

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

Peas

Roasted Baby Carrots

Pineapple & Mandarin Oranges

Brown Rice

Peas

NO IMAGE

Servings:	83.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	17 3/8 Pound		285660
BUTTER PRINT SLTD GRD AA 36-1 GCHC	5 4/5 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	3 6/7 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	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.50

Nutrition Facts

Servings Per Recipe: 83.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.29		
Fat	1.57g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	12.81mg		
Carbohydrates	9.52g		
Fiber	2.99g		
Sugar	2.99g		
Protein	3.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.00mg	Iron	0.82mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Baby Carrots

NO IMAGE

Servings:	93.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	14 8/15 Pound		768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 Cup		432050
SEASONING ROSMRY GARL 20Z TRDE	2 10/11 Tablespoon		898820
SALT IODIZED 25 CARG	1 5/11 Teaspoon		108286
SPICE PEPR BLK REG GRIND 16Z TRDE	8/11 Teaspoon		225037

Preparation Instructions

Coat carrots with oil, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender.

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: 93.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	49.51
Fat	2.31g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.15mg
Carbohydrates	6.67g
Fiber	2.30g

Sugar			3.33g
Protein			0.59g
Vitamin A	7.78IU	Vitamin C	0.02mg
Calcium	23.43mg	Iron	0.02mg

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Pineapple & Mandarin Oranges



Servings:	362.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	7 6/11 #10 CAN		189979
ORANGES MAND WHL L/S 6-10 GCHC	7 6/11 #10 CAN		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 362.000

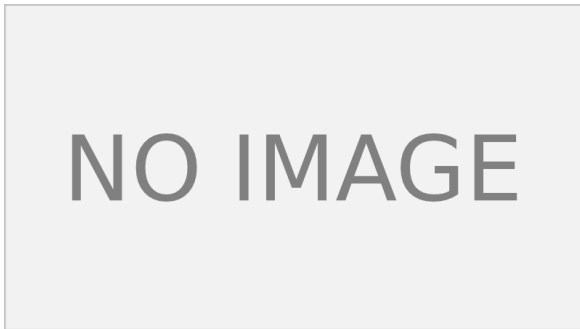
Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.39mg		
Carbohydrates	18.82g		
Fiber	0.40g		
Sugar	17.08g		
Protein	0.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.83mg	Iron	0.70mg

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Brown Rice



Servings:	173.000	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23250

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PERFECTED 25 UBEN	21 5/8 Cup		146404
Tap Water for Recipes	43 1/4 Cup		000001WTR
SALT IODIZED 25 CARG	3 3/5 Teaspoon		108286
BUTTER PRINT SLTD GRD AA 36-1 GCHC	9/10 Pound		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 173.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	101.67		
Fat	2.58g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	65.53mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	2.81mg	Iron	0.18mg
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