

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Mashed Potatoes

NO IMAGE

Servings:	260.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	182 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Tap Water for Recipes	6 1/2 Gallon	UNPREPARED	000001WTR

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 260.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	70.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	340.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	0.00g
Protein	2.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 10.00mg **Iron** 0.30mg

Carrots

NO IMAGE

Servings:	48.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	2 #10 CAN		118915
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 2/3 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 1/3 Tablespoon	Can use any salt-free seasoning.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	34.56		
Fat	1.25g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	3.40mg		
Sodium	279.65mg		
Carbohydrates	4.64g		
Fiber	1.08g		
Sugar	2.16g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium 39.88mg **Iron** 0.00mg