Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

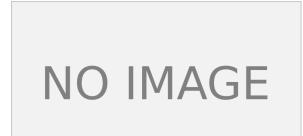
Falcon-Fil-A Nuggets

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

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

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.

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	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				
Calo	ries	64.00		
Fa	t	0.40g		
Saturat	edFat	0.00g		
Trans	Fat*	0.00g		
Choles	sterol	0.00mg		
Sodi	um	272.00mg		
Carbohy	/drates	13.60g		
Fib	er	0.80g		
Sug	jar	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

Steamed Broccoli

NO IMAGE

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.

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

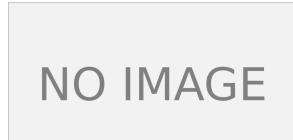
Servings Per Recipe: 252.000 Serving Size: 0.50 Cup

0			
	Amount Per Serving		
Calor	ries	38.60	
Fa	t	1.37g	
Saturat	edFat	0.87g	
Trans	Fat*	0.00g	
Choles	sterol	3.75mg	
Sodi	um	33.33mg	
Carbohy	drates	5.51g	
Fibe	er	3.01g	
Sug	ar	1.00g	
Prote	ein	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

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

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

U			
	Amount Per Serving		
Calo	ries	11.72	
Fa	it	0.47g	
Saturat	edFat	0.00g	
Trans	Fat*	0.00g	
Choles	sterol	0.00mg	
Sodi	um	187.50mg	
Carbohy	/drates	1.88g	
Fib	er	0.00g	
Sug	jar	0.00g	
Prot	ein	0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.94mg	Iron	0.00mg

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

Nutrition - Per 100g