

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Potato Bar](#)

[Steamed Broccoli](#)

Potato Bar

NO IMAGE

Servings:	525.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40086
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

Preparation Instructions

No Preparation Instructions available.

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: 525.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Steamed Broccoli

NO IMAGE

Servings:	233.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	42 4/5 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	14 4/15 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	4 Fluid Ounce 1 1/2 Tablespoon (9 1/2 Tablespoon)	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 233.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.60		
Fat	1.37g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	33.33mg		
Carbohydrates	5.51g		
Fiber	3.01g		
Sugar	1.00g		
Protein	3.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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