 Each	247197
Lucky Charms Reduced Sugar	1 Each	549485

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		133.47	
Fat		1.83g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		179.96mg	
Carbohydrates		28.67g	
Fiber		2.69g	
Total Sugar		7.11g	
Added Sugar		5.67g	
Protein		2.60g	
Vitamin A	66.67mcg	Vitamin C	0.80mg
Calcium	85.20mg	Iron	6.37mg

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	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
SAND UNCRUST PBJ STRAWB	1 Each	536012
CHEESE STRING MOZZ LT IW	2 Each	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
Beans, Peas, and Lentils	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	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		650.00mg	
Carbohydrates		47.50g	
Fiber		4.00g	
Total Sugar		16.00g	
Added Sugar		12.50g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Fruitables Juice Box

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27774
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each	604802
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each	272122

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Total Sugar	12.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	500.00mcg	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--

Apple Crisp

Servings:	156.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34041
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
APPLE SLCD HMSTYL SPCD	5 #10 CAN	507942
FLOUR HR GOLD MEDAL 14317	2 Cup	426253
OATS QUICK HOT CEREAL	2 Cup	240869
BUTTER PRINT UNSLTD GRD AA	2 Cup	299405
SUGAR BROWN MED	1 1/2 Cup	108626

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 156.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		169.57	
Fat		2.35g	
Saturated Fat		1.45g	
Trans Fat		0.00g	
Cholesterol		6.15mg	
Sodium		8.29mg	
Carbohydrates		36.00g	
Fiber		0.98g	
Total Sugar		30.03g	
Added Sugar		23.21g	
Protein		0.28g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.25mg	Iron	0.11mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53839
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	451730
CHIX PULLED WHT DRK BLND	2 3/10 Ounce	467802
BACON TOPPING CKD 1/2IN DCD	1 Tablespoon	814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon	100012
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	313887
CROUTON CHS GARL WGRAIN	1 Package	661022
DRESSING RNCH PKT	1 Each	195774

Preparation Instructions

Get out a 6 x 8 salad container and put 2 cups of lettuce on the green side. Then put the chicken, bacon and cheese on top of the lettuce. Arrange the Kens dressing (In the packet), croutons and garlic bread stick in the container and close the lid.

Updated 6.19.25

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		572.00	
Fat		33.33g	
Saturated Fat		7.65g	
Trans Fat		0.00g	
Cholesterol		124.83mg	
Sodium		907.00mg	
Carbohydrates		42.27g	
Fiber		2.00g	
Total Sugar		5.00g	
Added Sugar		3.00g	
Protein		27.77g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	44.83mg	Iron	2.77mg

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	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
Beans, Peas, and Lentils	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	
Saturated Fat		1.60g	
Trans Fat		0.04g	
Cholesterol		20.00mg	
Sodium		121.00mg	
Carbohydrates		30.60g	
Fiber		1.60g	
Total Sugar		15.60g	
Added Sugar		14.80g	
Protein		2.60g	
Vitamin A	2.88mcg	Vitamin C	0.01mg
Calcium	18.20mg	Iron	1.05mg

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20338
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	80 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	80 Each	266545

Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooking drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

Updated 5.24.24

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		275.00	
Fat		13.50g	
Saturated Fat		4.80g	
Trans Fat		0.80g	
Cholesterol		49.00mg	
Sodium		366.00mg	
Carbohydrates		20.00g	
Fiber		3.00g	
Total Sugar		3.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	46.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Green Beans with bacon

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34040
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	118737
BUTTER PRINT UNSLTD GRD AA	1/2 Pound	299405
SPICE PEPR BLK REG FINE GRIND	1 1/2 Tablespoon	225037
BACON TOPPING CKD 1/2IN DCD	1 Cup	814781

