



Marinara Penne and Meatballs

With Rich Chicks Garlic Basil Chicken Meatballs

Serving Size: 2 Cups

Yield: 128

Contribution: 2oz Meat/Meat Alternate, 1/2 Cup Red/Orange Vegetable, 2 oz Grain

RC Product Code: 91401

Ingredients	Amount	Preparation Instructions
Rich Chicks Garlic Basil Meatballs	20 lbs	1. Place 5 lbs of meatballs in full pan cover with 1#10 can of marinara sauce. Heat covered in 350 degree oven for 30 minutes or until internal temperature reaches 165 degrees.
Marinara Sauce	4 #10 Cans	2. Cook Penne according to directions on package until al dente. Drain and toss with a little olive oil to keep it from sticking together.
Whole Grain Rich Blend Penn Pasta	16 lbs	3. When serving ladle one cup of penne on plate and cover with 1 cup of the meatball and marinara mixture.

Nutritional Information			
Portion	2 Cups	Cholesterol (mg)	48
Calories	394	Sodium (mg)	491
Total Fat (g)	7.5	Total Carbohydrates (g)	57
Saturated Fat (g)	1.25	Dietary Fiber (g)	6
Trans Fat (g)	0	Protein (g)	22

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.