

Macaroni & Cheese

Servings:	1.00	Category:	Grain
Serving Size:	4.00 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	4 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

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.500
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	199.07
Fat	8.07g
Saturated Fat	4.47g
Trans Fat	0.01g
Cholesterol	24.00mg
Sodium	432.87mg
Carbohydrates	21.33g
Fiber	1.40g
Total Sugar	5.33g
Added Sugar	0.00g
Protein	10.20g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 255.33mg	Iron 0.71mg

Nutrition - Per 100g

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