

Memphis BBQ Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EZ - Mac & Cheese	1/2 Cup	Cheese Sauce: 1. Open 2 bags of liquid cheese and pour into a steamtable pan. 2. Add ½ quart of water and 2 pints of milk to the cheese. 3. Whisk thoroughly to fully combine all three ingredients. 4. Heat cheese mixture to 145°F, stirring occasionally. Pasta: 1. 8 minutes before the cheese sauce is finished, begin cooking the pasta. 2. Cook elbow macaroni for 8 minutes, or until al dente. 3. Ensure the cheese sauce and pasta are at similar temperatures before combining. Combine & Season: 1. Pour the hot cheese sauce over the cooked pasta. Stir well to coat all pasta evenly. 2. Add prepared spice mixture and mix until evenly distributed. Serving: Portion 1 cup per serving using a #6 disher/scoop. AP 12/5/25 PR 8/20/2025 jsh 1.21.25	R-53979
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791
BBQ Pulled Pork	1/2 Cup	Mix BBQ sauce and pork together Cook pulled pork according to directions on package. Heat to 165* Use #8 scoop	R-54847

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Updated 7.28.25 JSH

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	1.500
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: 1.00 Each

Amount Per Serving	
Calories	463.64
Fat	13.19g
Saturated Fat	4.18g
Trans Fat	0.00g
Cholesterol	38.34mg
Sodium	392.55mg
Carbohydrates	71.16g
Fiber	4.77g
Total Sugar	20.07g
Added Sugar	17.00g
Protein	16.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 146.06mg	Iron 2.93mg

Nutrition - Per 100g

Calories	420.76
Fat	11.97g
Saturated Fat	3.80g
Trans Fat	0.00g
Cholesterol	34.79mg
Sodium	356.25mg
Carbohydrates	64.58g
Fiber	4.33g
Total Sugar	18.21g
Added Sugar	15.43g
Protein	14.56g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 132.55mg	Iron 2.66mg