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, pepper and bacon 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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		42.39	
Fat		2.08g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		5.83mg	
Sodium		169.22mg	
Carbohydrates		4.31g	
Fiber		2.16g	
Total Sugar		2.16g	
Added Sugar		0.00g	
Protein		1.58g	
Vitamin A	0.00mcg	Vitamin C	3.23mg
Calcium	32.83mg	Iron	0.43mg

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-20352
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	30 Pound	285590
SAUCE CHS CHED SHRP	1 #10 CAN	150991

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. Usually about 1/2 of a 10# can.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 164.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		36.72	
Fat		1.58g	
Saturated Fat		0.32g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		179.12mg	
Carbohydrates		5.13g	
Fiber		1.76g	
Total Sugar		1.53g	
Added Sugar		0.00g	
Protein		2.07g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	37.52mg	Iron	0.59mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--

Sidekick Slushie

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27773
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
SLUSHIE SR CHRY-LEM	1 Each	667911
SLUSHIE STRAWB-KW	1 Each	863880

Preparation Instructions

Remove from freezer and let sit out a short time before serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		90.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.50mg	
Carbohydrates		22.00g	
Fiber		0.00g	
Total Sugar		19.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	1000.00mcg	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--

Breakfast Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53798
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup	499989
Blueberries, Frozen	1/4 Cup	110624
Strawberries, Sliced, IQF	1/4 Cup	110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	569744

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		210.84	
Fat		2.97g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		131.40mg	
Carbohydrates		41.31g	
Fiber		4.44g	
Total Sugar		19.55g	
Added Sugar		9.44g	
Protein		7.08g	
Vitamin A	119.99mcg	Vitamin C	0.00mg
Calcium	164.99mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20665
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup	451730
TURKEY TACO MEAT FC	2 Ounce	768230
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon	100012
CHIP TORTL RND R/F	1 Each	662512
SALSA CUP	1 Each	677802
SOUR CREAM PKT	1 Each	745903

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		449.89	
Fat		19.82g	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		71.54mg	
Sodium		730.62mg	
Carbohydrates		36.08g	
Fiber		6.00g	
Total Sugar		6.00g	
Added Sugar		0.00g	
Protein		21.22g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	115.29mg	Iron	1.32mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31141
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	265901
BAR CEREAL CINN TST WGRAIN	1 Each	265891

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		160.00	
Fat		3.50g	
Saturated Fat		0.17g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		110.00mg	
Carbohydrates		29.33g	
Fiber		3.00g	
Total Sugar		8.67g	
Added Sugar		8.67g	
Protein		2.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	230.00mg	Iron	1.67mg

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--

Uncrustable with Yogurt & Goldfish Crackers

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37187
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	2 Each	527462
SAND UNCRUST PBJ STRAWB	2 Each	536012
CHEESE STRING MOZZ IW	2 Each	786580
CRACKER GLDFSH CHED WGRAIN	4 Package	736280
YOGURT DANIMAL STRAWB BAN N/F	1 Each	869921
YOGURT DANIMAL STRAWB N/F	1 Each	885750

Preparation Instructions

Meal consist of 1 uncrustable, 1 yogurt cup or String Cheese, and 1 package of goldfish crackers.

Updated 8.10.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		475.00	
Fat		22.50g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		577.50mg	
Carbohydrates		54.50g	
Fiber		4.00g	
Total Sugar		20.50g	
Added Sugar		14.75g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	212.50mg	Iron	1.70mg

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	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		62.50mg	
Carbohydrates		14.75g	
Fiber		0.00g	
Total Sugar		9.25g	
Added Sugar		4.75g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53810
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN	1 Each	237390
EGG SCRMBD PTY RND GRLLD	1 Each	208990
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice	499789
SAUSAGE PTY TKY CKD	1 Each	184970

Preparation Instructions

Prepare biscuit and egg patty as directed on case. For service place 1 egg patty and 1 slice of cheese between biscuit halves.

