

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Baked Beans

NO IMAGE

Servings:	153.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 3/8 #10 CAN	If no commodity is available use GFS#298913	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	2/3 #10 CAN		819492
SPICE ONION MINCED 12Z TRDE	10/11 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	5/11 Cup		819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	5/11 Cup		109843
SUGAR BROWN MED 25# GCHC	3 9/14 Cup		108626

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	0.00
Legumes	0.50

Starch

0.00

Nutrition Facts

Servings Per Recipe: 153.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories 145.64

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 368.85mg

Carbohydrates 29.19g

Fiber 5.00g

Sugar 13.27g

Protein 7.00g

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

Blueberry Yogurt Dessert

NO IMAGE

Servings:	274.000	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29118
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP PRE-WHIPPED 12-16Z RICH	11 Each		313165
YOGURT BLUEB L/F 4-5# P/L	5 1/2 Each		558311
BLUEBERRY IQF 4-5 GCHC	13 7/10 Pound		166720

Preparation Instructions

Stir whipped topping, yogurt and blueberries together.

Approx. 300 servings with a #8 dipper.

You can substitute yogurt with strawberry or peach, then stir in frozen Strawberries or diced peaches.

Meal Components (SLE)

Amount Per Serving

Meat	0.25
Grain	0.00
Fruit	0.13
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 274.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	93.27
Fat	3.52g
SaturatedFat	3.32g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	30.00mg
Carbohydrates	12.05g
Fiber	0.03g

Sugar		8.97g	
Protein		1.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.00mg

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