

Cookbook for Otsego Elementary

Created by HPS Menu Planner

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CHEESY LASAGNA ROLLS

celery sticks

Assorted Fresh Fruit

CHEESY LASAGNA ROLLS

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20396
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP CHS 53-3Z BERNI	5 Each	<p>BAKE</p> <p>Preparation Type: Cooking Instructions Conventional Oven Instructions: Conventional Oven: Distribute 3</p> <p>4 cup of room temperature sauce in the bottom of a 7 1 2" x 11" glass oven-safe baking dish that has been sprayed with non-stick cooking spray. Place 4 frozen (-10°F to +10°F) rollups in dish and cover with 3</p> <p>4 cup room temperature sauce. Spread sauce evenly over pasta to cover. Cover dish tightly with aluminum foil that has been sprayed with non-stick cooking spray. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Preparation Notes: For food safety, follow these cooking instructions. Conventional Oven Instructions: Bake in a preheated 350°F conventional oven for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully remove foil.</p>	180815
Cheese, Mozzarella, Part Skim, Shredded	60 Ounce	SPRINKLE ON TOP AFTER LASAGNA HAS REACHED MINIMUM 160 DEGREES.	100021
SAUCE SPAGHETTI 6-10 P/L	50 Cup	READY_TO_EAT None	744520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 122.50

Fat 5.50g

SaturatedFat 3.20g

Trans Fat 0.00g

Cholesterol 16.25mg

Sodium 252.50mg

Carbohydrates 13.70g

Fiber 2.05g

Sugar 8.70g

Protein 5.95g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 32.50mg **Iron** 1.05mg

celery sticks

Servings:	25.00	Category:	Vegetable
Serving Size:	0.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17468

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Celery Sticks	25 Cup	serve chilled	02493

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.00 1 cup

Amount Per Serving

Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Assorted Fresh Fruit

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20613
School:	Otsego Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	20 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	20 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	20 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	20 Each		198021
PEAR 95-110CT MRKN	20 Ounce		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.90
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	94.56		
Fat	0.22g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.90mg		
Carbohydrates	24.40g		
Fiber	3.54g		
Sugar	13.60g		
Protein	1.10g		
Vitamin A	111.73IU	Vitamin C	20.69mg
Calcium	24.12mg	Iron	0.40mg