



# USDA Foods in Schools

**110506 - Pasta, Spaghetti, Whole Grain-Rich**  
Category: **Grains (Whole Grain)**



### Product Description

- This item is whole grain-rich spaghetti that is made with 51-65% U.S. No. 1 whole durum wheat flour and the remaining grain is enriched flour. This item is available in a 20 pound case.

### Crediting/Yield

- One case of whole grain-rich spaghetti yields about 354 1/2 cup servings of cooked pasta.
- CN Crediting: 1/2 cup cooked or 1 ounce dry spaghetti credits as 1 oz. equivalent grains.

### Culinary Tips and Recipes

- Whole grain-rich spaghetti can be served in a traditional way topped with tomato sauce or alfredo sauce. Spaghetti can also be used as an Asian noodle for lo mein or ramen, or included in pasta salads and casseroles.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

### Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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## Nutrition Facts

Serving size: 1/2 cup (58 g) spaghetti, whole grain rich, cooked

### Amount Per Serving

**Calories** 92

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 3mg

**Total Carbohydrate** 18g

Dietary Fiber 3g

Sugars 0g

**Protein** 3g

Source: [USDA FoodData Central](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the Nutrition Facts label or ingredient list for product-specific information.