

Cookbook for Lakeland Primary

Created by HPS Menu Planner

Table of Contents

[Rotini w sauce](#)

[Ham & Cheese Sandwich](#)

Rotini w sauce



Servings:	0.000	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37216
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	0 Each		266548
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	0 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590

Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	407.63		
Fat	18.20g		
SaturatedFat	6.67g		
Trans Fat*	1.08g		
Cholesterol	58.06mg		
Sodium	761.61mg		
Carbohydrates	37.81g		
Fiber	5.30g		
Sugar	10.60g		
Protein	22.35g		
Vitamin A	659.14IU	Vitamin C	24.73mg
Calcium	74.14mg	Iron	4.23mg

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

Nutrition - Per 100g

Calories	179.74		
Fat	8.03g		
SaturatedFat	2.94g		
Trans Fat*	0.47g		
Cholesterol	25.60mg		
Sodium	335.81mg		
Carbohydrates	16.67g		
Fiber	2.34g		
Sugar	4.67g		
Protein	9.86g		
Vitamin A	290.63IU	Vitamin C	10.90mg
Calcium	32.69mg	Iron	1.86mg

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

Ham & Cheese Sandwich



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD	0 Slice		271411
BUN HAMB WGRAIN 3.5 10-12CT GCHC	0 Each		266545
TURKEY HAM UNCURED	0 Ounce		690041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.92	
Fat		11.97g	
SaturatedFat		4.21g	
Trans Fat*		0.00g	
Cholesterol		59.43mg	
Sodium		737.17mg	
Carbohydrates		22.56g	
Fiber		2.00g	
Sugar		5.21g	
Protein		17.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available