

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Chicken & Noodles](#)

[Mashed Potatoes](#)

[Carrots](#)

# Chicken & Noodles

NO IMAGE

<b>Servings:</b>	381.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	20 2/5 Gallon	UNPREPARED	000001WTR
BASE CHIX 12-1 KE	4 1/12 Pound		160790
PASTA NOODL KLUSKI AMISH 10 INN MAID	35 3/8 Pound		456632
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	61 3/13 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

Heat water and chicken base in large steam kettle. Bring to boil. Add noodles. Cook on low heat till noodles are tender. Add chicken and heat to 160 degrees.

Serve 6 oz or 3/4 cup.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.25
<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: 381.000

Serving Size: 0.75 Cup

<b>Amount Per Serving</b>	
<b>Calories</b>	297.22
<b>Fat</b>	8.22g
<b>SaturatedFat</b>	2.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	143.72mg
<b>Sodium</b>	836.45mg
<b>Carbohydrates</b>	31.77g
<b>Fiber</b>	0.74g

<b>Sugar</b>	0.00g		
<b>Protein</b>	22.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	2.50mg

# Mashed Potatoes

NO IMAGE

<b>Servings:</b>	260.000	<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-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

<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: 260.000

Serving Size: 0.50 Cup

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

**Calcium** 10.00mg **Iron** 0.30mg

# Carrots



<b>Servings:</b>	48.000	<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-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

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

### Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.50 Cup

#### Amount Per Serving

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

**Calcium** 39.88mg **Iron** 0.00mg