

# Mac and Cheese



Servings:	30.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15848
School:	ANDERSON COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	1 Pound	add salt to water add half noodles in a 4in pan with holes. Steam 15-20 min. Drain	229941
SAUCE CHS CHED POUCH 6- 106Z LOL	1/2 Package	heat cheese sauce with milk	135261
Prairie Farms 1% Low Fat White Milk	1 Pint		

## Preparation Instructions

Combine milk and cheese over cooked noodles. Serve. Should be 165 degrees and not to get below 135."

Do not over cook noodles they will continue to cook on line.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.067
<b>Grain</b>	0.533
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		138.06	
<b>Fat</b>		6.08g	
<b>SaturatedFat</b>		3.73g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		17.15mg	
<b>Sodium</b>		330.92mg	
<b>Carbohydrates</b>		14.09g	
<b>Fiber</b>		1.07g	
<b>Sugar</b>		1.53g	
<b>Protein</b>		6.44g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	171.39mg	<b>Iron</b>	0.53mg

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

## Nutrition - Per 100g

No 100g Conversion Available