

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Green Beans](#)

[Garden Bar](#)

# Green Beans

NO IMAGE

<b>Servings:</b>	220.000	<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-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

<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: 220.000

Serving Size: 0.50 Cup

#### Amount Per Serving

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

<b>Calcium</b>	32.33mg	<b>Iron</b>	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

<b>Servings:</b>	236.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.15
<b>RedVeg</b>	0.22
<b>OtherVeg</b>	0.40
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 236.000  
 Serving Size: 1.00 Serving

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**Amount Per Serving**

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

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<b>Vitamin A</b>	1238.34IU	<b>Vitamin C</b>	86.56mg
<b>Calcium</b>	19.16mg	<b>Iron</b>	0.45mg

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