

# Macaroni & Cheese Entree

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28975
<b>School:</b>	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

Amount Per Serving

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

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	298.60
<b>Fat</b>	12.10g
<b>Saturated Fat</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>Total Sugar</b>	8.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	15.30g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 383.00mg	<b>Iron</b> 1.07mg

## Nutrition - Per 100g

<b>Calories</b>	175.55
<b>Fat</b>	7.11g
<b>Saturated Fat</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>Total Sugar</b>	4.70g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.99g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 225.17mg	<b>Iron</b> 0.63mg