

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Meatballs with Marinara Sauce

NO IMAGE

Servings:	624.000	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36687
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	3120 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	58 Pound 8 Ounce (936 Ounce)		852759

Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
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: 5.00 Each

Amount Per Serving

Calories	179.50		
Fat	10.00g		
SaturatedFat	3.80g		
Trans Fat	0.60g		
Cholesterol	38.00mg		
Sodium	394.00mg		
Carbohydrates	8.75g		
Fiber	2.25g		
Sugar	3.50g		
Protein	14.25g		
Vitamin A	7.00IU	Vitamin C	1.00mg
Calcium	46.75mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas



Servings:	43.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	9 Pound		285660
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Fluid Ounce	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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 43.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.04		
Fat	1.57g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	12.81mg		
Carbohydrates	9.52g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

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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

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Noodles



Servings:	624.000	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40158
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	39 Pound		654560
Tap Water for Recipes	39 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Boil Water (1 gallon of water per pound of pasta)
2. When water has reached a boil, add 1 Tablespoon of salt per gallon water and keep water at rolling boil.
3. Add spaghetti pasta to boiling water.
4. Stir constantly until water boils again.
5. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK -- See Notes if holding for long periods on steam table.
6. Once cooked drain well.

Notes:

If pasta is used on a steam table reduce cook time by 1/4, pasta will continue to absorb moisture while baking
Can save time in your operation by pre-cooking pasta--undercook by 2 minutes, then immediately drain and shock in ice water. Drizzle with oil and keep in air tight containers in cooler until service. Reheat by dipping pasta into boiling water for 1 minute.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 0.50 Cup

Amount Per Serving

Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.90mg

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Nutrition - Per 100g

No 100g Conversion Available