

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Refried Beans



Servings:	47.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 P/L	2 #10 CAN	Use commodity first.	293962
Cheese, Cheddar Reduced fat, Shredded	2 Cup		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 47.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	164.22		
Fat	3.16g		
SaturatedFat	1.21g		
Trans Fat	0.00g		
Cholesterol	3.33mg		
Sodium	604.55mg		
Carbohydrates	24.96g		
Fiber	6.47g		
Sugar	1.08g		
Protein	9.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.50mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Golden Corn



Servings:	211.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	38 4/11 Pound	Use commodity first	358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	15 1/3 Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 211.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.47		
Fat	2.38g		
SaturatedFat	1.04g		
Trans Fat	0.00g		
Cholesterol	4.45mg		
Sodium	13.36mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
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

Nutrition - Per 100g

No 100g Conversion Available

Spanish Rice



Servings:	212.000	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH 6-36Z GCHC	218 Ounce	1 Box	834850
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Cup		191205
Tap Water for Recipes	66 5/8 Cup	Boiling	000001WTR

Preparation Instructions

Conventional Oven:

1. Preheat oven to 350 degrees
2. Combine 11 cups of boiling water, 1/2 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well.
3. Cover and bake for approximately 35 minutes or until most of the liquid is absorbed. Stir well. Keep warm.

Stove Top:

1. Combine 11 cups of water and 1/2 cup of butter or margarine in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-25 minutes or until most of the liquid has been absorbed, stirring occasionally.
3. Stir well and transfer to a serving pan. Keep warm. Fluff with fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 212.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.20
Fat	2.77g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	6.86mg
Sodium	284.08mg
Carbohydrates	22.73g
Fiber	0.52g
Sugar	1.55g
Protein	2.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.63mg	Iron 1.03mg

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

Nutrition - Per 100g

No 100g Conversion Available