

Cookbook for North Liberty Elem

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Falcon Fries

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NO IMAGE

Servings:	796.000	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 1/2IN C/C OVEN	64 1/5 Pound	1 bag	200697
FRIES SWT POT DP GROOVE 7/16IN	64 1/5 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: 796.000

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