

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Falcon-Fil-A Nuggets](#)

[Mashed Potatoes](#)

[Steamed Broccoli](#)

[Chicken Gravy](#)

Falcon-Fil-A Nuggets



Servings:	740.000	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52317
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Jennie-O Dill Breaded Turkey Nuggets	4440 Each		463236

Preparation Instructions

Cook according to directions on case.

Note: Additional Grain item should be paired or offered with entree

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 740.000

Serving Size: 6.00 Each

Amount Per Serving			
Calories	230.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	690.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes



Servings:	909.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	36 Pound 14 6/7 Ounce (590 6/7 Ounce)		166872
Tap Water for Recipes	22 8/11 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6? x 1/2 size steam table pan.

Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.

Let stand for 60 seconds, stir well and serve.

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	0.200

Nutrition Facts

Servings Per Recipe: 909.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		64.00	
Fat		0.40g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		272.00mg	
Carbohydrates		13.60g	
Fiber		0.80g	
Sugar		0.00g	
Protein		1.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli



Servings:	252.000	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	46 2/7 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	15 3/7 Ounce		191205
SEASONING GARLIC HRB NO SALT	5 Fluid Ounce 2/7 Tablespoon (10 2/7 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: 252.000

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

Chicken Gravy



Servings:	451.000	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32412
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	3 Pound 4 6/7 Ounce (52 6/7 Ounce)	N/A	242390
Tap Water for Recipes	3 1/2 Gallon	N/A	000001WTR

Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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	0.000

Nutrition Facts

Servings Per Recipe: 451.000

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories		11.72	
Fat		0.47g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		187.50mg	
Carbohydrates		1.88g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available