Meal Components (SLE)

Amount Per Serving	
Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		312.70	
Fat		16.90g	
Saturated Fat		7.75g	
Trans Fat		0.07g	
Cholesterol		114.50mg	
Sodium		771.20mg	
Carbohydrates		26.00g	
Fiber		2.60g	
Total Sugar		3.00g	
Added Sugar		1.00g	
Protein		15.40g	
Vitamin A	32.73mcg	Vitamin C	0.01mg
Calcium	122.58mg	Iron	1.59mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bake

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-53844
School:	Benton Elementary		

Ingredients

Description	Measurement	DistPart #
ENTREE BKFST SCRMBD CNTRY	10 Pound	788051
CHEESE CHED MLD SHRD 4-5 LOL	6 Ounce	150250

Preparation Instructions

- Prep Time: 60 minutes
- Pre-Preparation Instructions:
- Thaw Breakfast Scramble 48-72 hrs (under refrigeration) 40°F - HACCP Critical Control Point.
- Preheat convection oven to 350°F
- To prepare breakfast bake: Casserole Style (hotel pans):
- Spray pan with non-stick cooking spray
- Place (2) 5 lb bags of Country breakfast scramble into 2 inch deep hotel pan.
- Place pan (uncovered) in a preheated 350°F oven and bake for 35-40 minutes or until eggs are firm.
- Remove pan from oven.
- Top off with 6 oz. of Shredded Cheddar Cheese.
- Place in hot holding cabinet for 10-15 minutes or until ready to serve.
- Serving:
- Cut Country Breakfast Scramble into 35 servings (5x7) and serve immediately.
- Serve 1 slice of Breakfast Bake

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories		237.52	
Fat		15.29g	
Saturated Fat		6.78g	
Trans Fat		0.00g	
Cholesterol		152.59mg	
Sodium		567.36mg	
Carbohydrates		8.92g	
Fiber		0.00g	
Total Sugar		1.25g	
Added Sugar		0.00g	
Protein		14.77g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	210.30mg	Iron	1.25mg

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-37229
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF 6/	1 Each	330043
BUN HOT DOG SLCD 5.75IN	1 Each	763225

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	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		340.00	
Fat		23.50g	
Saturated Fat		8.00g	
Trans Fat		1.00g	
Cholesterol		50.00mg	
Sodium		850.00mg	
Carbohydrates		22.00g	
Fiber		1.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	51.85mg	Iron	2.02mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait Side

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27105
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup	499989
Blueberries, Frozen	1/4 Cup	110624
Strawberries, Sliced, IQF	1/4 Cup	110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	2 Tablespoon	569744

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		163.99	
Fat		2.12g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		103.71mg	
Carbohydrates		32.36g	
Fiber		2.74g	
Total Sugar		17.42g	
Added Sugar		7.74g	
Protein		5.80g	
Vitamin A	119.99mcg	Vitamin C	0.00mg
Calcium	164.99mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37227
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS PREM	29 3/10 Ounce	193610
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

- 1: Pour 1 gallon of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15-20 seconds.
- 3: Let stand for 5 minutes, stir 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
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 41.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	79.40		
Fat	0.99g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.06mg		
Carbohydrates	13.90g		
Fiber	1.99g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.93mcg	Vitamin C	6.33mg
Calcium	8.36mg	Iron	0.29mg

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		

Ingredients

Description	Measurement	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 SCOOPY	1 Package	859550
CRACKER GLDFSH GRHM FREN TST	1 Package	288252
CRACKER GRHM VAN CHAT	1 Each	774471
CRACKER GRHM HNY MAID LIL SQ	1 Package	503370
CRACKER GLDFSH CINN	1 Package	194510
CRACKER GLDFSH GRHM VAN	1 Each	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.78g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		121.11mg	
Carbohydrates		20.78g	
Fiber		1.33g	
Total Sugar		7.56g	
Added Sugar		3.44g	
Protein		1.89g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.44mg	Iron	0.91mg

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	55.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37212
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	15 Pound	536620
SAUCE ORNG GINGR	8 Cup	802860

