Department of Education

000138 - CONFETTI SPAGHETTI SALAD :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	-Whole Grain	Y - Milk Y - Wheat	N - Egg N - Peanut N - Tree Nut N - Fish N - Shellfish N - Soy	

Ingredients	Measures	Instructions
900724 SPAGHETTI,WHOLE GRAIN,COOKED.....	2 qts + 2 1/2 cups	1. Break spaghetti noodles into fourths. Cook spaghetti until tender-firm, about 8 minutes. Drain and cool in a refrigerator for 30 minutes.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011583 VEGETABLES,MXD,FRZ,UNPREP..... 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4.... 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 090088 ONIONS,RED,RAW..... 001032 CHEESE,PARMESAN,GRATED..... 110484 BASIL LEAF..... 002030 PEPPER,BLACK.....	12 ozs 1 lb + 12 ozs 4 ozs 4 ozs 4 ozs 4 ozs 2 tsp 1/2 tsp	2. In a large bowl, combine tomatoes, mixed vegetables, cheese, olives, onions, Parmesan Cheese, basil, and black pepper. Add chilled spaghetti.
004021 SALAD DRSNG,ITALIAN DRSNG,RED FAT.....	2 cups	3. Toss with Italian dressing. 4. Refrigerate at 41°F or below for at least 2 hours prior to serving. 5. Serve a 1/2 cup portion.

Calories..... 77	Iron..... 0.65 mg	Protein..... 3.61 g	Protein..... 18.75%
Cholesterol.. 5 mg	Calcium.... 50.00 mg	Carbohydrates 11.15 g	Carbohydrates. 57.94%
Sodium..... 228 mg	Vitamin A.. 905 IU	Total Fat.... 2.48 g	Total Fat..... 28.99%
Dietary Fiber 2.14 g	Vitamin C.. 2.7 mg	Saturated Fat 0.96 g	Saturated Fat. 11.26%
		Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values