

Idaho Child Nutrition Programs

Recipe: 000095 Volcanic Meatloaf K-8

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Meatloaf Ball

902438 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW USDA..... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES.....	2 2/3 CUP 1 5/8 LB	Preheat oven to 400°F. Prepare Ingredients: Thaw eggs. Shred mozzarella cheese.
016069 LENTILS,RAW..... 014429 WATER,MUNICIPAL.....	6 1/3 CUP 12 2/3 cup	Prepare Lentils: Rinse and drain lentils. In a deep steam table pan, add lentils and water. Seal tight with foil and bake at 400°F for 45 minutes or until lentils are tender.
902372 Ground Beef, 15% USDA Food, Raw..... 001085 MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)..... 050453 OATS, ROLLED, UNENRICHED, QUICK, COOKED, NO S.... 902437 Tomato Paste, No Salt Added, Canned, #10 USDA..... 083730 MUSTARD YELLOW PREPARED (for meatloaf mixture)..... 002029 PARSLEY, DRIED..... 900771 GARLIC, GRANULATED..... 011284 ONIONS, DEHYDRATED FLAKES..... 002007 CELERY SEED..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK.....	12 1/3 LB 6 CUP 6 1/3 CUP 1 1/2 CUP 3 CUP 3/4 CUP 1/3 CUP 1/3 CUP 3 TBSP 3 TBSP 3 TBSP	Prepare Meatloaf: In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard (for meatloaf), parsley, granulated garlic, dehydrated onions, celery seed, salt, and pepper. Mix until all ingredients are incorporated. Do not overmix. Add Lentils: Add cooked lentils to the ground beef mixture and mix lightly. Lentils should stay whole and should be seen throughout ground beef mixture (lentils must be identifiable to count as a vegetable.)
		Bake Meatloaf: Add parchment paper to sheet pans. Using a heaping "size 6" scoop, make 100 meatloaf balls (each ball of raw ground beef mixture should weigh approximately 4.5 oz.). Bake meatloaf in ball form; do not flatten. Bake for 35 - 45 minutes at 400°F or until meatloaf reaches 155°F.

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.

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011949 CATSUP,LOW SODIUM..... 083730 MUSTARD YELLOW PREPARED (for topping).....	6 1/4 CUP 6 1/4 CUP	Assemble Dish: Top meatloaf with 1 tbsp. ketchup and ¼ oz. shredded cheese. Serve with 1 tbsp. mustard on the side.
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*Nutrients are based upon 1 Portion Size (1 Meatloaf Ball)

Calories	259 kcal	Cholesterol	69.06 mg	Protein	22.94 g	Calcium	113.12 mg	39.54%	Calories from Total Fat
Total Fat	11.39 g	Sodium	415.24 mg	Vitamin A	57.89 RE	Iron	3.26 mg	14.76%	Calories from Saturated Fat
Saturated Fat	4.25 g	Carbohydrates	15.81 g	Vitamin A	308.09 IU	Water ¹	*55.05* g	*2.06%*	Calories from Trans Fat
Trans Fat ¹	*0.59* g	Dietary Fiber	4.43 g	Vitamin C	4.18 mg	Ash ¹	*1.95* g	24.40%	Calories from Carbohydrates
								35.39%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.750 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.125 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902438	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	016069	LENTILS,RAW			
I	014429	WATER,MUNICIPAL			
I	902372	Ground Beef, 15% USDA Food, Raw			
I	001085	MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR			
I	050453	OATS, ROLLED, UNENRICHED, QUICK, COOK			
I	902437	Tomato Paste, No Salt Added, Canned, #10 USD			
I	083730	MUSTARD YELLOW PREPARED			
I	002029	PARSLEY,DRIED			

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I	900771	GARLIC,GRANULATED			
I	011284	ONIONS,DEHYDRATED FLAKES			
I	002007	CELERY SEED			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	011949	CATSUP,LOW SODIUM			
I	083730	MUSTARD YELLOW PREPARED			

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