

# Cooking for Kids

## Recipe Sizing Report

000070 - Lasagna :	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1 Piece	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:	

Ingredients	Measures	Instructions
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 011282 ONIONS,RAW..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002029 PARSLEY,DRIED..... 051500 Tomato Paste, No Salt Added, Canned..... 014429 WATER,MUNICIPAL..... 901071 OREGANO LEAVES,DRIED..... 002023 MARJORAM,DRIED..... 901561 THYME LEAF,DRIED..... 799909 LASAGNA NOODLES,ENR,DRY..... 051558 Cheese, Mozzarella, Lite, Shredded.....	6 lbs + 8 ozs 6 lbs 1/4 cup 2 TSP (ground) 1/2 cup 3 lbs + 8 ozs 1 1/2 gals 1/3 CUP (leaves) 2 Tbsp 2 TSP (leaves) 6 lbs + 4 ozs 7 lbs	1. Place beef into large braising pan over medium heat. Add pepper, parsley, water, and seasonings. Heat until boiling.
051504 Tomatoes, Diced, No Salt Added, Canned...	8 lbs + 8 ozs	
		2. Assemble ingredients as follows in 2-inch hotel pans that have been lightly coated in pan spray. Use 1 pan for each 25 servings.  <b>For each pan:</b> Place 4 cups of sauce at bottom of pan and layer pasta, sauce, cheese and repeat until pan is full.
		3. Bake in 350° F oven for 45 minutes. Let pans sit for at least 15 minutes before cutting. Cut each pan into 25 pieces.

\*Nutrients are based upon 1 Portion Size (1 Piece)

Calories	270 kcal	Cholesterol	32 mg	Sugars	*4.1* g	Calcium	*35.01* mg	25.29%	Calories from Total Fat
Total Fat	7.57 g	Sodium	313 mg	Protein	18.42 g	Iron	*2.25* mg	14.05%	Calories from Saturated Fat
Saturated Fat	4.21 g	Carbohydrates	31.87 g	Vitamin A	*425.2* IU	Water <sup>1</sup>	*83.95* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.27 g	Vitamin C	*9.1* mg	Ash <sup>1</sup>	*0.45* g	47.28%	Calories from Carbohydrates
								27.32%	Calories from Protein

\*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® 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.