

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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**Fruit**

**100% Fruit Juice**

# Fruit



<b>Servings:</b>	0.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9660

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GCHC	0 Cup		610437
APPLESAUCE UNSWT 6-10 GCHC	0 Cup		271497
FRUIT MIXED DCD IN JCE 6-10 GCHC	0 Cup		610348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	0 Cup		189979
PEAR DCD IN JCE 6-10 GCHC	0 Cup		610364

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	58.40
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	4.10mg
<b>Carbohydrates</b>	14.39g
<b>Fiber</b>	0.95g
<b>Sugar</b>	11.54g

<b>Protein</b>	0.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.49mg	<b>Iron</b>	0.06mg

# 100% Fruit Juice

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9659

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	0 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70- 4FLZ SNCUP	0 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900
JUICE ORNG/PINEAP 100 70- 4FLZ SNCUP	0 Each		403021
JUICE APPL 100 70-4FLZ SNCUP	0 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	0 Each		207980

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 0.000			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.00mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.07mg