

# Macaroni & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11526
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.500
<b>Grain</b>	0.750
<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: 4.00 Ounce

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

## 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