

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Peas

NO IMAGE

<b>Servings:</b>	211.000	<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-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

<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: 211.000

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Baby Carrots

NO IMAGE

<b>Servings:</b>	258.000	<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-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

<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>	0.391
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 258.000

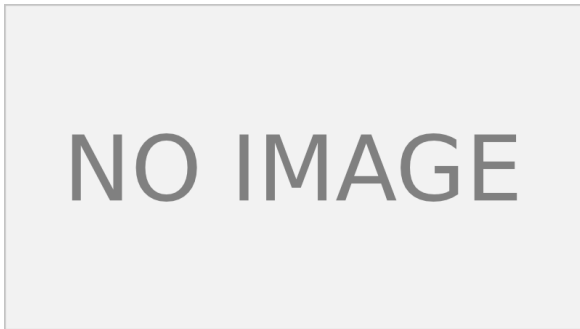
Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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

# Pineapple & Mandarin Oranges



<b>Servings:</b>	882.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.539
<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: 882.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	91.61
<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>	5.39mg
<b>Carbohydrates</b>	21.56g
<b>Fiber</b>	0.54g
<b>Total Sugar</b>	19.40g
<b>Added Sugar</b>	9.16g
<b>Protein</b>	0.54g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.78mg	<b>Iron</b> 0.75mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# General Tso Chicken

NO IMAGE

<b>Servings:</b>	758.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55183
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<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: 758.000

Serving Size: 10.00 Piece

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

## Nutrition - Per 100g

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