

Rotini Pasta Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41758
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace 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
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place cooked pasta into foil pans top with parmesan and mozzarella cheese.
Bake at 350 degrees for 5-10 minutes.
Pan- 195361 or 361180

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		261.32	
Fat		14.79g	
SaturatedFat		6.96g	
Trans Fat*		0.54g	
Cholesterol		44.03mg	
Sodium		517.68mg	
Carbohydrates		13.90g	
Fiber		2.15g	
Sugar		5.30g	
Protein		16.93g	
Vitamin A	329.57IU	Vitamin C	12.37mg
Calcium	241.44mg	Iron	1.61mg

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

Nutrition - Per 100g

No 100g Conversion Available