

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Chicken Alfredo](#)

[Green Beans](#)

[Garden Bar](#)

# Chicken Alfredo



<b>Servings:</b>	346.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	3.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00

<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 346.000  
Serving Size: 1.00 Cup

---

**Amount Per Serving**

<b>Calories</b>	466.09		
<b>Fat</b>	15.16g		
<b>SaturatedFat</b>	8.47g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	112.59mg		
<b>Sodium</b>	1250.63mg		
<b>Carbohydrates</b>	46.16g		
<b>Fiber</b>	1.71g		
<b>Sugar</b>	8.76g		
<b>Protein</b>	35.51g		
<b>Vitamin A</b>	345.04IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	306.78mg	<b>Iron</b>	1.54mg

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

# Green Beans

NO IMAGE

<b>Servings:</b>	84.000	<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	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

<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: 84.000

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
----------------	---------	-------------	--------

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

# Garden Bar



<b>Servings:</b>	0.000	<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	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

<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: 0.000  
Serving Size: 1.00 Serving

---

**Amount Per Serving**

<b>Calories</b>	25.29
<b>Fat</b>	0.22g
<b>SaturatedFat</b>	0.07g
<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

---

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

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