

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Steamed Broccoli



Servings:	251.000	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 1/10 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	15 4/11 Ounce		191205
SEASONING GARLIC HRB NO SALT	10 1/4 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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 251.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		38.60	
Fat		1.37g	
Saturated Fat		0.87g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		33.33mg	
Carbohydrates		5.51g	
Fiber		3.01g	
Sugar		1.00g	
Added Sugar		0.00g	
Protein		3.01g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	192.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	8 #10 CAN	If no commodity is available use GFS#298913	100364
KETCHUP DISPENSER PK	6/7 #10 CAN		819492
SPICE ONION MINCED	1 1/7 Cup		513997
MUSTARD DISPNSR PK	4/7 Cup		819506
SAUCE WORCESTERSHIRE	4/7 Cup		109843
SUGAR BROWN MED	4 4/7 Cup		108626

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
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.000			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		145.64	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		364.92mg	
Carbohydrates		30.34g	
Fiber		5.00g	
Sugar		13.27g	
Added Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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