

# Spaghetti MeatSauce with Garlic Breadstick



<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-55867
<b>School:</b>	Walton-Verona K-5		

## 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
85/15 Ground Beef, Frozen	2 Ounce	Cook -Brown Ground beef to 165 F for 15 sec or more	100158
Spaghetti Sauce	2 Ounce	Heat sauce to 135F or above	852759
CHEESE CHED MLD SHRD FINE	1 Ounce		191043
BREAD GARL TX TST SLC WGRAIN	1 Each	<p>READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes.</p> <p>CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes.</p> <p>Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	197582

## Preparation Instructions

CCP Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<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>	389.89
<b>Fat</b>	17.71g
<b>Saturated Fat</b>	5.99g
<b>Trans Fat</b>	1.49g
<b>Cholesterol</b>	53.81mg
<b>Sodium</b>	374.81mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	3.50g
<b>Added Sugar</b>	0.25g
<b>Protein</b>	20.45g
<b>Vitamin A</b> 45.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 116.25mg	<b>Iron</b> 2.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available