

Macaroni & Cheese



Servings:	1.00	Category:	Grain
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11526
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees	150731

Preparation Instructions

Placed sealed bad in steamer or boiling water. Heat for 45 minutes, or until item reaches 165 degrees

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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: 6.00 Ounce

Amount Per Serving			
Calories		298.60	
Fat		12.10g	
SaturatedFat		6.70g	
Trans Fat*		0.01g	
Cholesterol		36.00mg	
Sodium		649.30mg	
Carbohydrates		32.00g	
Fiber		2.10g	
Sugar		8.00g	
Protein		15.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	383.00mg	Iron	1.07mg

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

Nutrition - Per 100g

Calories		175.55	
Fat		7.11g	
SaturatedFat		3.94g	
Trans Fat*		0.01g	
Cholesterol		21.16mg	
Sodium		381.72mg	
Carbohydrates		18.81g	
Fiber		1.23g	
Sugar		4.70g	
Protein		8.99g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	225.17mg	Iron	0.63mg

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