

Cookbook for North Liberty Elem

Created by HPS Menu Planner

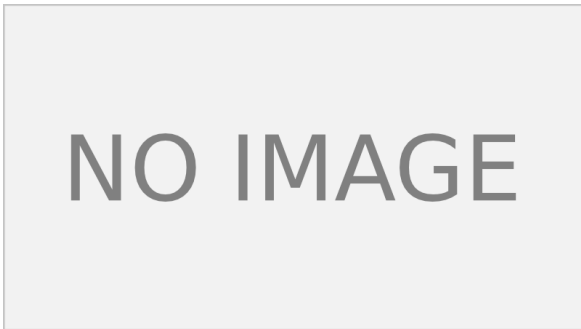
Table of Contents

Fresh Veggies

Red/Green Grapes

Turkey on a Bun

Fresh Veggies



Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23056

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SUPER SELECT	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4IN	0 Cup	Other Vegetable	849995
RADISH CLEANED	0 Cup	Other Vegetable	233986
CELERY STIX	0 Cup	Other Vegetable	781592
ZUCCHINI MED	0 Cup	Other Vegetable	198927
PEPPERS RED	0 Cup	Red/Orange Vegetable	560715

Preparation Instructions

Note: Serve two different kinds of vegetables at 1/2 cup servings. Make sure that at least one choice is a red/orange vegetable.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.550
Red/Orange	0.308
OtherVeg	0.146
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	24.15
Fat	0.03g
Saturated Fat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.78mg
Carbohydrates	5.08g
Fiber	1.83g
Total Sugar	2.57g
Added Sugar	0.00g
Protein	0.81g
Vitamin A 4455.32mcg	Vitamin C 28.20mg
Calcium 26.20mg	Iron 0.68mg

Nutrition - Per 100g

No 100g Conversion Available

Red/Green Grapes



Servings:	0.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40062
School:	North Liberty Elem		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPE RED SDLSS	0 Cup		596914
GRAPES GREEN SEEDLESS	0 Cup		197858

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.000

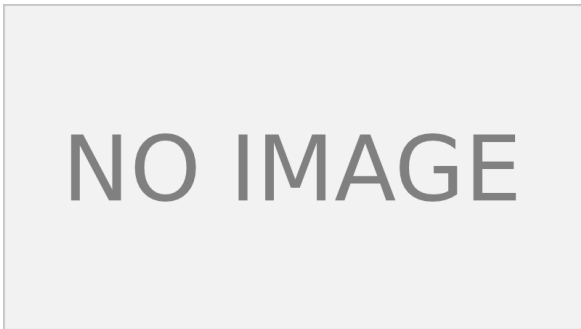
Serving Size: 0.50 Cup

Amount Per Serving	
Calories	56.27
Fat	0.27g
Saturated Fat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.67mg
Carbohydrates	14.67g
Fiber	0.73g
Total Sugar	13.33g
Added Sugar	0.00g
Protein	0.53g
Vitamin A 84.00mcg	Vitamin C 3.36mg
Calcium 11.76mg	Iron 0.25mg

Nutrition - Per 100g

No 100g Conversion Available

Turkey on a Bun



NO IMAGE

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23478

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	0 Slice		689541
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	0 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.041
Grain	2.000
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: 0.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	231.66		
Fat	3.02g		
Saturated Fat	1.01g		
Trans Fat	0.00g		
Cholesterol	40.83mg		
Sodium	699.31mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Total Sugar	4.00g		
Added Sugar	3.00g		
Protein	23.37g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available
