

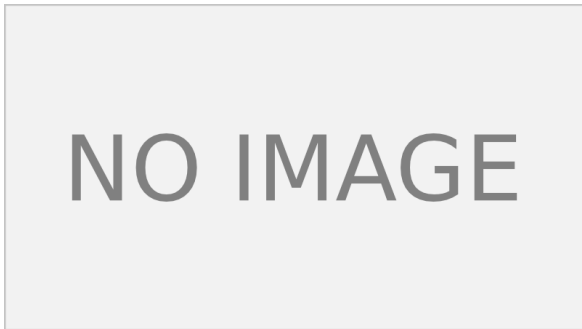
Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

Broccoli

Broccoli



Servings:	118.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	21 2/3 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	7 2/9 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	4 9/11 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 118.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	41.05
Fat	1.37g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	33.33mg
Carbohydrates	5.51g
Fiber	3.01g
Sugar	1.00g
Protein	3.01g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 0.00mg **Iron** 0.00mg