

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

**BBQ Chicken**

**California Blend**

# BBQ Chicken

NO IMAGE

<b>Servings:</b>	64.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound		570533
SAUCE BBQ 5GAL SWTBRAY	4 Pound	6 cups	262595

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve. 4 ounce spoodle or 1/2 cup equals a serving.

Note: If use Commodity Brown Box Diced Chicken counts as 2 1/2 Meat/Meat Alternative as 1/2 cup (4 fluid ounce)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<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>	0.00

### Nutrition Facts

Servings Per Recipe: 64.000

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	162.27		
<b>Fat</b>	4.16g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.84mg		
<b>Sodium</b>	326.12mg		
<b>Carbohydrates</b>	14.61g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.01g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	5.84mg	<b>Iron</b>	0.84mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# California Blend



<b>Servings:</b>	150.000	<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-7685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	27 5/9 Pound		285740
BUTTER PRINT SLTD GRD AA 36-1 GCHC	9 2/11 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	6 1/8 Tablespoon	Any salt free seasoning may be used.	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>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	27.11		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	25.85mg		
<b>Carbohydrates</b>	2.92g		
<b>Fiber</b>	1.46g		
<b>Sugar</b>	0.97g		
<b>Protein</b>	0.97g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	14.60mg	<b>Iron</b>	0.49mg
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