

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Shredded BBQ Pork](#)

[Steamed Broccoli](#)

[Garden Bar](#)

Shredded BBQ Pork



Servings:	246.000	Category:	Entree
Serving Size:	2.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	38 7/16 Pound		675222
SAUCE BBQ 4-1GAL SWTBRAY	11/13 Gallon		655937

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 246.000

Serving Size: 2.50 Ounce

Amount Per Serving

Calories	216.77		
Fat	12.00g		
SaturatedFat	4.20g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	401.48mg		
Carbohydrates	8.91g		
Fiber	0.00g		
Sugar	10.47g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Steamed Broccoli

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	0 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	0 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	0 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	41.05
Fat	1.37g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	33.33mg
Carbohydrates	5.51g
Fiber	3.01g
Sugar	1.00g
Protein	3.01g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*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	0.07g
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

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