

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Roasted Baby Carrots

NO IMAGE

<b>Servings:</b>	258.000	<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-21940

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	40 5/16 Pound		768146
OIL OLIVE XVRGN ITAL	1 Pint 2/3 Cup (2 2/3 Cup)		432050
SEASONING ROSMRY GARL	4 Fluid Ounce 1/16 Tablespoon (8 1/16 Tablespoon)		898820
SALT IODIZED	1 Tablespoon 1 0.031219999699997 Teaspoon (4 Teaspoon)		108286
SPICE PEPR BLK REG FINE GRIND	2 0.01563 Teaspoon		225037

## Preparation Instructions

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

## 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>	0.391
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 258.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	43.24		
<b>Fat</b>	2.31g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.94mg		
<b>Carbohydrates</b>	6.25g		
<b>Fiber</b>	1.56g		
<b>Sugar</b>	3.13g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.50mg	<b>Iron</b>	0.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple & Mandarin Oranges



<b>Servings:</b>	882.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9656

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	18 3/8 #10 CAN		189979
ORANGES MAND WHL L/S	18 3/8 #10 CAN		117897

## 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>	0.500
<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: 882.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	80.67
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.39mg
<b>Carbohydrates</b>	18.82g
<b>Fiber</b>	0.40g
<b>Sugar</b>	17.08g
<b>Protein</b>	0.54g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.83mg	<b>Iron</b> 0.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Brown Rice

NO IMAGE

<b>Servings:</b>	344.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23250

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	2 Gallon 2 Quart 1 Pint 1 Cup (43 Cup)		231059
Tap Water for Recipes	5 Gallon 1 Quart 1 Pint (86 Cup)		000001WTR
SALT IODIZED	1 Fluid Ounce 1 1/6 Teaspoon (7 1/6 Teaspoon)		108286
BUTTER PRINT SLTD GRD AA	1 4/5 Pound		191205

## Preparation Instructions

**STOVETOP:** Bring water to a boil. Add rice, salt and butter and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

**OVEN:** Combine rice, hot water, salt and butter in a shallow pan, and stir. Cover and bake in a 350°F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

**STEAMER:** Combine rice, hot water, salt and butter in a steam table pan and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 344.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	96.67		
<b>Fat</b>	2.58g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	64.17mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.15mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Peas

NO IMAGE

<b>Servings:</b>	211.000	<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-23053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	44 1/6 Pound		285660
BUTTER PRINT SLTD GRD AA	14 5/7 Ounce		191205
SEASONING GARLIC HRB NO SALT	4 Fluid Ounce 1 13/16 Tablespoon (9 13/16 Tablespoon)	Can use any salt-free seasoning	565164

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

## Nutrition Facts

Servings Per Recipe: 211.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	59.04		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.27mg		
<b>Sodium</b>	12.81mg		
<b>Carbohydrates</b>	9.52g		
<b>Fiber</b>	2.99g		
<b>Sugar</b>	2.99g		
<b>Protein</b>	2.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.82mg

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## Nutrition - Per 100g

No 100g Conversion Available