

Cookbook for North Liberty Elem

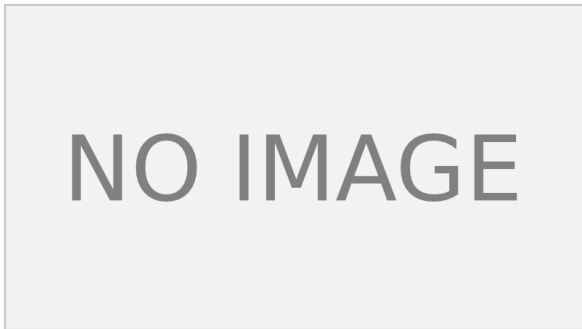
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Boneless Chicken Wings



Servings:	342.000	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40177
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	3420 Each		536620

Preparation Instructions

Cook according to directions on manufactures package and hold in warmer for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 342.000

Serving Size: 10.00 Each

Amount Per Serving	
Calories	270.00
Fat	13.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	480.00mg
Carbohydrates	19.00g
Fiber	3.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 200.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Green Beans



Servings:	240.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23050

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	10 #10 CAN		328251
BUTTER PRINT SLTD GRD AA	10 Ounce		191205
SEASONING MIX RNCH	6 2/3 Tablespoon		618684
SPICE ONION MINCED	6 2/3 Tablespoon		513997

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 240.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	31.73
Fat	0.94g
Saturated Fat	0.60g
Trans Fat	0.00g
Cholesterol	2.55mg
Sodium	340.21mg
Carbohydrates	4.98g
Fiber	2.16g
Total Sugar	2.16g
Added Sugar	0.00g
Protein	1.08g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.33mg	Iron 0.43mg

Nutrition - Per 100g

No 100g Conversion Available