

# Homemade Macaroni & Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58689
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	6 Gallon		
PASTA ELBOW MACAR 51 WGRAIN	6 Pound + 4 Ounce		229941
SAUCE CHS CHED	13 Pound + 14 Ounce	Thaw	271081

## Preparation Instructions

1. Bring water to a boil.
  2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. Do not overcook. Drain well, rinse with cool water, and drain again.
  3. Transfer cooked macaroni to pans and set aside.
  4. Prepare cheese sauce according to package directions. Heat to 165°F.
  5. Pour hot cheese sauce over macaroni and fold together until mixed.
- CCP: Hold for hot service at 135°F or higher.
6. Serve with a #8 scoop

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	226.74
<b>Fat</b>	10.26g
<b>Saturated Fat</b>	5.61g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.15mg
<b>Sodium</b>	502.55mg
<b>Carbohydrates</b>	22.94g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.72g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.04g
<b>Vitamin A</b> 473.27mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 251.40mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

<b>Calories</b>	248.37
<b>Fat</b>	11.24g
<b>Saturated Fat</b>	6.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.41mg
<b>Sodium</b>	550.50mg
<b>Carbohydrates</b>	25.13g
<b>Fiber</b>	2.19g
<b>Total Sugar</b>	2.98g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	13.19g
<b>Vitamin A</b> 518.43mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 275.38mg	<b>Iron</b> 1.10mg