

# Individual Pasta9-12

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52173
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	2 Ounce	Cooked	654560
MEATBALL CKD .65Z	4 Each	BAKE KEEP FROZEN CONVECTION 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	4 Ounce		852759
CHEESE CHED MLD SHRD FINE	1 Ounce		191043
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	504.00
<b>Fat</b>	16.00g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	51.00mg
<b>Sodium</b>	661.00mg
<b>Carbohydrates</b>	67.50g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	3.50g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 45.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 197.50mg	<b>Iron</b> 4.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available