

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Green Beans

NO IMAGE

<b>Servings:</b>	189.000	<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-23050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	7 7/8 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	7 7/8 Ounce		191205
SEASONING MIX RNCH 6-16Z HVALL	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		618684
SPICE ONION MINCED 12Z TRDE	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		513997

## 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>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 189.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	31.73		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	340.21mg		
<b>Carbohydrates</b>	4.98g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.33mg	<b>Iron</b>	0.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Italian Chicken

NO IMAGE

<b>Servings:</b>	659.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40157
<b>School:</b>	North Liberty Elem		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	659 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
DRESSING ITAL GLDN 4-1GAL GCHC	2 Gallon 2 Quart 1 Cup 1 Fluid Ounce 1 5/11 Tablespoon (659 Tablespoon)	Measurement is to calculate nutrition only. Should use more to marinate.	257885

## Preparation Instructions

1. Thaw Chicken 2 days prior to service day
2. Day before service place chicken breast in pan and pour Italian dressing over so chicken is generously covered and place pans in walk in cooler/refrigerator to marinate overnight
3. Day of service lay out marinated chicken breast on lined sheet pans. Excess Italian dressing marinade should be discarded.
4. Bake chicken in preheated 350°F degree oven at 16-20 minutes or until reaches desired temperature.
5. Once baked hold chicken in hot hold for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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: 659.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	180.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.69mg	<b>Iron</b> 1.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available