

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Turkey & Noodles](#)

[Mashed Potatoes](#)

[Roasted Baby Carrots](#)

# Turkey & Noodles



<b>Servings:</b>	346.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28376

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	12 0.01389 Gallon		000001WTR
BASE CHIX 12-1 KE	2 2/5 Pound		160790
PASTA NOODL KLUSKI AMISH 10 INN MAID	20 5/6 Pound		456632
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	36 0.041670000000003 Pound	Cooked weight	100125

## Preparation Instructions

Thaw and cook turkey prior to day serving on menu. Will want to dice turkey up as well before adding to remaining recipe.

Heat water and chicken base in large steam kettle. Bring to boil. Add noodles. Cook on low heat till noodles are tender. Add diced turkey and heat to 160 degrees.

Serve 8 fl. oz or 1 cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	0.750
<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: 346.000

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	215.18		
<b>Fat</b>	7.55g		
<b>SaturatedFat</b>	2.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	100.93mg		
<b>Sodium</b>	472.70mg		
<b>Carbohydrates</b>	20.04g		
<b>Fiber</b>	0.48g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes



<b>Servings:</b>	344.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	13 Pound 15 3/5 Ounce (223 3/5 Ounce)		166872
Tap Water for Recipes	8 3/5 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6 x 1/2 size steam table pan.

Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.

Let stand for 60 seconds, stir well and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 344.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	64.00		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	248.00mg		
<b>Carbohydrates</b>	13.60g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	2.88mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	0.29mg

\*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

<b>Servings:</b>	224.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21940

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	35 Pound		768146
OIL OLIVE XVRGN ITAL 6-2LTR PG	1 Pint 4/13 Cup (2 4/13 Cup)		432050
SEASONING ROSMRY GARL 20Z TRDE	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		898820
SALT IODIZED 25 CARG	1 Tablespoon 1/2 Teaspoon (3 1/2 Teaspoon)		108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 3/4 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 224.000

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available