Preparation Instructions

- Bake popcorn chicken from frozen.
1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
 2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
 3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
 4. Toss popcorn chicken in sauce enough to coat.
 5. Hold for in warmer until ready for service.
- Each student should receive 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 10.00 Piece

Amount Per Serving			
Calories		343.76	
Fat		13.19g	
Saturated Fat		3.04g	
Trans Fat		0.00g	
Cholesterol		71.02mg	
Sodium		638.29mg	
Carbohydrates		37.90g	
Fiber		3.04g	
Total Sugar		16.29g	
Added Sugar		16.29g	
Protein		19.28g	
Vitamin A	202.92mcg	Vitamin C	0.00mg
Calcium	20.29mg	Iron	1.46mg

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	DistPart #
Green Beans, Low Sodium Canned	10 #10 CAN	100307
BACON BIT 1/4IN	4 Cup	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.74g	
Trans Fat		0.00g	
Cholesterol		7.44mg	
Sodium		252.01mg	
Carbohydrates		4.03g	
Fiber		2.01g	
Total Sugar		2.01g	
Added Sugar		0.00g	
Protein		2.49g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Scalloped Potatoes

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29311

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 1/2 Quart	000001WTR
BUTTER PRINT UNSLTD GRD AA	4 Ounce	299405
POTATO SCALLOPED CLSC R/SOD	1 Carton	118567

Preparation Instructions

- 1: Add 4 1/2 Quarts boiling water and 4 ounces butter to 2" deep full-size steamtable pan.
- 2: Stir in sauce mix until dissolved.
- 3: Add potato slices. Stir.
- 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 32.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		137.49	
Fat		3.77g	
Saturated Fat		1.75g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		204.53mg	
Carbohydrates		22.50g	
Fiber		1.02g	
Total Sugar		4.09g	
Added Sugar		2.05g	
Protein		2.05g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	31.43mg	Iron	0.31mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Meat

Servings:	64.00	Category:	Entree
Serving Size:	2.50 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42011
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX PULLED WHT DRK BLND	10 Pound	467802
SEASONING TACO SLT FR	2 1/4 Cup	605062
Tap Water for Recipes	7 1/2 Cup	000001WTR

Preparation Instructions

Heat chicken up then add water and Taco Seasoning. Simmer 10-15 minutes.
Hold in warmer for service.
Portion is 2.50 ounce weight of chicken.

Meal Components (SLE)

Amount Per Serving	
Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00			
Serving Size: 2.50 Ounce			
Amount Per Serving			
Calories		116.88	
Fat		4.17g	
Saturated Fat		1.25g	
Trans Fat		0.00g	
Cholesterol		54.17mg	
Sodium		116.88mg	
Carbohydrates		4.21g	
Fiber		0.84g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		13.33g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.17mg	Iron	1.68mg

Nutrition - Per 100g

Calories		164.91	
Fat		5.88g	
Saturated Fat		1.76g	
Trans Fat		0.00g	
Cholesterol		76.43mg	
Sodium		164.91mg	
Carbohydrates		5.94g	
Fiber		1.19g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		18.81g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.88mg	Iron	2.37mg

Refried Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20301
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	2 Package	183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup	100012
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15 minutes and they should set to a firm bean mixture. Sprinkle with 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
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 33.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		190.82	
Fat		2.08g	
Saturated Fat		0.87g	
Trans Fat		0.00g	
Cholesterol		1.82mg	
Sodium		680.99mg	
Carbohydrates		31.70g	
Fiber		10.20g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		10.83g	
Vitamin A	0.71mcg	Vitamin C	1.01mg
Calcium	57.05mg	Iron	2.46mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24069
School:	Millersburg Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

Place 25 chicken patties on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.
Put in warmer for holding.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		390.00	
Fat		15.00g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		700.00mg	
Carbohydrates		40.00g	
Fiber		6.00g	
Total Sugar		5.00g	
Added Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	65.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available
