

# Mac & Cheese

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Macaroni and Cheese

## Nutrition Information

<b>Calories</b>	258.00	<b>Protein</b>	14.20g
<b>Fat</b>	8.10g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.00mg
<b>Carbohydrates</b>	34.40g	<b>Fiber</b>	3.20g
<b>Sugar</b>	5.60g	<b>Sodium</b>	527.00mg
<b>Iron</b>	8.65mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	450.00IU	<b>Calcium</b>	244.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 cup</b>	527582	ENTREE MAC & CHS WGRAIN 6-5 LOL	
<b>1</b>	4372	DINNER ROLL, W GRAIN, AM	READY_TO_EAT

## 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.