

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Refried Beans

NO IMAGE

<b>Servings:</b>	128.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	5 1/3 #10 CAN		100362
Cheese, Cheddar Reduced fat, Shredded	5 1/3 Cup		100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 128.000

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	127.15		
<b>Fat</b>	1.00g		
<b>Saturated Fat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	178.19mg		
<b>Carbohydrates</b>	20.86g		
<b>Fiber</b>	5.17g		
<b>Total Sugar</b>	1.03g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	8.41g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fruit Slushie

NO IMAGE

<b>Servings:</b>	679.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW	169 3/4 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE BL RASP/LEM	169 3/4 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE SR CHRY-LEM	169 3/4 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911
SLUSHIE STRAWB-MANG	169 3/4 Each		863890

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 679.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	22.25g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	19.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 982.50mcg	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 82.50mg	<b>Iron</b> 0.35mg

## Nutrition - Per 100g

No 100g Conversion Available

# Spanish Rice



<b>Servings:</b>	522.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23894

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	542 7/8 Ounce		576280
BUTTER PRINT SLTD GRD AA	5 2/9 Cup		191205
Tap Water for Recipes	146 1/6 Cup	Boiling	000001WTR

## Preparation Instructions

Conventional Oven:

1. Preheat oven to 350 degrees
2. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well.
3. Cover and bake for approximately 35 minutes or until most of the liquid is absorbed. Stir well. Keep warm.

Stove Top:

1. Combine 7 cups of water and 1/4 cup of butter or margarine in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-25 minutes or until most of the liquid has been absorbed, stirring occasionally.
3. Stir well and transfer to a serving pan. Keep warm. Fluff with fork before serving.

Updated 6.9.23

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 522.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	120.00
<b>Fat</b>	2.80g
<b>Saturated Fat</b>	1.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.80mg
<b>Sodium</b>	170.40mg
<b>Carbohydrates</b>	21.84g
<b>Fiber</b>	1.04g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.16g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.80mg	<b>Iron</b> 0.37mg

## Nutrition - Per 100g

No 100g Conversion Available

# Golden Corn

NO IMAGE

<b>Servings:</b>	450.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	81 9/11 Pound		100348
BUTTER PRINT SLTD GRD AA	32 8/11 Ounce		191205

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 450.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	81.84
<b>Fat</b>	2.63g
<b>Saturated Fat</b>	1.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.45mg
<b>Sodium</b>	14.36mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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