

Cookbook for Rensselaer Central Primary

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	111.41
Fat	1.83g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.68mg
Carbohydrates	23.00g
Fiber	2.04g
Total Sugar	5.67g
Added Sugar	4.67g
Protein	2.14g
Vitamin A 44.44mcg	Vitamin C 0.00mg
Calcium 85.64mg	Iron 4.46mg

Nutrition - Per 100g

No 100g Conversion Available

Soy Jammer with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57740
School:	Rensselaer Central Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Package all items together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	470.00		
Fat	24.50g		
Saturated Fat	7.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	570.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Total Sugar	12.00g		
Added Sugar	10.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	341.00mg	Iron	2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD	1 Each		184970
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

Preparation Instructions

Cook and warm sausage patty and biscuit according to directions on package.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	260.00
Fat	12.00g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	29.00g
Fiber	0.00g
Total Sugar	3.00g
Added Sugar	1.00g
Protein	11.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 220.00mg	Iron 2.06mg

Nutrition - Per 100g

No 100g Conversion Available

Homemade Beef Taco Meat

Servings:	75.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	13 Pound	USDA Brown Box Commodity---Thaw	100158
SPICE ONION MINCED	9 Tablespoon	or 1/2 Cup and 1 Tablespoon	513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	4 Teaspoon	Or 1 Tablespoon and 1 teaspoon	225037
TOMATO PASTE FCY	1/4 #10 CAN	Or 27.75 ounce weight	221851
Tap Water	2 Quart		
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
SPICE ONION POWDER	1 Tablespoon		126993

Preparation Instructions

Thaw ground beef 2 days ahead under refrigeration.

1. Brown ground beef and drain.
2. Add onion, garlic powder, pepper, tomato paste, and water and seasonings.
3. Blend well.
4. Bring to boil, Reduce heat and simmer for 25-30 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	179.33		
Fat	12.42g		
Saturated Fat	4.14g		
Trans Fat	2.07g		
Cholesterol	53.81mg		
Sodium	76.86mg		
Carbohydrates	3.82g		
Fiber	0.74g		
Total Sugar	1.48g		
Added Sugar	0.00g		
Protein	14.49g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.19mg

Nutrition - Per 100g

Calories	201.25		
Fat	13.94g		
Saturated Fat	4.65g		
Trans Fat	2.32g		
Cholesterol	60.39mg		
Sodium	86.26mg		
Carbohydrates	4.29g		
Fiber	0.83g		
Total Sugar	1.66g		
Added Sugar	0.00g		
Protein	16.26g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.22mg

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57551

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	N/A	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook beef patty according to directions on package. Place in warmer to keep warm until ready for service.
Service: Place 1 beef patty, 1 slice of cheese between hamburger bun.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	338.00		
Fat	14.50g		
Saturated Fat	5.60g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	649.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Total Sugar	4.50g		
Added Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	63.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57544

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	N/A	645080
Pillsbury Easy-Split Buttermilk Biscuits	1 Each		120851

Preparation Instructions

Cook and warm chicken patty and biscuit according to directions on package.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	295.00
Fat	12.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	625.00mg
Carbohydrates	35.00g
Fiber	1.50g
Total Sugar	3.00g
Added Sugar	1.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 241.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	28 Ounce	1 Package	613738
Tap Water	1 Gallon		

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190°F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	76.33
Fat	0.85g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	313.82mg
Carbohydrates	14.42g
Fiber	0.85g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.70g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 8.48mg	Iron 0.25mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	375.11		
Fat	4.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1542.11mg		
Carbohydrates	70.85g		
Fiber	4.17g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	8.34g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	41.68mg	Iron	1.25mg

**One or more nutritional components are missing from at least one item on this recipe.

Poultry Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY	15 Ounce	1 Package	242440
Tap Water	1 Gallon		

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY.

