

Cooking for Kids

Recipe Sizing Report

000537 - Spaghetti Pizza CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	1 lb + 12 1/2 ozs	1. Cook pasta until almost tender. Drain and rinse slightly to cool then add milk, eggs, parmesan, and mozzarella cheese.
001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT.....	1/2 cup + 1 1/2 Tbsp	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW...	1 1/2 cups + 1 1/2 Tbsp	
001185 PARMESAN CHS TOPPING, FAT FREE.....	1/3 cup + 2 tsp	
051558 Cheese, Mozzarella, Lite, Shredded.....	4 cups	2. Place pasta on a sprayed full sheet pan, or baking sheet. Bake at 350° F for 15 minutes to par bake.
051500 Tomato Paste, No Salt Added, Canned.....	2/3 cup	3. Add tomato paste to sauce and adjust seasoning with Italian herbs. Spread sauce evenly onto pan all the way to the edge. Add a light amount of cheese, then meat, and then the rest of the cheese.
051497 Spaghetti Sauce, Low-sodium, Canned.....	6 cups	
051558 Cheese, Mozzarella, Lite, Shredded.....	2 cups	
051506 Beef, Crumbles w/SPP, Cooked, Frozen.....	1 lb	
		4. Bake for 10-12 minutes until slightly brown. Allow to set then cut.

*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.