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Larry Lasagna

Elementary Average Per Serving for all NSLW 2008 Meals:
 688.9 cal., 35.3 g pro., 105.7 g carb., 8.5 g fiber, 15.5 g fat, 5.5 g sat. fat, 37.2 mg chol., 1,628.6 mg sod., 2,107.7 IU vit. A, 34.9 mg vit. C, 607 mg ca., 5.2 mg iron

Secondary Average Per Serving for all NSLW 2008 Meals:
 876.5 cal., 43.3 g pro., 136.1 g carb., 11.2 g fiber, 20 g fat, 6.8 g sat. fat, 48.5 mg chol., 1,867.9 mg sod., 2,563.1 IU vit. A, 46.6 mg vit. C, 659.3 mg ca., 6.4 mg iron

Larry's Electoral Lasagna

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Preparation
Vegetable Lasagna	1 piece	2 ozs. meat/ meat alternate, 1 grain/bread, 3/4 cup fruit/ vegetable	1 1/2 pieces	3 ozs. meat/ meat alternate, 1 1/2 grains/breads, 1 1/8 cups fruit/ vegetable	Below (USDA D-50**)	Lowfat cheese
Marinara Sauce	2 Tbsps.	1/8 cup fruit/ vegetable	2 Tbsps.	1/8 cup fruit/ vegetable		Lowfat sauce
Bread Stick	1/2 stick or 1 1/2 ozs.	1 1/2 grains/ breads	1 stick or 3 ozs.	3 grains/breads		Whole-wheat
Tossed Salad	3/8 cup or No. #10 scoop	3/8 cup fruit/ vegetable	1/2 cup	1/2 cup fruit/ vegetable	SNA*	Add fresh spinach
Ranch Dressing	1 packet/12 g		1 packet/12 g			Fat-free
Canned Peaches	3/8 cup or No. #10 scoop	3/8 cup fruit/ vegetable	1/2 cup	1/2 cup fruit/ vegetable		Fat-free, canned in juice
Milk, 1%, Flavored	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk		Lowfat

Elementary Per Serving: 620.5 cal., 34.5 g pro., 97.2 g carb., 9.2 g fiber, 11.8 g fat, 5.3 g sat. fat, 20.9 mg chol., 1,520.8 mg sod., 3,745.9 IU vit. A, 35.2 mg vit. C, 595.2 mg ca., 5.4 mg iron

Secondary Per Serving: 888.3 cal., 48.8 g pro., 138 g carb., 13.7 g fiber, 17.8 g fat, 7.6 g sat. fat, 28.8 mg chol., 2,145.3 mg sod., 5,061 IU vit. A, 50.5 mg vit. C, 745.1 mg ca., 8.1 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate (elementary) or 3 ozs. meat/meat alternate (secondary), 2 1/2 grains/breads (elementary) or 4 1/2 grains/breads (secondary), 1 5/8 cups fruit/vegetable (elementary) or 2 1/4 cups fruit/vegetable (secondary), 1 milk

* See the SNA Recipe Database, www.schoolnutrition.org

** You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

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LARRY'S LASAGNA

YIELD: 50 servings (elementary and secondary)

PER SERVING: 278 cal., 21.3 g pro., 36.4 g carb., 4.1 g fiber, 5.7 g fat, 2.6 g sat. fat, 11 mg chol., 1,016 mg sod., 1,669 IU vit. A, 27.2 mg vit. C, 268 mg ca., 2.9 mg iron

INGREDIENTS

Water, boiling—4 gals., 2 qts.

Salt—3 Tbsps.

Enriched lasagna noodles, uncooked (at least $\frac{4}{5}$ oz. each)—56 each or 2 lbs., 12 ozs.

Vegetable oil— $\frac{1}{4}$ cup

Sliced, fresh zucchini—1 qt. or 1 lb.

Sliced, fresh mushrooms—1 qt., 1 cup or 12 ozs.

Chopped, fresh onions—1 $\frac{1}{2}$ cups or 9 ozs.

Enriched, all-purpose flour— $\frac{1}{2}$ cup or 2 ozs.

Frozen, chopped broccoli—1 qt., 2 cups or 2 lbs., 8 ozs.

Canned tomato sauce—1 gal. or 1 $\frac{1}{4}$ #10 can or 8 lbs., 4 ozs.

Canned tomato paste—2 $\frac{3}{4}$ cups or 1 lb., 9 ozs.

