

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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Garden Bar

Fruit Slushie

# Garden Bar

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9661

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	0 Cup		735787
PEPPERS GREEN LRG 5 MRKN	0 Cup		592315
PEPPERS YELLOW 20CT AVG 11 P/L	0 Each		439746
PEPPERS RED 5 P/L	0 Cup		597082
BROCCOLI CRWN ICELESS 20 MRKN	0 Cup		704547
CAULIFLOWER BITE SIZE 2-3 RSS	0 Cup		732486
CUCUMBER SELECT 6CT MRKN	0 Cup		592323
CARROT BABY WHL CLEANED 12-2 RSS	0 Ounce		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
RADISH SLCD 1/8 2-3 RSS	0 Cup		212733

## 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>	0.100
<b>RedVeg</b>	0.213
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	25.38
<b>Fat</b>	0.21g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.62mg
<b>Carbohydrates</b>	5.67g
<b>Fiber</b>	1.64g
<b>Sugar</b>	2.43g
<b>Protein</b>	1.27g
<b>Vitamin A</b> 1240.21IU	<b>Vitamin C</b> 86.83mg
<b>Calcium</b> 19.30mg	<b>Iron</b> 0.46mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fruit Slushie

NO IMAGE

<b>Servings:</b>	4.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84- 4.4FLZ SIDEKIC	1 Each		863890

## 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: 4.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.75g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available