

Spaghetti and Meatless Sauce

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45870
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 #10 CAN	HEAT_AND_SERVE Heat & Serve- add 2 quart water to sauce MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Water	6 Gallon	READY_TO_DRINK	Water
PASTA SPAGHETTI 10IN	6 Pound	1/2 cup serving	654560

Preparation Instructions

Place spaghetti and 2 quart water in pan to heat. Simmer 1 hour. 155F or higher

Heat water to rolling boil

slowly add spahetti- stir constantly. Do not overcook

Run cold water over spaghetti to slightly cool.

Serve on line and scoop 1/2 cup sauce

Portion 4 ounce serving =1 grain

Portion 8 ounce serving =2grain

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.442
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	216.74
Fat	0.96g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.23mg
Carbohydrates	45.62g
Fiber	3.69g
Sugar	5.45g
Protein	8.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.37mg	Iron 1.73mg

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

Nutrition - Per 100g

Calories	191.14
Fat	0.85g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	199.50mg
Carbohydrates	40.23g
Fiber	3.25g
Sugar	4.81g
Protein	7.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.91mg	Iron 1.52mg

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