

HS: Mac & Cheese- 3/4 cup



Servings:	1.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58049
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	BOIL KEEP FROZENPlace 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.	609131

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
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: 0.75 Cup

Amount Per Serving	
Calories	317.00
Fat	16.00g
Saturated Fat	8.90g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	650.00mg
Carbohydrates	28.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 367.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	186.36
Fat	9.41g
Saturated Fat	5.23g
Trans Fat	0.00g
Cholesterol	27.04mg
Sodium	382.13mg
Carbohydrates	16.46g
Fiber	1.18g
Total Sugar	1.76g
Added Sugar	0.00g
Protein	8.82g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 215.76mg	Iron 0.59mg