

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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[Garden Bar](#)

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