

# Cookbook for Black River Local Schools

Created by HPS Menu Planner

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Mixed Vegetables

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|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 200.00           |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Vegetable        |
| <b>HACCP Process:</b> | Same Day Service |

Mixed Vegetables

## Nutrition Information

|                      |         |                     |        |
|----------------------|---------|---------------------|--------|
| <b>Calories</b>      | 1.38    | <b>Protein</b>      | 0.04g  |
| <b>Fat</b>           | 0.01g   | <b>SaturatedFat</b> | 0.00g  |
| <b>Trans Fat</b>     | 0.00g   | <b>Cholesterol</b>  | 0.00mg |
| <b>Carbohydrates</b> | 0.26g   | <b>Fiber</b>        | 0.05g  |
| <b>Sugar</b>         | 0.09g   | <b>Sodium</b>       | 0.22mg |
| <b>Iron</b>          | 0.01mg  | <b>Vitamin C</b>    | 0.09mg |
| <b>Vitamin A</b>     | 14.93IU | <b>Calcium</b>      | 0.30mg |

## Ingredients

### 1 Cup CORN CUT SUPER SWT 6-4 GFS

Keep frozen until ready to use.

Spray pan. Pour 2 bags of each vegetable in pan. Put in steamer and steam until reaches 140 degrees.

### 1 Cup BEAN GREEN CUT 6-4 GFS

Keep frozen until ready to use.

Spray pan. Pour 2 bags of each vegetable in pan. Put in steamer and steam until reaches 140 degrees.

### 1 Cup PEAS & CARROT 12-2.5# GFS

Keep frozen until ready to use.

Spray pan. Pour 2 bags of each vegetable in pan. Put in steamer and steam until reaches 140 degrees.

## Preparation Instructions

Keep frozen until ready to use.

Spray pan. Pour 2 bags of each vegetable in pan. Put in steamer and steam until reaches 140 degrees.