ALTERNATE INSTANT:

SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED.
COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	2.93		
Fat	0.06g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.53mg		
Carbohydrates	0.47g		
Fiber	0.00g		
Total Sugar	0.12g		
Added Sugar	0.00g		
Protein	0.12g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.82mg	Iron	0.00mg

Nutrition - Per 100g

Calories	88.24		
Fat	1.76g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1341.30mg		
Carbohydrates	14.12g		
Fiber	0.00g		
Total Sugar	3.53g		
Added Sugar	0.00g		
Protein	3.53g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.71mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 Cup	Melted	733061
BREAD WGRAIN WHT 16-22Z GCHC	48 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Brown Box Commodity---Use GFS#499789 if brown box not available	100036

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 4 slices of cheese. Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned: Conventional oven: 400 ° F for 15 - 20 minutes. Convection oven: 350 ° F for 10 - 15 minutes. DO NOT OVER BAKE. Serve immediately. CCP: Hot foods should held at 140° or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	231.52
Fat	17.39g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	641.52mg
Carbohydrates	4.97g
Fiber	0.12g
Total Sugar	2.12g
Added Sugar	0.12g
Protein	12.18g
Vitamin A 500.00mcg	Vitamin C 0.00mg
Calcium 1.82mg	Iron 0.06mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57528

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN		488232
Tap Water	1 #5 CAN		

Preparation Instructions

STOVE:

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.625
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	91.30
Fat	1.01g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	395.64mg
Carbohydrates	18.26g
Fiber	1.01g
Total Sugar	10.14g
Added Sugar	0.00g
Protein	2.03g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.14mg	Iron 0.41mg

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	8 1/3 Cup	N/A	516371
Tap Water	17 Cup		

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice and hot water pan, and stir. Cover and bake in a 350°F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice and hot water in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	113.29		
Fat	1.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	23.99g		
Fiber	0.67g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	2.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57552

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook chicken patty according to directions on package. Place in warmer to keep warm until ready for service.

Service: Place 1 chicken patty between hamburger bun.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	15.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	40.00g
Fiber	6.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 65.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57738
School:	Van Rensselaer Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	3 1/16 Ounce	Thaw---6 slices = 3.06 ounce ---If using USDA Brown Box Commodity Ham can use 2.50 ounce weight of meat.	556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity--if commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Assemble sandwiches with meat and cheese on hamburger bun. Heat for 5-7 minutes in a 350°F oven as needed for line service. Cover with tented foil and place in warmer.

CCP: Cover and hold for service at 135°F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	9.50g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	860.00mg
Carbohydrates	26.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.72mg

Nutrition - Per 100g

Calories	334.29
Fat	10.95g
Saturated Fat	4.03g
Trans Fat	0.00g
Cholesterol	77.81mg
Sodium	991.35mg
Carbohydrates	29.97g
Fiber	3.46g
Total Sugar	5.19g
Added Sugar	3.46g
Protein	25.36g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 34.58mg	Iron 3.14mg

Spaghetti and Meat Sauce

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57550

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	8 1/2 Pound	USDA Brown Box Commodity----Thaw	100158
SPICE ONION MINCED	3/4 Cup		513997
SPICE GARLIC POWDER	4 1/2 Teaspoon	Or 1 Tablespoon and 1 1/2 teaspoon	224839
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
TOMATO PUREE 1.06	9 Cup	Or 2 quarts and 1 cup	270091
Tap Water	6 1/2 Gallon		
SALT KOSHER COARSE	3 Tablespoon		153550
SPICE PARSLEY FLAKES	1/4 Cup		259195
SPICE BASIL LEAF	2 Tablespoon		518341
SPICE OREGANO GRND	2 Tablespoon		513725
SPICE MARJORAM LEAF	1 Tablespoon		513709
SPICE THYME LEAF	1 1/2 Teaspoon		513814
PASTA SPAG 51 WGRAIN	76 Ounce	Or 4 pounds and 12 ounce---Broken into thirds	221460

Preparation Instructions

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, 2 quart water, 1 Tablespoon salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.
CCP: Heat to 155° F or higher for at least 15 seconds
3. Heat 6 gallon water to rolling boil. Add 2 Tablespoon salt.
4. Slowly add spaghetti noodles. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir cooked spaghetti noodles into meat sauce.
6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	332.45		
Fat	12.94g		
Saturated Fat	4.06g		
Trans Fat	2.03g		
Cholesterol	52.78mg		
Sodium	410.75mg		
Carbohydrates	39.08g		
Fiber	3.76g		
Total Sugar	4.44g		
Added Sugar	0.00g		
Protein	20.25g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	18.40mg	Iron	2.24mg

Nutrition - Per 100g

Calories	276.58		
Fat	10.76g		
Saturated Fat	3.38g		
Trans Fat	1.69g		
Cholesterol	43.91mg		
Sodium	341.72mg		
Carbohydrates	32.51g		
Fiber	3.13g		
Total Sugar	3.69g		
Added Sugar	0.00g		
Protein	16.85g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	15.31mg	Iron	1.86mg