

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Lasagna Roll-Ups

NO IMAGE

Servings:	624.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40061
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	624 Each		234041
CHEESE MOZZ SHRD 4-5 LOL	2 Gallon 1 Pint 2/3 Cup (34 2/3 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA 6-10 REDPK	17 Gallon 1 Quart 1 1/3 Cup (277 1/3 Cup)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181

Preparation Instructions

Put 5 cups of marinara sauce on bottom of 2 in. pan. Place roll-up into sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350°F for 45 min. Top with cheese and hold in warmer.

Updated 6.8.23

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 624.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	313.33
Fat	8.67g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	550.00mg
Carbohydrates	38.11g
Fiber	3.78g
Sugar	10.56g
Protein	18.33g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 394.44mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans



Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	0 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	0 Ounce		191205
SEASONING MIX RNCH 6-16Z HVALL	0 Tablespoon		618684
SPICE ONION MINCED 12Z TRDE	0 Tablespoon		513997

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	31.73
Fat	0.94g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	340.21mg
Carbohydrates	4.98g
Fiber	2.16g
Sugar	2.16g
Protein	1.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.33mg	Iron 0.43mg

*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	0.300
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	33.17
Fat	0.21g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.62mg
Carbohydrates	7.54g
Fiber	2.26g
Sugar	3.37g
Protein	1.27g
Vitamin A 4985.21IU	Vitamin C 88.19mg
Calcium 25.84mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available