

mac & cheese- hs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49786
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1 Cup	119122

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
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	420.00
Fat	16.00g
SaturatedFat	9.00g
Trans Fat	0.50g
Cholesterol	45.00mg
Sodium	1460.00mg
Carbohydrates	46.00g
Fiber	2.00g
Sugar	9.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 621.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available