

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Steamed Broccoli

NO IMAGE

Servings:	278.000	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	51 1/16 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound 1 0.020409999999998 Ounce (17 Ounce)		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	5 Fluid Ounce 1 1/3 Tablespoon (11 1/3 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: 278.000

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

Falcon Fries

NO IMAGE

Servings:	506.000	Category:	Vegetable
Serving Size:	2.58 Weight	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40139
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	40 4/5 Pound	1 bag	200697
FRIES SWT POT DP GROOVE 7/16 6-2.5	40 4/5 Pound	2 bag	628100

Preparation Instructions

Mix 1 bag of Crinkle Cut fries with two bags of sweet potato fries. Then spread out on to full sheet pans for baking in a single layer =.

Convection Oven: Preheat oven to 425°F. Bake 9 to 13 minutes. Turning once for uniform cooking . DO NOT OVERCOOK.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 506.000

Serving Size: 2.58 Weight

Amount Per Serving			
Calories	111.83		
Fat	3.87g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	111.83mg		
Carbohydrates	18.06g		
Fiber	0.86g		
Sugar	3.44g		
Protein	0.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.20mg	Iron	0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available