

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Meatballs with Marinara Sauce

NO IMAGE

Servings:	625.000	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36687
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	3125 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	937 1/2 Ounce		852759

Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 625.000

Serving Size: 5.00 Each

Amount Per Serving

Calories	179.50		
Fat	10.00g		
SaturatedFat	3.80g		
Trans Fat	0.60g		
Cholesterol	38.00mg		
Sodium	394.00mg		
Carbohydrates	8.75g		
Fiber	2.25g		
Sugar	3.50g		
Protein	14.25g		
Vitamin A	7.00IU	Vitamin C	1.00mg
Calcium	46.75mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

NO IMAGE

Servings:	206.000	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	37 5/6 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	12 8/13 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	8 2/5 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: 206.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.60		
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

Garden Bar

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.213
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available