

# Spaghetti with Meat Sauce

|                      |                         |                       |                  |
|----------------------|-------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 34.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.80 Cup                | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                   | <b>Recipe ID:</b>     | R-19413          |
| <b>School:</b>       | Northwood Middle School |                       |                  |

## Ingredients

| Description                          | Measurement    | DistPart # |
|--------------------------------------|----------------|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 2 Package      | 573201     |
| BEEF CRUMBLES                        | 1 Pound        | 581950     |
| SALT IODIZED                         | 1 Teaspoon     | 108286     |
| SPICE PEPR BLK REG FINE GRIND        | 1 Teaspoon     | 225037     |
| SPICE GARLIC POWDER                  | 1 1/2 Teaspoon | 224839     |
| SEASONING SPAGHETTI ITAL             | 2 Fluid Ounce  | 413453     |
| PASTA SPAGHETTI CKD                  | 1 Quart        | 835910     |

## Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Serve with #5 disher. 7.5 quarts per pan. 34 servings per pan.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.027 |
| <b>Grain</b>    | 0.235 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.420 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.80 Cup

| Amount Per Serving        |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 195.28                   |
| <b>Fat</b>                | 7.91g                    |
| <b>SaturatedFat</b>       | 3.04g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 51.87mg                  |
| <b>Sodium</b>             | 508.17mg                 |
| <b>Carbohydrates</b>      | 13.16g                   |
| <b>Fiber</b>              | 2.09g                    |
| <b>Sugar</b>              | 6.29g                    |
| <b>Protein</b>            | 15.99g                   |
| <b>Vitamin A</b> 543.70IU | <b>Vitamin C</b> 15.97mg |
| <b>Calcium</b> 41.92mg    | <b>Iron</b> 2.39mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available