



Effective date: 10/10/2014

Supersedes: 09/17/2014

Code: 00821WG

**Product Name: Whole Grain Cheese & Vegetable
Lasagna Rollup**

Serving Size: 4.30 oz

Pack: 110/4.30 oz

Each serving (one – 4.30 oz. unit) of Whole Grain Cheese & Vegetable Lasagna Rollup provides 1.50 oz. equivalent meat alternate, 1 oz eq grains, and 1/8 cup other vegetable serving.

Product Info



PREPARATION – for best results

Keep frozen until ready to prepare

Method 1- Baking

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**

Method 2 – Steaming

- 1.Set steamer to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with plastic film and then aluminum foil.
- 6.Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.**

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour

Shelf life: 12 months frozen (-10° - 10°F) Dim: 16.0"x13.3"x11.3"

Ti-Hi: 10 x 6 Case cube: 1.05 ft³

Cases/pallet: 60 Pallet height: 65-inches

Gross case wt: 30.53 lbs; Net wt: 29.53 lbs

Pallets/truck: 26

UPC: 10852777003053

ALLERGENS: Contains Milk, Wheat, & Egg

GRAINS: 51% of the grains used in this product are whole grains

Ingredients: Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Whole Wheat Flour and Enriched Semolina Blend (Whole Wheat Flour, Durum Wheat, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Red Bell Peppers, Spinach, Carrots, Broccoli, Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Onion, Egg, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Isolate, Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Whole Wheat Crackermeal (Whole Wheat Flour, Dextrose), Sodium Caseinate, Salt, Garlic Powder, Dehydrated Garlic, Sugar, Spice, Ascorbic Acid Powder.

Nutrition Facts

Serving Size 1 Piece (121g)

Amount Per Serving

Calories 190 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 370mg **15%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 11g

Vitamin A 40% • **Vitamin C 20%**

Calcium 20% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Andrew P. Signorelli
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CONTAINS: 110 - 4.30 OZ SERVINGS PER CASE
(1 LASAGNA ROLLUP PER SERVING)

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