

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Peas

NO IMAGE

Servings:	154.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	32 3/13 Pound		285660
BUTTER PRINT SLTD GRD AA	10 3/4 Ounce		191205
SEASONING GARLIC HRB NO SALT	3 Fluid Ounce 1 1/6 Tablespoon (7 1/6 Tablespoon)	Can use any salt-free seasoning	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 154.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.04		
Fat	1.57g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	12.81mg		
Carbohydrates	9.52g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Bar

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9661

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	0 Cup		735787
PEPPERS GREEN LRG	0 Cup		592315
PEPPERS YELLOW 20CT AVG	0 Each		439746
PEPPERS RED	0 Cup		597082
BROCCOLI CRWN ICELESS	0 Cup		704547
CAULIFLOWER BITE SIZE	0 Cup		732486
CUCUMBER SUPER SELECT	0 Cup		592323
CARROT BABY WHL CLEANED	0 Ounce		510637
TOMATO CHERRY 11 MRKN	0 Cup		569551
RADISH SLCD 1/8IN	0 Cup		212733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.300
OtherVeg	0.450
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	34.39
Fat	0.20g
SaturatedFat	0.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.52mg
Carbohydrates	7.74g
Fiber	2.23g
Sugar	3.47g
Protein	1.24g
Vitamin A 4989.75IU	Vitamin C 88.29mg
Calcium 27.01mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta with Meat Sauce



Servings:	513.000	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37853
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	102 3/5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
SAUCE SPAGHETTI FCY	10 1/4 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA PENNE WGRAIN	41 0.0399999999999999 Pound	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
Tap Water for Recipes	61 Pound 8 1 Ounce (985 Ounce)	UNPREPARED	

Preparation Instructions

Pre-heat convection oven to 325° F.

Lightly spray the bottom and sides of a 2" deep, full-size pan with non-stick pan spray.

Pour thawed, Premium Beef Spaghetti Sauce into pan.

Add spaghetti sauce, hot water and dry pasta and blend well.

Cover pan and bake for 30 minutes.

Carefully remove from oven and gently stir.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 513.000

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	235.37
Fat	4.96g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	31.43mg
Sodium	391.94mg
Carbohydrates	35.41g
Fiber	6.75g
Sugar	8.81g
Protein	15.46g
Vitamin A 369.71IU	Vitamin C 10.86mg
Calcium 37.51mg	Iron 3.45mg

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

Nutrition - Per 100g

No 100g Conversion Available