

Cooking for Kids

Recipe Sizing Report

000216 - Spaghetti Pizza :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 piece	Meat/Alt: 3 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902995 SPAGHETTI, WHOLE GRAIN, DRY.....	3 lbs + 9 ozs	1. Cook pasta until almost tender. Drain and rinse slightly to cool then add milk, eggs, parmesan, and mozzarella cheese. 2. On two (50 servings) or four (100 servings) sprayed full sheet pans, divide the pasta. Bake at 350° F for 15 minutes to par bake.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT.....	1 1/8 cups + 1 Tbsp	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW...	3 1/8 cups + 1 Tbsp	
001185 PARMESAN CHS TOPPING,FAT FREE.....	3/4 cup	
051558 Cheese, Mozzarella, Lite, Shredded.....	2 lbs	3. Add tomato paste to sauce and adjust seasoning with Italian herbs. Spread sauce evenly onto pans all the way to the edge. Add a light amount of cheese, then 1 lb of meat and the rest of the cheese to each pan. 4. Bake for 10-12 minutes until slightly brown. Allow to set then cut each pan into 25 pieces.
051500 Tomato Paste, No Salt Added, Canned.....	12 ozs	
051497 Spaghetti Sauce, Low-sodium, Canned.....	1 #10 Can	
051558 Cheese, Mozzarella, Lite, Shredded.....	1 lb	
051506 Beef, Crumbles w/SPP, Cooked, Frozen.....	2 lbs	

*Nutrients are based upon 1 Portion Size (1 piece)

Calories	281 kcal	Cholesterol	80 mg	Sugars	*4.0* g	Calcium	*53.71* mg	29.09%	Calories from Total Fat
Total Fat	9.08 g	Sodium	329 mg	Protein	18.18 g	Iron	*2.14* mg	13.35%	Calories from Saturated Fat
Saturated Fat	4.17 g	Carbohydrates	33.35 g	Vitamin A	*335.8* IU	Water ¹	*5.31* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.44 g	Vitamin C	*4.1* mg	Ash ¹	*0.12* g	47.50%	Calories from Carbohydrates
								25.89%	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.