

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Spaghetti w/ Meat Sauce and garlic knot

Servings:	40.000	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD GARL TX TST SLC 120-1.4Z	40 Each		243681

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	518.93		
Fat	16.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	58.93mg		
Sodium	525.71mg		
Carbohydrates	65.64g		
Fiber	4.64g		
Sugar	9.50g		
Protein	25.07g		
Vitamin A	793.21IU	Vitamin C	20.36mg
Calcium	47.14mg	Iron	5.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	457.62		
Fat	14.55g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	51.97mg		
Sodium	463.60mg		
Carbohydrates	57.89g		
Fiber	4.09g		
Sugar	8.38g		
Protein	22.11g		
Vitamin A	699.50IU	Vitamin C	17.95mg
Calcium	41.57mg	Iron	4.43mg

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Golden Delicious Apple Slices

Servings:	130.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	130 Piece	Can also order Piazza Golden Delicious #08015 Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

Preparation Instructions

Can also order Piazza Golden Delicious #08015

1. Wash apples.
2. Using the 6 section blade with corer, slice apples.
3. Place slices into a container of properly diluted Nature Seal.
4. Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 130.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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Nutrition - Per 100g

Calories	58.73		
Fat	0.18g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	15.87g		
Fiber	2.73g		
Sugar	11.46g		
Protein	0.26g		
Vitamin A	60.95IU	Vitamin C	5.19mg
Calcium	6.77mg	Iron	0.13mg

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Cucumber Slices w/ dip

Servings:	1.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.90
Fat	11.05g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	250.50mg
Carbohydrates	3.00g
Fiber	0.15g
Sugar	1.50g
Protein	0.15g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 4.16mg	Iron 0.08mg

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Nutrition - Per 100g

No 100g Conversion Available