

Cookbook for North Liberty Elem

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Steamed Broccoli

NO IMAGE

Servings:	460.000	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	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

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: 460.000

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

BBQ Chicken

NO IMAGE

Servings:	770.000	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 SWTBRAY	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

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

Nutrition Facts

Servings Per Recipe: 770.000

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available