

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Corn



Servings:	182.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 182.000

Serving Size: 0.50 Cup

Amount Per Serving

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

Refried Beans

NO IMAGE

Servings:	40.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 0.50 Cup

Amount Per Serving

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

Spanish Rice



Servings:	398.000	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 398.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	124.25		
Fat	0.31g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	347.02mg		
Carbohydrates	27.33g		
Fiber	0.00g		
Sugar	2.48g		
Protein	2.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.08mg	Iron	0.81mg