

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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Spaghetti with Meatballs

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	150 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	300 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	300 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer.

Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.71
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.14		
Fat	13.36g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	673.14mg		
Carbohydrates	54.57g		
Fiber	7.86g		
Sugar	9.71g		
Protein	21.86g		
Vitamin A	559.29IU	Vitamin C	9.57mg
Calcium	106.86mg	Iron	3.80mg

Breaded Chicken Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	60 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	3.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	550.00mg
Carbohydrates	42.00g
Fiber	7.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 3.00mg

Breadstick

Servings:	75.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17505

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	75 Each		406321

Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg