

SPAGHETTI WITH 4 MEATBALL AND SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9309
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD	1 Cup		835910
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI POUCH	1/4 Cup		315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.565
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		449.00	
Fat		15.75g	
SaturatedFat		4.75g	
Trans Fat*		0.60g	
Cholesterol		36.00mg	
Sodium		531.00mg	
Carbohydrates		55.50g	
Fiber		4.50g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.00mg	Iron	3.64mg

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

Nutrition - Per 100g

No 100g Conversion Available