

# Macaroni & Cheese Entree



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28975
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	150731

## Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.  
Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.  
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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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