

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Refried Beans](#)

[Golden Corn](#)

[Spanish Rice](#)

# Refried Beans

NO IMAGE

<b>Servings:</b>	47.000	<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-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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 47.000

Serving Size: 0.50 Cup

### Amount Per Serving

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



<b>Servings:</b>	211.000	<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-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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 211.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	89.47		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	1.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.45mg		
<b>Sodium</b>	13.36mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	3.73g		
<b>Protein</b>	2.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spanish Rice



<b>Servings:</b>	212.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 212.000

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available