

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Peas](#)

[Roasted Baby Carrots](#)

[Pineapple & Mandarin Oranges](#)

[General Tso Chicken](#)

Peas

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 211.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23053 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------------|---------------------------------|------------|
| PEAS GREEN IQF | 44 1/6 Pound | | 285660 |
| BUTTER PRINT SLTD GRD AA | 14 5/7 Ounce | | 191205 |
| SEASONING GARLIC HRB NO SALT | 9 13/16 Tablespoon | Can use any salt-free seasoning | 565164 |

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 | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.500 |

Nutrition Facts

Servings Per Recipe: 211.000

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | 59.04 | | |
| Fat | 1.57g | | |
| Saturated Fat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 4.27mg | | |
| Sodium | 12.81mg | | |
| Carbohydrates | 9.52g | | |
| Fiber | 2.99g | | |
| Total Sugar | 2.99g | | |
| Added Sugar | 0.00g | | |
| Protein | 2.99g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.82mg |

Nutrition - Per 100g

No 100g Conversion Available

Roasted Baby Carrots

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 258.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-21940 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|---------------------|-------------------|------------|
| CARROT BABY WHL PETITE | 40 5/16 Pound | | 768146 |
| OIL OLIVE XVRGN ITAL IMPRTD | 2 2/3 Cup | | 432050 |
| SEASONING ROSMRY GARL | 8 1/16 Tablespoon | | 898820 |
| SALT IODIZED | 4 0.03125 Teaspoon | | 108286 |
| SPICE PEPR BLK REG FINE GRIND | 2 0.015625 Teaspoon | | 225037 |

Preparation Instructions

Coat carrots with oil, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.391 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 258.000

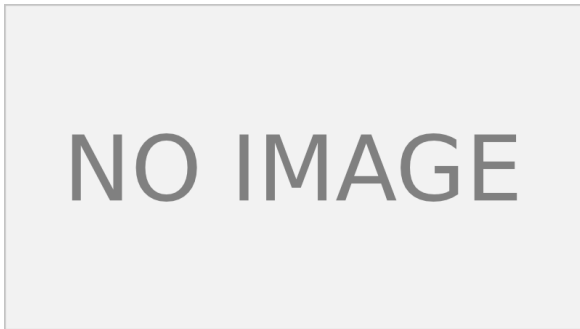
Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 43.24 |
| Fat | 2.31g |
| Saturated Fat | 0.33g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 115.94mg |
| Carbohydrates | 6.25g |
| Fiber | 1.56g |
| Total Sugar | 3.13g |
| Added Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 22.50mg | Iron 0.63mg |

Nutrition - Per 100g

| | |
|--------------------------|-------------------------|
| Calories | 61.01 |
| Fat | 3.26g |
| Saturated Fat | 0.47g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 163.59mg |
| Carbohydrates | 8.82g |
| Fiber | 2.20g |
| Total Sugar | 4.41g |
| Added Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 31.75mg | Iron 0.88mg |

Pineapple & Mandarin Oranges



| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 882.000 | Category: | Fruit |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-9656 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|----------------|-------------------|------------|
| PINEAPPLE TIDBITS IN JCE | 18 3/8 #10 CAN | | 189979 |
| ORANGES MAND WHL L/S | 18 3/8 #10 CAN | | 117897 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.539 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 882.000

Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 91.61 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 5.39mg |
| Carbohydrates | 21.56g |
| Fiber | 0.54g |
| Total Sugar | 19.40g |
| Added Sugar | 9.16g |
| Protein | 0.54g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 17.78mg | Iron 0.75mg |

Nutrition - Per 100g

No 100g Conversion Available

General Tso Chicken

NO IMAGE

| | | | |
|----------------------|-------------|-----------------------|------------------|
| Servings: | 758.000 | Category: | Entree |
| Serving Size: | 10.00 Piece | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-55183 |
| School: | Urey Middle | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|----------------|---|------------|
| CHIX PCORN LRG WGRAIN CKD | 206 8/11 Pound | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| SAUCE GEN TSO | 110 1/4 Cup | | 802850 |

Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

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: 758.000

Serving Size: 10.00 Piece

| Amount Per Serving | |
|----------------------------|-------------------------|
| Calories | 355.40 |
| Fat | 13.19g |
| Saturated Fat | 3.04g |
| Trans Fat | 0.00g |
| Cholesterol | 71.02mg |
| Sodium | 882.65mg |
| Carbohydrates | 37.90g |
| Fiber | 3.04g |
| Total Sugar | 16.29g |
| Added Sugar | 16.29g |
| Protein | 19.28g |
| Vitamin A 202.92mcg | Vitamin C 0.00mg |
| Calcium 20.29mg | Iron 1.46mg |

Nutrition - Per 100g

| | |
|----------------------------|-------------------------|
| Calories | 287.28 |
| Fat | 10.66g |
| Saturated Fat | 2.46g |
| Trans Fat | 0.00g |
| Cholesterol | 57.41mg |
| Sodium | 713.48mg |
| Carbohydrates | 30.63g |
| Fiber | 2.46g |
| Total Sugar | 13.17g |
| Added Sugar | 13.17g |
| Protein | 15.58g |
| Vitamin A 164.03mcg | Vitamin C 0.00mg |
| Calcium 16.40mg | Iron 1.18mg |