

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Fresh Veggies

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23056

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SELECT 6CT MRKN	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE 2-3 RSS	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE 2-3 RSS	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED 12-2 RSS	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4 2-3 RSS	0 Cup	Other Vegetable	849995
RADISH CLEANED 2-3 RSS	0 Cup	Other Vegetable	233986
CELERY STIX 4-3 RSS	0 Cup	Other Vegetable	781592
ZUCCHINI MED 17AVG MRKN	0 Cup	Other Vegetable	198927
PEPPERS RED DOMESTIC 23 MRKN	0 Cup	Red/Orange Vegetable	560715

## Preparation Instructions

Note: Serve two different kinds of vegetables at 1/2 cup servings. Make sure that at least one choice is a red/orange vegetable.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.550
<b>RedVeg</b>	0.308
<b>OtherVeg</b>	0.150
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	22.86
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.80mg
<b>Carbohydrates</b>	4.76g
<b>Fiber</b>	1.80g
<b>Sugar</b>	2.44g
<b>Protein</b>	0.82g
<b>Vitamin A</b> 4795.16IU	<b>Vitamin C</b> 27.71mg
<b>Calcium</b> 23.33mg	<b>Iron</b> 0.31mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sub

NO IMAGE

<b>Servings:</b>	292.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37577

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1168 Slice		689541
BUN STEAK WHT WHE 12-6CT ALPH	292 Each	Replaced GFS#276142	614660

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 292.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	231.66		
<b>Fat</b>	3.02g		
<b>SaturatedFat</b>	0.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.83mg		
<b>Sodium</b>	709.31mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	24.37g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	1.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available