Oregano— $\frac{1}{4}$ cup, 2 Tbsps.

Granulated garlic, divided—3 $\frac{3}{4}$ tsps.

Reduced-fat cottage cheese, drained—1 gal. or 8 lbs.

Parsley— $\frac{1}{4}$ cup

Enriched, dry bread crumbs—2 cups, 2 Tbsps. or 8 ozs.

Grated Parmesan cheese, divided—2 $\frac{1}{4}$ cups or 6 ozs.

Shredded, reduced-fat Mozzarella cheese—1 qt., 3 $\frac{1}{2}$ cups or 1 lb., 14 ozs.

DIRECTIONS

1. Add the salt to the boiling water. Slowly add the lasagna noodles and return to boil. Cook for 10-12 minutes, until noodles are tender. Drain.

2. In a pan, heat $\frac{1}{4}$ cup of vegetable oil. Add the zucchini, mushrooms and onions. Sauté for 3 minutes, until vegetables are tender. Stir in the flour and cook for 3 minutes. Remove from heat and set aside.

3. Place the broccoli in a steamtable pan (12x20x2 $\frac{1}{2}$ inches). Steam it for 6 minutes, or until it's tender. Drain well and set aside.

4. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and 1 $\frac{3}{4}$ tsps. of granulated garlic. Simmer, uncovered, for 30 minutes.

5. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer, uncovered, for 10 minutes.

6. In a large bowl, combine the cottage cheese, parsley, 2 tsps. granulated garlic and bread crumbs. Mix well.

7. Combine $\frac{3}{4}$ cup (or 2 ozs.) of the Parmesan cheese with the Mozzarella cheese.

8. Prepare two steamtable pans (12x20x2 $\frac{1}{2}$ inches). Spread 1 cup of vegetable sauce on the bottom of each steamtable pan to prevent sticking.

9. Per pan, assemble the first layer with 9 $\frac{1}{3}$ lasagna noodles; 1 qt., $\frac{1}{2}$ cup cottage cheese mixture; 1 qt. vegetable sauce; and 2 cups, 1 Tbsp. Parmesan-Mozzarella cheese mixture.

10. Repeat this assembly process for the second layer.

11. Assemble the third layer with 9 $\frac{1}{3}$ lasagna noodles and 2 $\frac{1}{2}$ cups vegetable sauce per pan.

12. Sprinkle 2 ozs. of Parmesan cheese over each pan of lasagna. Cover it with foil. Bake it in a conventional oven at 375°F for 50 minutes (if using a convection oven, 350°F for 40 minutes). **Critical Control Point:** Heat to 165°F or higher for 15 seconds.

13. Remove the pans from the oven and allow the lasagna to set for 15 minutes before serving. **Critical Control Point:** Hold for hot service at 135°F or higher.

14. Cut each pan 5x5 (25 portions per pan). Serve 1 piece per student customer.

Recipe & Recipe analysis: U.S. Department of Agriculture

◆ **Notes:** You can substitute the fresh mushrooms with 15 ozs. (or three 8-oz. cans) of canned, sliced mushrooms.

See Your School in the Magazine!

Don't forget to take photos of your National School Lunch Week events and send them to SN magazine. To increase the chance of seeing your photos in the magazine, consider the following 4 tips:

1. Take great photos. The photographs that look best in magazines often are the simplest ones. Crop out unnecessary details and get close to see your subjects' smiling faces clearly. For outdoor photos, the best light is on a cloudy day or in a shady spot beside brightly lit pavement. For indoor photos, try using your flash and/or taking photos near a window.

2. Identify details. Be sure to send not only your photos, but also your name, job title, address and phone number. Please also list your school name—or, if the entire district participated, the name of your district—and its location. Don't forget to attach explanations of your photos and a description of your activities.

3. Choose the right format. Three types of full-color photos work with SN's printing technology: store-developed prints; slides; and digital, high-resolution (300 dpi or higher) files in the forms of jpegs or tifs.

4. Select your delivery. Send your entry through snmagazine@schoolnutrition.org, online at www.schoolnutrition.org/vote or through the mail. You can mail your report to *School Nutrition*, Attn: NSLW Wrap-Up, 700 S. Washington St., Ste. 300, Alexandria, VA 22314.

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your HACCP-based food-safety plan. But entrée choices still should reflect the entrée selections for the official Vote for School Lunch campaign. SNA has not tested any of its recipes or menus in a kitchen.