

Cookbook for North Liberty Elem

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Refried Beans

NO IMAGE

Servings:	137.000	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	5 5/7 #10 CAN	Use commodity first.	293962
Cheese, Cheddar Reduced fat, Shredded	5 5/7 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: 137.000

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:	400.000	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	72 8/11 Pound	Use commodity first	358991
BUTTER PRINT SLTD GRD AA 36-1 GCHC	29 1/11 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: 400.000

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

Homemade Spanish Rice

NO IMAGE

Servings:	545.000	Category:	Grain
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20 3-1GAL	1 4/11 Cup		645182
SPICE ONION MINCED 12Z TRDE	2 8/11 Cup		513997
Tap Water for Recipes	20 7/16 Quart	15 cups	000001WTR
Diced Tomatoes cnd	24 1/2 Cup	Commodity	100329
Salsa, Low-Sodium, Canned	8 1/6 Cup	Commodity	100330
SPICE CHILI POWDER MILD 16Z TRDE	10 9/10 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	24 1/2 Teaspoon	1 Tablespoon and 1.5 teaspoon	273945
SPICE PAPRIKA 16Z TRDE	8 1/6 Teaspoon		518331
SPICE ONION POWDER 19Z TRDE	8 1/6 Teaspoon		126993
RICE BRN PERFECTED 25 UBEN	9 7/13 Quart	7 cups	146404

Preparation Instructions

1. Heat oil. Add dehydrated onion. Cook for 5 minutes
2. Add Water, tomatoes, salsa, and seasonings. Bring to boil.
3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.
4. Pour into serving pans.

5. Portion with No. 16 scoop or 2 oz spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 545.000

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	56.02		
Fat	0.99g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.04mg		
Carbohydrates	10.83g		
Fiber	0.23g		
Sugar	0.39g		
Protein	1.22g		
Vitamin A	19.80IU	Vitamin C	0.01mg
Calcium	1.58mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available