

Recipe # : 812123

Student Count : 100

Cheesy Spaghetti : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
375	SHREDDED MOZZARELLA	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	SUB RECIPES: 375 – SHREDDED MOZZARELLA 779 – SPAGHETTI NOODLES 1/2 CUP 1. COOK THE PASTA AS SHOWN IN RECIPE #779. 2. SPRINKLE CHEESE OVER THE TOP OF HEATED PASTA. 3. SERVE EACH ½ OF A CUP OF CHEESY SPAGHETTI.
779	SPAGHETTI NOODLES 1/2 CUP	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	185 kcal
Total Fat	7.28 g
Sodium	172.08 mg
Carbs	20.83 mg

Components	
Meat/Alt:	1 oz. eq.
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 375

Student Count : 100

Shredded Mozzarella : NutriStudents K-12

Serving Size : 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK STEPS: HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 1.SERVE EACH STUDENT A 1/4 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT# FOREMOST 10000995 1/4 OF A CUP, CREDITS AS 1 MEAT/MEAT ALTERNATIVE PRODUCT#USDA 100021 1/4 OF A CUP, CREDITS AS 1 MEAT/MEAT ALTERNATIVE
904103	*CHEESE MOZZARELLA SHREDDED - FOREMOST - 10000995	6.25 LB	
904063	*CHEESE MOZZARELLA SHREDDED - USDA - USDA - 100021	6.25 LB	

Nutrients based on 1 Serving Size	
Calories	90 kcal
Total Fat	7 g
Sodium	170 mg
Carbs	1 mg

Components	
Meat/Alt:	1 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 779

Student Count : 100

Spaghetti Noodles 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: STOVE TOP: STEPS: 1.BRING WATER TO A ROLLING BOIL. 2.FULLY SUBMERGE NOODLES IN WATER. 3.HEAT UNTIL THE NOODLES ARE AL DENTE. 4.DRAIN WATER & PLACE INTO PAN. 5.WRAP PAN WITH PLASTIC WRAP. SERVICE: 6.SERVE EACH STUDENT A 1/2 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT# USDA 100427 1OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# ZERGA 8030-000 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS
904043	*NOODLE SPAGHETTI WHOLE WHEAT - USDA - USDA - 100427	6.25 LB	
904045	*NOODLE SPAGHETTI WHOLE WHEAT - ZERGA - 8030	6.25 LB	

Nutrients based on 1 Serving Size	
Calories	95 kcal
Total Fat	0.28 g
Sodium	2.08 mg
Carbs	19.83 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 900264

Student Count : 100

Basil Butrmilk Ranch : NutriStudents K-12

Serving Size : 1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	4 & 1/8 CUP + 1 Tsp	<p>STEPS:</p> <p>1.ADD DRESSING, WATER & SPICES AND MIX WELL.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p>SERVICE:</p> <p>2.SERVE EACH STUDENT A TBSP EACH.</p>
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	4 & 1/8 CUP + 1 Tsp	
904308	WATER	2 CUP + 1 Tbsp	
904122	BASIL GROUND - GENERIC - -	1 Tbsp	
904115	GARLIC GRANULATED - GENERIC - -	1 Tsp	
904116	BLACK PEPPER GROUND - GENERIC - -	1 Tsp	

Nutrients based on 1 Serving Size	
Calories	13 kcal
Total Fat	0.58 g
Sodium	108.53 mg
Carbs	1.83 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 967

Student Count : 100

Pouch Spaghetti Sauce 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904427	SAUCE SPAGHETTI POUCHES - USDA - USDA - 110177	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p>COOKING METHOD: STOVE TOP: STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p>STEPS: 1.OPEN CANS. 2.ADD SAUCE TO PAN OR POT. 3.WRAP PAN WITH PLASTIC WRAP & TINFOIL.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p>TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50**</p> <p>4.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p>SERVICE: 2.SERVE EACH STUDENT A 1/2 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:USDA 100177 1/2 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF RED/ORANGE VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	80 kcal
Total Fat	4 g
Sodium	125 mg
Carbs	10 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0

Recipe # : 910

Student Count : 100

Fresh Broccoli 1/4 CUP : NutriStudents K-12

Serving Size : 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK STEPS: 1.CHOP VEGETABLES INTO SMALLER UNITS. HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 2.SERVE EACH STUDENT A 1/4 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 1010006 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP PRODUCT#:TAYLOR 73007 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP
904196	*BROCCOLI FLORETTE FRESH - GENERIC --	24 &3/4 CUP + 1 Tbsp + 2 Tsp	
904195	*BROCCOLI FLORETTE FRESH - GENERIC --	24 &3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	11 kcal
Total Fat	0 g
Sodium	10.81 mg
Carbs	1.73 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0

Recipe # : 920

Student Count : 100

Frozen Broccoli 1/4 CUP : NutriStudents K-12

Serving Size : 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904197	BROCCOLI FROZEN - USDA - USDA - 110473	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>1.THAW & CHOP VEGETABLES INTO SMALLER UNITS.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 2.SERVE EACH STUDENT A 1/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:USDA 110473 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	13 kcal
Total Fat	0 g
Sodium	11 mg
Carbs	2.5 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0

Recipe # : 1171

Student Count : 100

Pears 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903982	PEARS DICED CANNED - USDA - USDA - 100225	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p>COOKING METHOD: NO COOK</p> <p>STEPS: 1.OPEN AND DRAIN CANS. 2.WRAP PAN WITH PLASTIC WRAP.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY SERVE.</p> <p>SERVICE: 3.SERVE EACH STUDENT A ½ OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: 1/2 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF FRUIT</p>

Nutrients based on 1 Serving Size	
Calories	60 kcal
Total Fat	0 g
Sodium	5 mg
Carbs	16 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0.5 cup eq.
Milk:	0