

DUNLAP CUSD #323

Sizing Prep Report

900158 - ITALIAN PASTA BOWL, 2P2G

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: BOWL

Ingredient #	Ingredient Name	Measurements	Instructions
050460	ROTINI, WHOLE GRAIN, COOKED, NO SALT ADDED	100 .5 CUP	FIX EITHER ONE PASTA OR HAVE TWO. COOK ACCORDING DIRECTIONS - DONT OVER COOK NOODLES SERVING OF PASTA IS 1 CUP HINT: 12#S OF DRY ROTINI NOODLES = 100 CUP COOKED SERVINGS HINT: 19.25#S OF DRY SPAGHETTI NOODLES = 100 CUP COOKED SERVINGS CCP: Hold at 135° F or higher.
050466	SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT ADDED	100 .5 CUP	

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.

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Ingredient #	Ingredient Name	Measurements	Instructions
902869	MEATBALLS,BEEF, .5z/192 SERV/5PER SERV	100 MEATBALLS (5)	<p>COOK MEATBALLS IN A LITTLE BEEF BROTH FOR TASTE - SERVING IS 5 MEATBALLS</p> <p>HINT: CASE OF MEATBALLS WILL HAVE 192/5CT MEATBALL SERVINGS</p> <p>CHICKEN-</p> <p>EITHER DICED OR FAJITA MEAT CAN BE USED. IF YOU USE DICED ADD A LITTLE CHICKEN BROTH AND ITALIAN SEASONING. IF YOU USE FAJITA MEAT YOU WONT NEED TO DO ANYTHING BUT HEAT UP.</p> <p>SERVING OF CHICKEN IS 2oz</p> <p>****STUDENT CANNOT HAVE BOTH MEATBALLS AND CHICKEN WITH THEIR MEAL ***** ONLY 1 MEAT PER MEAL</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold at 135° F or higher.</p>
051520	Chicken, Diced, Cooked, Frozen	3 LB + 2 OZ	
051521	Chicken, Fajita Seasoned Strips, Cooked, Froz	3 LB + 2 oz	
990934	ALFREDO SAUCE, JTM 6/5# BAGS FROZEN	12 1/2 oz	<p>GFS,#155661- 240/2oz PER CASE</p> <p>JTM ALFREDO SAUCE - HEAT ACCORDING TO DIRECTIONS - SERVING SIZE 1/4 CUP</p> <p>MARINARA SAUCE- HEAT AN SERVE- SERVING SIZE 1/4 CUP</p> <p>***STUDENT MAY CHOOSE ONE SAUCE***</p> <p>CCP: Hold for hot service at 135° F or higher</p>
902843	MARINARA SAUCE	12 1/2 oz	

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Ingredient #	Ingredient Name	Measurements	Instructions
			<p>MEAL:</p> <p>1 CUP NOODLES</p> <p>2oz MEATBALLS OR CHICKEN</p> <p>1/4 CUP SAUCE</p> <p>***IF STUDENT DOESN'T TAKE A MEAT AND TAKES THE ALFREDO SAUCE INSTEAD, THAT SAUCE CAN BE COUNTED AS THE PROTEIN. GIVE THEM 1/2 CUP OF THE ALFREDO SAUCE.</p> <p>***IF STUDENT DOESN'T TAKE THE MEAT AND TAKES THE MARINARA SAUCE INSTEAD, THE SAUCE WILL ONLY BE COUNTED AS 1/4 CUP OF VEGETABLE WHEN GIVEN 1/4 CUP OF SAUCE.</p>

*Nutrients are based upon 1 Portion Size (BOWL)

Calories ¹	367.806 kcal	Total Fat	11.222 g	Total Dietary Fiber	6.258 g	Vitamin C	1.844 mg	27.458% Calories from Total Fat
Saturated Fat ¹	4.140 g	Trans Fat ²	0.000 g	Protein	27.622 g	Iron	3.456 mg	10.130% Calories from Sat Fat
Sodium ¹	396.528 mg	Cholesterol	57.923 mg	Vitamin A	129.579 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	*1.500* g	Carbohydrate	42.047 g	Calcium	74.796 mg	Ash	*0.000* g	45.728% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.040% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
		Vegetable	.25 cup	Milk	cup

Allergens							
Milk							

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