

MAC & cHEESE bOWL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49908
School:	Highland MS		

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 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	3.284
Grain	1.443
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	460.91
Fat	22.18g
SaturatedFat	7.23g
Trans Fat	0.25g
Cholesterol	44.32mg
Sodium	1111.82mg
Carbohydrates	38.27g
Fiber	4.27g
Sugar	5.59g
Protein	27.77g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 349.77mg	Iron 2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available