

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Green Beans

NO IMAGE

Servings:	220.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	9 1/6 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	9 1/6 Ounce		191205
SEASONING MIX RNCH 6-16Z HVALL	6 1/9 Tablespoon		618684
SPICE ONION MINCED 12Z TRDE	6 1/9 Tablespoon		513997

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	0.50
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 220.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	31.73		
Fat	0.94g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	2.55mg		
Sodium	340.21mg		
Carbohydrates	4.64g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	32.33mg	Iron	0.43mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Garden Bar

NO IMAGE

Servings:	236.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	23 3/5 Cup		735787
PEPPERS GREEN LRG 5 MRKN	23 3/5 Cup		592315
PEPPERS YELLOW 20CT AVG 11 P/L	23 3/5 Each		439746
PEPPERS RED 5 P/L	23 3/5 Cup		597082
BROCCOLI CRWN ICELESS 20 MRKN	23 3/5 Cup		704547
CAULIFLOWER BITE SIZE 2-3 RSS	23 3/5 Cup		732486
CUCUMBER SELECT 6CT MRKN	23 3/5 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce		510637
TOMATO CHERRY 11 MRKN	23 3/5 Cup		569551
RADISH SLCD 1/8 2-3 RSS	23 3/5 Cup		212733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00

GreenVeg	0.15
RedVeg	0.22
OtherVeg	0.40
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 236.000
Serving Size: 1.00 Serving

Amount Per Serving

Calories	25.29
Fat	0.22g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.52mg
Carbohydrates	5.67g
Fiber	1.62g
Sugar	2.43g
Protein	1.25g

Vitamin A	1238.34IU	Vitamin C	86.56mg
Calcium	19.16mg	Iron	0.45mg

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