

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Chicken Alfredo



Servings:	346.000	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	111 3/14 Cup		000001WTR
SAUCE ALFREDO FZ 6-5 JTM	61 11/14 Pound		155661
Chicken, Fajita Strips, Cooked, Frozen	43 1/4 Pound		100117
PASTA PENNE RIGATE 8-2.5 PG	37 1/14 Pound		721379
Cheese, Mozzarella, Part Skim, Shredded	123 4/7 Ounce		100021

Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	1.50
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 346.000
Serving Size: 1.00 Cup

Amount Per Serving

Calories	466.09
Fat	15.16g
SaturatedFat	8.47g
Trans Fat	0.00g
Cholesterol	112.59mg
Sodium	1250.63mg
Carbohydrates	46.16g
Fiber	1.71g
Sugar	8.76g
Protein	35.51g

Vitamin A	345.04IU	Vitamin C	0.00mg
Calcium	306.78mg	Iron	1.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Green Beans

NO IMAGE

Servings:	84.000	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	3 1/2 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 1/2 Ounce		191205
SEASONING MIX RNCH 6-16Z HVALL	2 1/3 Tablespoon		618684
SPICE ONION MINCED 12Z TRDE	2 1/3 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: 84.000

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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Garden Bar



Servings:	0.000	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	0 Cup		735787
PEPPERS GREEN LRG 5 MRKN	0 Cup		592315
PEPPERS YELLOW 20CT AVG 11 P/L	0 Each		439746
PEPPERS RED 5 P/L	0 Cup		597082
BROCCOLI CRWN ICELESS 20 MRKN	0 Cup		704547
CAULIFLOWER BITE SIZE 2-3 RSS	0 Cup		732486
CUCUMBER SELECT 6CT MRKN	0 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
RADISH SLCD 1/8 2-3 RSS	0 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: 0.000
Serving Size: 1.00 Serving

Amount Per Serving

Calories	25.29
Fat	0.22g
SaturatedFat	0.07g
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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