

# Macaroni and Cheese

NO IMAGE

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57999
<b>School:</b>	Walton-Verona MiddleHigh		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Macaroni & Cheese	480 Ounce	30 lb=	119122

## Preparation Instructions

### Basic Preparation

THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANED, KEEP PRODUCT COVERED TIGHTLY.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.239
<b>Grain</b>	1.119
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	288.56
<b>Fat</b>	10.95g
<b>Saturated Fat</b>	5.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	975.12mg
<b>Carbohydrates</b>	30.85g
<b>Fiber</b>	1.99g
<b>Total Sugar</b>	5.97g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.92g
<b>Vitamin A</b> 110.45mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 416.92mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

<b>Calories</b>	169.64
<b>Fat</b>	6.43g
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.55mg
<b>Sodium</b>	573.27mg
<b>Carbohydrates</b>	18.13g
<b>Fiber</b>	1.17g
<b>Total Sugar</b>	3.51g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	9.94g
<b>Vitamin A</b> 64.93mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 245.10mg	<b>Iron</b> 0.58mg