DeWitt Jr. High School

Team Name: Sizzling Sautéers

Entrée: Baked Garden Italian Pasta
(12 – 1 cup servings)

Sides: Homemade Michigan Applesauce
(11 – ½ cup servings)
Michigan 1% Small Curd Cottage Cheese
(½ cup servings)

Drink: Michigan Skim Milk (1 cup serving)

Jenison/Hudsonville School Food Service

Sizzling Sautee

000196 - Baked Garden Italian Pasta

Recipe HACCP Process: #2 Same Day Service

Source: Sizzling Sautee
Number of Portions: 12
Size of Portion: 1 cup

050459 ROTINI, WHOLE GRAIN, DRY.....	40 OZ
011282 ONIONS,RAW.....	1 small
011215 GARLIC,RAW.....	1 clove
105933 ZUCCHINI SQUASH.....	1 CUP
011124 CARROTS,RAW.....	2 medium
011457 SPINACH,RAW.....	2 CUP
011549 TOMATO PRODUCTS,CND,SAU.....	60 OZ
050498 TOMATOES, CANNED, DICED.....	15 OZ
901850 Sugar, Brown Med GFS.....	9 (1 tsp)
901261 OREGANO LEAVES,DRIED.....	4 TSP, leaves
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED...	16 OZ

Bring a 3qt pot of water to a boil, add rotini and cook until firm, drain and set aside. While rotini is cooking, sauté onion, garlic, and zucchini in small pan sprayed with non-stick spray. In a 3qt pot combine tomato sauce, diced tomatoes, brown sugar, oregano, carrots, spinach, and sautéed vegetables. Bring to a boil and simmer for 10 minutes. Mix rotini and sauce together. Place in a 9 x 13 baking dish, sprinkle with mozzarella cheese and bake at 350° for 30 minutes.

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

Calories	472	kcal	Cholesterol	12.00	mg	Protein	27.21	g	Calcium	366.40	mg	9.54%	Calories from Total Fat
Total Fat	5.01	g	Sodium	1086.21	mg	Vitamin A	504.73	RE	Iron	5.58	mg	6.69%	Calories from Sat Fat
Saturated Fat	3.51	g	Carbohydrate	86.96	g	Vitamin A	3034.53	IU	Water¹	*148.07*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	12.52	g	Vitamin C	16.12	mg	Ash¹	*3.07*	g	73.66%	Calories from Carbohydrates
												23.05%	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

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.

Jenison/Hudsonville School Food Service

000197 - Homemade Michigan Applesauce

Recipe HACCP Process: #2 Same Day Service

Source: Sizzling Sautee
Number of Portions: 11
Size of Portion: 1/2 cup

009004 APPLES,RAW,WITHOUT SKIN...	8 large (3-1/4 dia)"	Peel, core and chop apples. In a large pot, stir together apples, apple juice, and cinnamon. Bring to a boil, reduce heat and simmer covered. Stir occasionally and mash apples as they cook. Simmer about 30-35 minutes.
900193 APPLE JUICE.....	16 OZ	
002010 CINNAMON,GROUND.....	1 TSP + 1/2 TSP	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	96	kcal	Cholesterol	0.00	mg	Protein	0.44	g	Calcium	11.41	mg	1.95%	Calories from Total Fat
Total Fat	0.21	g	Sodium	0.04	mg	Vitamin A	6.38	RE	Iron	0.26	mg	0.32%	Calories from Sat Fat
Saturated Fat	0.03	g	Carbohydrate	24.99	g	Vitamin A	*60.74*	IU	Water¹	*136.19*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.23	g	Vitamin C	26.25	mg	Ash¹	*0.28*	g	103.86%	Calories from Carbohydrates
												1.82%	Calories from Protein

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SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Carrot	2 medium	Mozzarella Cheese, part skim	2 cups shredded
Gala Apples	8 large	Cottage Cheese	Desired amount
Garlic	1 clove	Skim Milk	Desired amount
Onion	1 small		
Spinach, fresh	2 cups		
Zucchini	1 large		
Grains	**Amount**	**Misc.**	**Amount**
Whole Wheat Rotini	5 cups (40 oz)	Apple Juice	2 cups
		Tomato Sauce	4-15oz cans
		Tomatoes, diced	1-15oz can
Fats/Oils	**Amount**	**Seasonings**	**Amount**
		Brown Sugar, packed	3 Tbls
		Cinnamon	1 ½ tsp
		Oregano Leaves	4 tsp