

Cookbook for North Liberty Elem

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Steamed Broccoli

NO IMAGE

Servings:	116.000	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	21 4/13 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	7 1/10 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	4 11/15 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 116.000

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Casserole



Servings:	141.000	Category:	Vegetable
Serving Size:	5.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32006
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	163 2/3 Ounce	1 Package	447825
Tap Water for Recipes	12 1/4 Quart	UNPREPARED	000001WTR
BUTTER PRINT SLTD GRD AA 36-1 GCHC	12 1/4 Tablespoon		191205
MARSHMALLOW MINI WHT 12-1# JTPFF	9 1/5 Cup		255289
SPICE CINN-MAPL SPRINKLE 29Z TRDE	12 1/4 Tablespoon		565911

Preparation Instructions

Pour 2 Quarts of hot water (170-190 degrees F) and 2 TBSP of Unsalted Butter into 4" deep, third-size steam-table pan. Add all potatoes, stir until fully combined. Top pan with 1.5 cups mini marshmallows and place into oven until marshmallows are browned. Top with 2 Tablespoons Maple Cinnamon seasoning and put in warmer until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 141.000

Serving Size: 5.00 Fluid Ounce

Amount Per Serving

Calories	66.87		
Fat	1.39g		
SaturatedFat	0.61g		
Trans Fat	0.00g		
Cholesterol	2.61mg		
Sodium	79.91mg		
Carbohydrates	13.05g		
Fiber	0.87g		
Sugar	7.05g		
Protein	0.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.77mg	Iron	0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available