

Spaghetti w/ Meatballs PK

NO IMAGE

Servings:	64.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45113
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10"	8 Pound		654560
SAUCE SPAGHETTI FCY	2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z	192 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
Tap Water for Recipes	22 Cup	UNPREPARED	000001WTR

Preparation Instructions

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.690
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
Calories	646.89
Fat	14.38g
Saturated Fat	2.63g
Trans Fat	0.45g
Cholesterol	27.00mg
Sodium	3292.06mg
Carbohydrates	112.78g
Fiber	9.38g
Total Sugar	43.27g
Added Sugar	40.52g
Protein	22.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 209.94mg	Iron 9.18mg

Nutrition - Per 100g

Calories	114.92
Fat	2.55g
Saturated Fat	0.47g
Trans Fat	0.08g
Cholesterol	4.80mg
Sodium	584.84mg
Carbohydrates	20.04g
Fiber	1.67g
Total Sugar	7.69g
Added Sugar	7.20g
Protein	4.02g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 37.30mg	Iron 1.63mg