

# Lasagna Roll-Ups

|                      |                 |                       |                  |
|----------------------|-----------------|-----------------------|------------------|
| <b>Servings:</b>     | 18.00           | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch           | <b>Recipe ID:</b>     | R-38120          |
| <b>School:</b>       | 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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.000 |
| <b>Grain</b>                    | 1.000 |
| <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: 18.00

Serving Size: 1.00 Each

| Amount Per Serving             |                         |
|--------------------------------|-------------------------|
| <b>Calories</b>                | 294.25                  |
| <b>Fat</b>                     | 8.36g                   |
| <b>Saturated Fat</b>           | 4.28g                   |
| <b>Trans Fat</b>               | 0.00g                   |
| <b>Cholesterol</b>             | 23.33mg                 |
| <b>Sodium</b>                  | 697.16mg                |
| <b>Carbohydrates</b>           | 34.70g                  |
| <b>Fiber</b>                   | 3.37g                   |
| <b>Total Sugar</b>             | 8.65g                   |
| <b>Added Sugar</b>             | 0.00g                   |
| <b>Protein</b>                 | 17.93g                  |
| <b>Vitamin A</b> 400.00mcg RAE | <b>Vitamin C</b> 6.00mg |
| <b>Calcium</b> 359.94mg        | <b>Iron</b> 1.77mg      |

## Nutrition - Per 100g

|                                 |                          |
|---------------------------------|--------------------------|
| <b>Calories</b>                 | 4670.66                  |
| <b>Fat</b>                      | 132.71g                  |
| <b>Saturated Fat</b>            | 67.90g                   |
| <b>Trans Fat</b>                | 0.00g                    |
| <b>Cholesterol</b>              | 370.37mg                 |
| <b>Sodium</b>                   | 11066.03mg               |
| <b>Carbohydrates</b>            | 550.83g                  |
| <b>Fiber</b>                    | 53.49g                   |
| <b>Total Sugar</b>              | 137.26g                  |
| <b>Added Sugar</b>              | 0.00g                    |
| <b>Protein</b>                  | 284.53g                  |
| <b>Vitamin A</b> 6349.21mcg RAE | <b>Vitamin C</b> 95.24mg |
| <b>Calcium</b> 5713.35mg        | <b>Iron</b> 28.02mg      |