

USDA Foods Product Information Sheet

For Child Nutrition Programs



100427– Spaghetti, 100% Whole Grain

Category: Grains (Whole Grain)



PRODUCT DESCRIPTION

This item is whole grain spaghetti that is made with U.S. No. 1 whole durum wheat flour and may include other optional whole grain ingredients. This item is available in a 20 pound case.

CREDITING/YIELD

- One case of whole grain spaghetti yields about 320 oz. equivalents of grains.
- CN Crediting: 1/2 cup cooked or 1 ounce dry spaghetti credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Whole grain spaghetti can be used as the grain component in noodle soups, pasta salads, or casseroles. This product can also be served in a more traditional way topped with tomato sauce and cheese.
- Using whole grain spaghetti in recipes can help schools meet the whole grain-rich criteria in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (70g) cooked spaghetti, whole grain

Amount Per Serving

Calories 87

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 19g

Dietary Fiber 3g

Sugars 1g

Protein 4g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.