

Cookbook for North Liberty Elem

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Turkey on a Pretzel Bun

NO IMAGE

Servings:	688.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40087
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2752 Slice		689541
ROLL PRTZL WGRAIN 120-2.2Z JJ	688 Each		500162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 688.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	261.66
Fat	4.02g
SaturatedFat	1.51g
Trans Fat	0.00g
Cholesterol	40.83mg
Sodium	484.31mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	4.00g
Protein	23.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Veggies

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23056

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SELECT 6CT MRKN	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE 2-3 RSS	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE 2-3 RSS	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED 12-2 RSS	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4 2-3 RSS	0 Cup	Other Vegetable	849995
RADISH CLEANED 2-3 RSS	0 Cup	Other Vegetable	233986
CELERY STIX 4-3 RSS	0 Cup	Other Vegetable	781592
ZUCCHINI MED 17AVG MRKN	0 Cup	Other Vegetable	198927
PEPPERS RED DOMESTIC 23 MRKN	0 Cup	Red/Orange Vegetable	560715

Preparation Instructions

Note: Serve two different kinds of vegetables at 1/2 cup servings. Make sure that at least one choice is a red/orange vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.550
RedVeg	0.283
OtherVeg	0.171
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	32.09
Fat	0.09g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.40mg
Carbohydrates	6.98g
Fiber	2.54g
Sugar	3.55g
Protein	0.82g
Vitamin A 9235.73IU	Vitamin C 29.33mg
Calcium 31.09mg	Iron 0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available