

Spaghetti Noodles K-8

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47833
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	1/2 Cup	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560
MEATBALL CKD .65Z	3 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
Spaghetti Sauce	2 Ounce	Heat sauce to 135F or above	852759

Preparation Instructions

CCP Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.063
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	228.00
Fat	7.50g
Saturated Fat	2.63g
Trans Fat	0.45g
Cholesterol	27.00mg
Sodium	294.50mg
Carbohydrates	28.00g
Fiber	1.75g
Total Sugar	4.00g
Added Sugar	1.00g
Protein	13.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 50.50mg	Iron 1.90mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available