

Mac & Cheese Bowl w/ garlic breadstick

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34029
School:	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

Meat/Meat Alternate	2.743
Grain	2.372
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: 80.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

Calories	283.84
Fat	9.99g
Saturated Fat	4.85g
Trans Fat	0.00g
Cholesterol	24.25mg
Sodium	653.29mg
Carbohydrates	33.12g
Fiber	1.80g
Total Sugar	5.46g
Added Sugar	0.00g
Protein	16.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 372.66mg	Iron 1.05mg