

Spaghetti w/ Meat Sauce

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	10 Pound	2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness.	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	18 3/4 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201

Preparation Instructions

To Serve:

Place a 8 oz spoodle of noodles in a bowl and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	3.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	482.93
Fat	9.10g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	310.71mg
Carbohydrates	75.24g
Fiber	8.54g
Sugar	12.30g
Protein	27.27g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 63.14mg	Iron 5.34mg

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

Nutrition - Per 100g

Calories	212.94
Fat	4.01g
SaturatedFat	1.32g
Trans Fat	0.00g
Cholesterol	25.98mg
Sodium	137.00mg
Carbohydrates	33.18g
Fiber	3.77g
Sugar	5.42g
Protein	12.02g
Vitamin A 305.66IU	Vitamin C 8.98mg
Calcium 27.84mg	Iron 2.36mg

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