

Cheesy Broccoli

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47033
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473
SAUCE CHS ULTIM YEL POU 6-106Z LOL	2 Fluid Ounce		310668

Preparation Instructions

1. steam broccoli for approx 5-7 mins (Times may vary depending on Fresh/Frozen)
2. heat sauce according to manufactures directions
3. once heated to 165 combined broccoli and cheese sauce
4. Serve 1/2 cup of product per student

PR 8/20/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
Fruit	0.000
DarkGreen	0.500
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: 0.50 Cup

Amount Per Serving	
Calories	126.00
Fat	7.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	312.00mg
Carbohydrates	8.00g
Fiber	3.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 162.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available