Cooking for Kids

Recipe Sizing Report

000506 - Lasagna CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1 Piece	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051506 Beef, Crumbles w/SPP, Cooked, Frozen...... 011282 ONIONS,RAW... 051500 Tomato Paste, No Salt Added, Canned........ 002030 PEPPER,BLACK... 002020 GARLIC POWDER...................................... 002023 MARJORAM,DRIED.................................... 901071 OREGANO LEAVES,DRIED....................... 002029 PARSLEY,DRIED....................................... 901561 THYME LEAF,DRIED................................. 014429 BEVERAGES,H2O,TAP,MUNICIPAL...........	1 lb + 10 ozs 4 1/4 cups 1 5/8 cups 1/2 TSP (ground) 1 Tbsp 1/2 Tbsp 1 Tbsp + 1 TSP 2 Tbsp 1/2 TSP 6 cups	1. Place beef into a large braising pan over medium heat. Add onions, tomato paste, pepper, garlic powder, marjoram, oregano, parsley, thyme, and water. Heat until boiling.
051504 Tomatoes, Diced, No Salt Added, Canned.... 799909 LASAGNA NOODLES,ENR,DRY................. 051558 Cheese, Mozzarella, Lite, Shredded.............	4 cups 1 lb + 9 ozs 7 cups	2. Assemble ingredients as follows in 2 inch hotel pans, or 12 x 20 inch pans, that have been lightly coated in pan spray, use 1 pan for each 25 servings: For each pan, place 4 cups of diced tomatoes (and juice) at the bottom of the pan and layer noodles, sauce, and 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	269	kcal	Cholesterol	31	mg	Sugars	*4.1*	g	Calcium	*35.01*	mg	25.23%	Calories from Total Fat
Total Fat	7.53	g	Sodium	310	mg	Protein	18.32	g	Iron	*2.25*	mg	14.00%	Calories from Saturated Fat
Saturated Fat	4.18	g	Carbohydrates	31.85	g	Vitamin A	*425.2*	IU	Water¹	*83.95*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	3.27	g	Vitamin C	*9.1*	mg	Ash¹	*0.45*	g	47.41%	Calories from Carbohydrates
												27.26%	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
¹ - denotes optional 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 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.