

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38120
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each		234041
CHEESE MOZZ SHRD	1 Cup		645170
SAUCE MARINARA A/P	1/2 #10 CAN		592714

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	563.55
Fat	15.89g
Saturated Fat	3.69g
Trans Fat	0.00g
Cholesterol	20.83mg
Sodium	2884.71mg
Carbohydrates	80.02g
Fiber	14.74g
Total Sugar	36.91g
Added Sugar	0.00g
Protein	28.13g
Vitamin A 400.00mcg RAE	Vitamin C 6.00mg
Calcium 445.18mg	Iron 7.45mg

Nutrition - Per 100g

Calories	35895.06		
Fat	1012.10g		
Saturated Fat	235.31g		
Trans Fat	0.00g		
Cholesterol	1326.96mg		
Sodium	183739.46mg		
Carbohydrates	5097.07g		
Fiber	938.99g		
Total Sugar	2351.01g		
Added Sugar	0.00g		
Protein	1791.78g		
Vitamin A	25477.71mcg RAE	Vitamin C	382.17mg
Calcium	28355.47mg	Iron	474.59mg