

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	Grams Per Serving:	6.3

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	294.25
Fat	8.36g
Saturated Fat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	697.16mg
Carbohydrates	34.70g
Fiber	3.37g
Total Sugar	8.65g
Added Sugar	0.00g
Protein	17.93g
Vitamin A 400.00mcg RAE	Vitamin C 6.00mg
Calcium 359.94mg	Iron 1.77mg

Nutrition - Per 100g

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