

Mac & Cheese

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Macaroni and Cheese

Nutrition Information

Calories	224.00	Protein	13.60g
Fat	8.80g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	23.20g	Fiber	1.60g
Sugar	4.80g	Sodium	536.00mg
Iron	0.86mg	Vitamin C	0.00mg
Vitamin A	600.00IU	Calcium	320.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4/5 Ounce	527582	ENTREE MAC & CHS WGRAIN 6-5 LOL	BAKE

Preparation Instructions

6 ounce serving.

White dipper - or - 1/2 cup dipper heaping

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.