

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Steamed Broccoli



<b>Servings:</b>	460.000	<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-23047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	84 1/2 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound 12 1/6 Ounce (28 1/6 Ounce)		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Cup 1 Fluid Ounce 7/9 Tablespoon (18 7/9 Tablespoon)	Any salt free seasoning may be used.	565164

## 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>	0.500
<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: 460.000

Serving Size: 0.50 Cup

### Amount Per Serving

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

# BBQ Chicken

NO IMAGE

<b>Servings:</b>	770.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10377

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	120 5/16 Pound	UNSPECIFIED Not currently available	570533
SAUCE BBQ 4-1GAL SWTBRAV	4 Gallon 2 Quart 3/16 Cup (72 3/16 Cup)	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937

## Preparation Instructions

Cook Chicken as directed by box directions. Coat chicken in bbq sauce and hold in warmer until ready to serve. 4 ounce spoodle or 1/2 cup equals a serving.

Note: If use Commodity Brown Box Diced Chicken counts as 2 1/2 Meat/Meat Alternative as 1/2 cup (4 fluid ounce)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 770.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	160.83		
<b>Fat</b>	4.17g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.83mg		
<b>Sodium</b>	317.50mg		
<b>Carbohydrates</b>	14.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.75g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available