

# Mac & Cheese Bowl w/ garlic breadstick

NO IMAGE

<b>Servings:</b>	80.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34029
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC CHS WGRAIN	30 Pound		527582
BREADSTICK WGRAIN GARL HERB 1Z	80 Each		512723

## Preparation Instructions

Prepare mac and cheese according to package direction.

CCP: Hold at 135F or higher.

To serve:

Scoop 6 oz into bowl #688490 and top with garlic breadstick.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.743
<b>Grain</b>	2.372
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	482.81
<b>Fat</b>	17.00g
<b>Saturated Fat</b>	8.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.25mg
<b>Sodium</b>	1111.24mg
<b>Carbohydrates</b>	56.34g
<b>Fiber</b>	3.06g
<b>Total Sugar</b>	9.28g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	27.78g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 633.90mg	<b>Iron</b> 1.79mg

## Nutrition - Per 100g

<b>Calories</b>	283.84
<b>Fat</b>	9.99g
<b>Saturated Fat</b>	4.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.25mg
<b>Sodium</b>	653.30mg
<b>Carbohydrates</b>	33.12g
<b>Fiber</b>	1.80g
<b>Total Sugar</b>	5.46g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.33g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 372.67mg	<b>Iron</b> 1.05mg