

Spaghetti and Meat Sauce elementary



Servings:	200.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-16059
School:	ROBERT B TURNER ELEMENTARY SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 Serving		852759
PASTA SPAGHETTI 10IN	3 Package		413370
SPICE ONION POWDER	1 Cup		126993
SPICE GARLIC POWDER	2 Teaspoon		224839
SALT IODIZED 24-26Z GFS	1 Tablespoon 1 Teaspoon (4 Teaspoon)		108308
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Package		428574
VINEGAR APPLE CIDER 5	1/4 Cup		430795
SUGAR CANE GRANUL	1 Quart		108642
BEEF GRND 80/20 PURE FZ	90 Pound	Brown & Drain	510599

Preparation Instructions

Brown Ground Beef cook till reach 165 degrees, drain beef. mix all other ingredients, till reach 165 degrees, except Spaghetti Noodles (cook Separate on steam for 20-25 minutes) Once everything is done combined together.

Meal Components (SLE)

Amount Per Serving

Meat	5.400
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	520.09		
Fat	39.61g		
SaturatedFat	14.40g		
Trans Fat*	2.70g		
Cholesterol	144.00mg		
Sodium	183.24mg		
Carbohydrates	5.15g		
Fiber	0.03g		
Sugar	3.88g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available