

DUNLAP CUSD #323

Recipe Prep Sheet

809 - LASAGNA BAKE (UPDATED)

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 12

Portion Size: SERVINGS

Ingredient #	Ingredient Name	Measurements	Instructions
050521	MACARONI, WHOLE GRAIN, DRY	2 CUP	Cook macaroni in salted water and set aside.
075007	BEEF GROUND ,80/20 Raw-to Cook & Drain	1 LB,raw weight	
011333	PEPPERS,SWEET,GREEN,RAW	1/2 small (5/lb)	Cook ground beef until well done. Add onions,green pepper,salt and pepper while beef is cooking.
011282	ONIONS,RAW	1/2 small	
002047	SALT,TABLE	1/2 tsp	
002030	PEPPER,BLACK	1/2 tsp	
902352	SPAGHETTI SAUCE,CND	1 qt	
001029	CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST	1 1/2 CUP, shredded	Mix cooked macaroni and ground beef mixture together with the spaghetti sauce. Mix the two kinds of cheese together. Layer the beef and macaroni mixture then a layer of cheese. Repeat with the last layer being cheese. Put in 375° oven for cheese to melt and brown. Appx. 30 minutes. SERVING = 1/2 CUP
001168	CHEESE,LOFAT,CHEDDAR OR COLBY	1 1/2 CUP, shredded	

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories ¹	285.949 kcal	Total Fat	11.885 g	Total Dietary Fiber	4.514 g	Vitamin C	11.991 mg	37.407% Calories from Total Fat
Saturated Fat ¹	4.346 g	Trans Fat ²	*0.102* g	Protein	17.333 g	Iron	1.883 mg	13.677% Calories from Sat Fat
Sodium ¹	747.358 mg	Cholesterol	34.142 mg	Vitamin A	1176.698 IU	Water	*95.209* g	*0.320%* Calories from Trans Fat
Sugars	*0.540* g	Carbohydrate	29.010 g	Calcium	192.039 mg	Ash	*3.377* g	40.580% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.246% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2.75 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.