

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Peas

NO IMAGE

<b>Servings:</b>	113.000	<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-23053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	23 2/3 Pound		285660
BUTTER PRINT SLTD GRD AA 36-1 GCHC	7 8/9 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 1/4 Tablespoon	Can use any salt-free seasoning	565164

## 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: 113.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	61.83		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	12.81mg		
<b>Carbohydrates</b>	9.52g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Baby Carrots

NO IMAGE

<b>Servings:</b>	127.000	<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-21940

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	19 11/13 Pound		768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 4/13 Cup		432050
SEASONING ROSMRY GARL 20Z TRDE	4 Tablespoon		898820
SALT IODIZED 25 CARG	2 Teaspoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

Coat carrots with oil, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender.

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 127.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	48.69
<b>Fat</b>	2.31g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	110.00mg
<b>Carbohydrates</b>	6.67g
<b>Fiber</b>	2.22g
<b>Sugar</b>	3.33g
<b>Protein</b>	0.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.35mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple & Mandarin Oranges



<b>Servings:</b>	509.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9656

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	10 3/5 #10 CAN		189979
ORANGES MAND WHL L/S 6-10 GCHC	10 3/5 #10 CAN		117897

## 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>	0.500
<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: 509.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	80.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.39mg		
<b>Carbohydrates</b>	18.82g		
<b>Fiber</b>	0.40g		
<b>Sugar</b>	17.08g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.83mg	<b>Iron</b>	0.70mg

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## Nutrition - Per 100g

No 100g Conversion Available