

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Green Beans

NO IMAGE

Servings:	428.000	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	17 5/6 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound 1 5/6 Ounce (17 5/6 Ounce)		191205
SEASONING MIX RNCH 6-16Z HVALL	5 Fluid Ounce 1 8/9 Tablespoon (11 8/9 Tablespoon)		618684
SPICE ONION MINCED 12Z TRDE	5 Fluid Ounce 1 8/9 Tablespoon (11 8/9 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: 428.000

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

Carrots Coins

NO IMAGE

Servings:	428.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	17 5/6 #10 CAN		118915
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound 7 7/9 Ounce (23 7/9 Ounce)		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 Fluid Ounce 1 8/9 Tablespoon (11 8/9 Tablespoon)	Can use any salt-free seasoning.	565164

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 428.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	43.67		
Fat	1.25g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	3.40mg		
Sodium	279.65mg		
Carbohydrates	6.80g		
Fiber	1.08g		
Sugar	2.16g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.88mg	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