

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Peas

Roasted Baby Carrots

Pineapple & Mandarin Oranges

Peas

NO IMAGE

Servings:	113.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 113.000

Serving Size: 0.50 Cup

Amount Per Serving

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

Servings:	127.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 127.000

Serving Size: 0.50 Cup

Amount Per Serving

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

Pineapple & Mandarin Oranges



Servings:	509.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 509.000

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available