

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Baked Beans

NO IMAGE

Servings:	248.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	10 1/3 #10 CAN	If no commodity is available use GFS#298913	100364
KETCHUP DISPENSER PK 2-1.5GAL HNZ	1 1/9 #10 CAN		819492
SPICE ONION MINCED 12Z TRDE	1 1/2 Cup		513997
MUSTARD DISPNSR PK 2-1.5GAL HNZ	3/4 Cup		819506
SAUCE WORCESTERSHIRE 4-1GAL FRENC	3/4 Cup		109843
SUGAR BROWN MED 25 GCHC	1 Quart 1 9/10 Cup (5 9/10 Cup)		108626

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 248.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	145.64		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.92mg		
Carbohydrates	30.34g		
Fiber	5.00g		
Sugar	13.27g		
Protein	7.00g		
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

Carrots Coins

NO IMAGE

Servings:	633.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	26 3/8 #10 CAN		118915
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Pound 3 1/6 Ounce (35 1/6 Ounce)		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Cup 1 7/12 Tablespoon (17 7/12 Tablespoon)	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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 633.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	43.67
Fat	1.25g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	3.40mg
Sodium	279.65mg
Carbohydrates	6.80g
Fiber	1.08g
Sugar	2.16g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.88mg	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