



# Noodles

Makes: 50+ child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
16 cups	whole wheat pasta (e.g. noodles)	4 L (1.8 kg)
40 – 50 cups	water	10 – 12 L
Optional:	butter or margarine parmesan cheese, grated	

## Instructions

1. Bring large pot of water to a boil.
2. Add noodles to water. Cook until tender (follow package instructions).
3. Drain noodles.
4. Toss with butter/margarine and parmesan, if desired.

<b>Nutrition Information</b>	
Serving 75 g (½ cup)	
<b>Calories</b>	90
<b>Fat</b>	0 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	0 mg
<b>Carbohydrates</b>	19 g
	Fibre 2 g
	Sugars 1 g
<b>Protein</b>	4 g
Calcium	10 mg
Iron	1 mg

<b>Food Guide Servings</b>
1 Grain Product