

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

Meat	0.067
Grain	0.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available