

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Corn



<b>Servings:</b>	182.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	33 1/11 Pound		358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	13 1/4 Ounce		191205

## 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>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.50

### Nutrition Facts

Servings Per Recipe: 182.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	89.47		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.45mg		
<b>Sodium</b>	13.36mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	2.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# Refried Beans

NO IMAGE

<b>Servings:</b>	40.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 GRSZ	1 2/3 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1 2/3 Cup		100012

## 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>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	164.22		
<b>Fat</b>	3.16g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	604.55mg		
<b>Carbohydrates</b>	24.96g		
<b>Fiber</b>	6.47g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	9.79g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.50mg	<b>Iron</b>	2.16mg

# Spanish Rice



<b>Servings:</b>	398.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z UBEN	131 1/3 Cup		555169

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<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: 398.000

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	124.25		
<b>Fat</b>	0.31g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	347.02mg		
<b>Carbohydrates</b>	27.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.48g		
<b>Protein</b>	2.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.08mg	<b>Iron</b>	0.81mg