

# K-6 Cheesey Meatloaf

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 100.00           |
| <b>Serving Size:</b>  | 1.00 Serving     |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Cheesey Meatloaf

## Nutrition Information

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| <b>Calories</b>      | 190.00   | <b>Protein</b>      | 11.00g   |
| <b>Fat</b>           | 12.00g   | <b>SaturatedFat</b> | 6.00g    |
| <b>Trans Fat</b>     | 0.50g    | <b>Cholesterol</b>  | 40.00mg  |
| <b>Carbohydrates</b> | 8.00g    | <b>Fiber</b>        | 1.00g    |
| <b>Sugar</b>         | 5.00g    | <b>Sodium</b>       | 390.00mg |
| <b>Iron</b>          | 1.44mg   | <b>Vitamin C</b>    | 9.00mg   |
| <b>Vitamin A</b>     | 200.00IU | <b>Calcium</b>      | 60.00mg  |

## Ingredients

| Measurement | DistPart # | Description                            | Preparation Instructions   |
|-------------|------------|--|--|
| 100 Piece   | 765641     | MEATLOAF<br>CKD SLCD<br>W/CHS 100-2.9Z | BAKE<br><br>This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. |

## Preparation Instructions

Serve 1 slice per student