

Cookbook for North Liberty Elem

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Roasted Butternut Squash

NO IMAGE

Servings:	293.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SQUASH BTRNUT DCD 1IN	77 1/10 Pound		696134
OIL OLIVE XVRGN ITAL	1 Quart 1 1/11 Cup (5 1/11 Cup)		432050
SEASONING ROSMRY GARL	7 Fluid Ounce 1 5/12 Tablespoon (15 3/7 Tablespoon)		898820
SALT IODIZED	1 Fluid Ounce 1 5/7 Teaspoon (7 5/7 Teaspoon)		108286
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon 6/7 Teaspoon (3 6/7 Teaspoon)		225037

Preparation Instructions

Coat squash with oil, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender. Roast at 350 for 30 minutes or until tender.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 293.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.72		
Fat	3.89g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	103.16mg		
Carbohydrates	12.63g		
Fiber	2.11g		
Sugar	2.11g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.53mg	Iron	0.74mg

*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	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SELECT	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4IN	0 Cup	Other Vegetable	849995
RADISH CLEANED	0 Cup	Other Vegetable	233986
CELERY STIX	0 Cup	Other Vegetable	781592
ZUCCHINI MED	0 Cup	Other Vegetable	198927
PEPPERS RED DOMESTIC	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	0.050
RedVeg	0.283
OtherVeg	1.171
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