

BBQ Chicken Memphis Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56002

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
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	4 ounces		100117
SAUCE BBQ	1 Teaspoon		212071
CORNBREAD BITE WGRAIN	3 Each		963499

Preparation Instructions

Cook iMac & Cheese according to recipe.

Preheat oven or Combi, place frozen fajita meat in steamtable pan. Cook for 15 mins, temp must reach 165°F

In large bowl mix BBQ sauce and cooked chicken, stir to coat chicken lightly.

In a bowl layer the ingredient.

Mac and Cheese on the bottom followed by the BBQ chicken. Serve with the corn bread on the side.

AP: 10/20/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
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: 1.00 Each

Amount Per Serving	
Calories	561.33
Fat	18.20g
Saturated Fat	8.94g
Trans Fat	0.07g
Cholesterol	109.40mg
Sodium	1205.92mg
Carbohydrates	65.72g
Fiber	5.17g
Total Sugar	12.59g
Added Sugar	4.67g
Protein	33.82g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 130.89mg	Iron 2.89mg

Nutrition - Per 100g

Calories	1049.42
Fat	34.02g
Saturated Fat	16.71g
Trans Fat	0.13g
Cholesterol	204.52mg
Sodium	2254.48mg
Carbohydrates	122.87g
Fiber	9.67g
Total Sugar	23.53g
Added Sugar	8.72g
Protein	63.22g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 244.69mg	Iron 5.40mg