

MAC & cHEESE bOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49767
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	327120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.659
Grain	2.068
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	670.91
Fat	30.18g
SaturatedFat	11.73g
Trans Fat	0.50g
Cholesterol	66.82mg
Sodium	1841.82mg
Carbohydrates	61.27g
Fiber	5.27g
Sugar	10.09g
Protein	40.27g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 660.27mg	Iron 3.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available