

Spaghetti and Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10108
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI CKD	1 Cup	**Non-Whole Grain**	835910
SAUCE SPAGHETTI BF REDC FAT	2/3 Cup		573201

Preparation Instructions

Heat Products according to manufactures directions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	520.46
Fat	24.97g
Saturated Fat	7.39g
Trans Fat	1.00g
Cholesterol	53.88mg
Sodium	418.22mg
Carbohydrates	49.97g
Fiber	4.00g
Total Sugar	8.98g
Added Sugar	2.00g
Protein	21.97g
Vitamin A 645.61mcg	Vitamin C 18.96mg
Calcium 45.92mg	Iron 3.70mg

Nutrition - Per 100g

No 100g Conversion Available