

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Fruit Slushie

NO IMAGE

<b>Servings:</b>	694.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	173 1/2 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	173 1/2 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	173 1/2 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG 84- 4.4FLZ SIDEKIC	173 1/2 Each		863890

## 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>	0.500
<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: 694.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.75g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<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

# Fiesta Lime Corn

NO IMAGE

<b>Servings:</b>	410.000	<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-40138
<b>School:</b>	North Liberty Elem		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	75 11/13 Pound		358991
PEPPERS RED DOMESTIC 23 MRKN	8 1/5 Pound		560715
ONION YELLOW JUMBO 10 MRKN	8 1/5 Pound	Diced small	109620
SPICE CHILI POWDER MILD 16Z TRDE	4 Fluid Ounce 1/5 Tablespoon (8 1/5 Tablespoon)		331473
SPICE CUMIN GRND 15Z TRDE	2 Fluid Ounce 1 Tablespoon 1 2/5 Teaspoon (16 2/5 Teaspoon)		273945
SPICE PAPRIKA 16Z TRDE	2 Fluid Ounce 1 Tablespoon 1 2/5 Teaspoon (16 2/5 Teaspoon)		518331
SPICE ONION POWDER 19Z TRDE	2 Fluid Ounce 1 Tablespoon 1 2/5 Teaspoon (16 2/5 Teaspoon)		126993
CILANTRO CLEANED 4-1 RSS	2 Quart 1/5 Cup (8 1/5 Cup)		219550
JUICE LIME KEY WEST 4-1GAL NL&JO	1 Pint 0.05 Cup (2 Cup)		332381

## Preparation Instructions

1. Combine corn, red bell peppers, and onion.
2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 1/2"). Heat uncovered, in steamer at 5 pound

pressure. For frozen corn, heat 9-13 minutes. For canned corn, heat 4-8 minutes.

Note: For 50 servings, use 1 pan.

3. CCP: Heat to 140° F or higher,
4. Add seasonings. Stir lightly.
5. CCP: Hold for hot service at 135° F or higher

### 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: 410.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	98.30
<b>Fat</b>	0.94g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.70mg
<b>Carbohydrates</b>	21.10g
<b>Fiber</b>	1.17g
<b>Sugar</b>	5.26g
<b>Protein</b>	2.94g
<b>Vitamin A</b> 196.17IU	<b>Vitamin C</b> 12.07mg
<b>Calcium</b> 3.65mg	<b>Iron</b> 0.11mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Refried Beans

NO IMAGE

<b>Servings:</b>	129.000	<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-23045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	5 3/8 #10 CAN	Use commodity first, but if not available use GFS#293962	100362
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 3/8 Cup (5 3/8 Cup)		100012

## 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>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 129.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	131.89		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	184.22mg		
<b>Carbohydrates</b>	21.72g		
<b>Fiber</b>	5.39g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	8.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Spanish Rice



<b>Servings:</b>	543.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	35 Pound 4 5/7 Ounce (564 5/7 Ounce)		576280
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Quart 1 3/7 Cup (5 3/7 Cup)		191205
Tap Water for Recipes	9 Gallon 2 Quart 0.039999999999992 Cup (152 Cup)	Boiling	000001WTR

## Preparation Instructions

Conventional Oven:

1. Preheat oven to 350 degrees
2. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well.
3. Cover and bake for approximately 35 minutes or until most of the liquid is absorbed. Stir well. Keep warm.

Stove Top:

1. Combine 7 cups of water and 1/4 cup of butter or margarine in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-25 minutes or until most of the liquid has been absorbed, stirring occasionally.
3. Stir well and transfer to a serving pan. Keep warm. Fluff with fork before serving.

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## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 543.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	120.00
<b>Fat</b>	2.80g
<b>SaturatedFat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	170.40mg
<b>Carbohydrates</b>	21.84g
<b>Fiber</b>	1.04g
<b>Sugar</b>	0.00g
<b>Protein</b>	4.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.80mg	<b>Iron</b> 0.37mg

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## Nutrition - Per 100g

No 100g Conversion Available