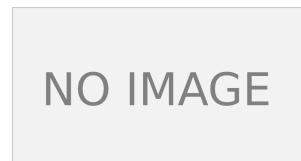
Rotini w sauce



Servings:	0.000	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37216
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	0 Each		266548
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	0 Ounce	BOIL KEEP FROZENPIace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590

Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000 Serving Size: 8.00 Ounce

Amount Per Serving						
Calories	407.63					
Fat	18.20g					
SaturatedFat	6.67g					
Trans Fat*	1.08g					
Cholesterol	58.06mg					
Sodium	761.61mg					
Carbohydrates	37.81g					
Fiber	5.30g					
Sugar	10.60g					
Protein	22.35g					
Vitamin A 659.14IU	Vitamin C 24.73mg					
Calcium 74.14mg	Iron 4.23mg					

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

Nutrition - Per 100g

Calories	179.74	
Fat	8.03g	
SaturatedFat	2.94g	
Trans Fat*	0.47g	
Cholesterol	25.60mg	
Sodium	335.81mg	
Carbohydrates	16.67g	
Fiber	2.34g	
Sugar	4.67g	
Protein	9.86g	
Vitamin A 290.63IU	Vitamin C	10.90mg
Calcium 32.69mg	Iron	1.86mg

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