

BEEF AND CHEESE SAUCE



Servings:	1.00	Category:	Entree
Serving Size:	3.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9440
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF W/CHS SCE 6-5 JTM	3 1/2 Ounce		584101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
Grain	0.000
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: 3.50 Ounce

Amount Per Serving			
Calories		166.38	
Fat		9.13g	
SaturatedFat		4.06g	
Trans Fat*		0.00g	
Cholesterol		50.72mg	
Sodium		386.52mg	
Carbohydrates		7.10g	
Fiber		0.00g	
Sugar		3.04g	
Protein		13.19g	
Vitamin A	249.57IU	Vitamin C	0.00mg
Calcium	177.54mg	Iron	1.01mg

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

Nutrition - Per 100g

Calories		167.68	
Fat		9.20g	
SaturatedFat		4.09g	
Trans Fat*		0.00g	
Cholesterol		51.12mg	
Sodium		389.55mg	
Carbohydrates		7.16g	
Fiber		0.00g	
Sugar		3.07g	
Protein		13.29g	
Vitamin A	251.52IU	Vitamin C	0.00mg
Calcium	178.93mg	Iron	1.02mg

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