

Greenwich School Lunch Program

Recipe: 000440 Meatballs, Homemade

Recipe HACCP Process: #3 Complex Food Preparation

Recipe Source:
Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: Servings

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain.....	10 LB,raw weight
018376 BREAD CRUMBS,DRY,GRATED,SEASONED.....	3 3/4 CUP
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D...	2 CUP
002026 ONION POWDER.....	2 TBSP
011297 PARSLEY,RAW.....	5 CUP, chopped
901082 GARLIC,GRANULATED.....	3 1/2 TBSP
001123 EGG,WHOLE,RAW,FRESH.....	10 large
901524 OREGANO LEAVES,DRIED.....	1 TBSP, leaves
002047 SALT,TABLE.....	2 1/2 TBSP
002030 PEPPER,BLACK.....	2 TBSP, ground

*Nutrients are based upon 1 Portion Size (Servings)

Calories	247 kcal	Cholesterol	105.58 mg	Sugars	*1.13* g	Calcium	54.48 mg	49.05%	Calories from Total Fat
Total Fat	13.45 g	Sodium	551.09 mg	Protein	22.13 g	Iron	2.72 mg	18.84%	Calories from Saturated Fat
Saturated Fat	5.17 g	Carbohydrates	7.97 g	Vitamin A	587.05 IU	Water ¹	57.81 g	*N/A*	Calories from Trans Fat
Trans Fat ²	*N/A* g	Dietary Fiber	0.84 g	Vitamin C	8.43 mg	Ash ¹	2.63 g	12.92%	Calories from Carbohydrates
								35.87%	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.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz		Y - Milk		? - Peanut
Grain.....	oz		Y - Egg		? - Tree Nut
Fruit.....	cup		Y - Wheat		? - Fish
Vegetable.....	cup				? - Shellfish
Milk.....	cup				? - Soy
<u>Moisture & Fat Change</u>					
Moisture Change.	%				
Fat Change.....	%				

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.