

Cookbook for North Liberty Elem

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Parmeasan Chicken Sandwich

NO IMAGE

Servings:	735.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39289
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	735 Each		281622
SAUCE MARINARA	9 Gallon 2 Quart 1 Cup 1 5/7 Tablespoon (2447 5/9 Tablespoon)	#20 Disher	502181
CHEESE PROV NAT SLCD .75Z	367 1/2 Slice		726532
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	735 Each		266546

Preparation Instructions

1. Cook Chicken Patty according to directions on case.
2. Heat marinara sauce.
3. Cut cheese slices in half.
4. Once chicken patty and marinara sauce is heated, place cooked chicken patty on bottom of bun, place #20 disher of marinara on chicken patty, place 1/2 slice of cheese on top of sauce, and then place top of bun on. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 735.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	449.98
Fat	19.62g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	826.19mg
Carbohydrates	45.16g
Fiber	6.83g
Sugar	7.50g
Protein	22.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.39mg	Iron 4.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	1 Pound 1 0.020409999999998 Ounce (17 Ounce)		191205
SEASONING GARLIC HRB NO SALT	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