

Macaroni and Cheese

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57999
School:	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

Meat/Meat Alternate	2.239
Grain	1.119
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: 80.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

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