

# Step-It-Up Spaghetti with Meat Sauce

Items	Elementary Serving Size	Secondary Serving Size	Recipe	Healthy Preparation Tips
Spaghetti (cooked)	3/4 cup	3/4 cup		Use a whole-grain variety
Meat Sauce	1/2 cup	1/2 cup	SNA <sup>1</sup>	Substitute beef with soy for a veggie option
Garden Salad	1/2 cup	1/2 cup	SNA <sup>1</sup>	Use dark-green leaf lettuce
Mixed-Fruit Cup	1/2 cup	1/2 cup		
Whole-Wheat Roll	1 roll	1 roll	SNA <sup>1</sup>	Use a whole-grain variety
Milk (variety)	8 fl. ozs	8 fl. ozs		Offer skim/lowfat varieties

Elementary Per Serving: 774 cal., 34.1 g pro., 105.6 g carb., 8 g fiber, 24 g fat, 4.7 g sat., fat, 25.1 mg chol., 1,990 mg sod., 2,574.7 IU vit. A, 90.6 mg vit. C, 418.9 mg ca., 6.6 mg iron

Secondary Per Serving: 774 cal., 34.1 g pro., 105.6 g carb., 8 g fiber, 24 g fat, 4.7 g sat., fat, 25.1 mg chol., 1,990 mg sod., 2,574.7 IU vit. A, 90.6 mg vit. C, 418.9 mg ca., 6.6 mg iron

<sup>1</sup> You can find this recipe later in Spring 2010 at [www.schoolnutrition.org/NSLW10](http://www.schoolnutrition.org/NSLW10).

All menus, menu names 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 own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.