

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Steamed Broccoli

NO IMAGE

<b>Servings:</b>	278.000	<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-23047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	51 1/16 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound 1 0.020409999999998 Ounce (17 Ounce)		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 Fluid Ounce 1 1/3 Tablespoon (11 1/3 Tablespoon)	Any salt free seasoning may be used.	565164

## 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>	0.500
<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: 278.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	38.60		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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

# Falcon Fries

NO IMAGE

<b>Servings:</b>	506.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.58 Weight	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40139
<b>School:</b>	North Liberty Elem		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	40 4/5 Pound	1 bag	200697
FRIES SWT POT DP GROOVE 7/16 6-2.5	40 4/5 Pound	2 bag	628100

## Preparation Instructions

Mix 1 bag of Crinkle Cut fries with two bags of sweet potato fries. Then spread out on to full sheet pans for baking in a single layer =.

Convection Oven: Preheat oven to 425°F. Bake 9 to 13 minutes. Turning once for uniform cooking . DO NOT OVERCOOK.

## 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 506.000

Serving Size: 2.58 Weight

### Amount Per Serving

<b>Calories</b>	111.83
<b>Fat</b>	3.87g
<b>SaturatedFat</b>	0.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	111.83mg
<b>Carbohydrates</b>	18.06g
<b>Fiber</b>	0.86g
<b>Sugar</b>	3.44g
<b>Protein</b>	0.86g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.20mg	<b>Iron</b> 0.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available