

Macaroni & Cheese w/Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45023

Ingredients

Description	Measurement	DistPart #
ENTREE MACAR CHS WGRAIN ELB	6 Ounce	609131
BREADSTICK WGRAIN 1Z	1 Each	406321

Preparation Instructions

Macarono & Cheese:

BOIL

KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Breadstick:

THAW

Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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 Serving

Amount Per Serving	
Calories	387.00
Fat	17.00g
Saturated Fat	8.90g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	745.00mg
Carbohydrates	42.00g
Fiber	3.00g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 393.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	227.51
Fat	9.99g
Saturated Fat	5.23g
Trans Fat	0.00g
Cholesterol	27.04mg
Sodium	437.98mg
Carbohydrates	24.69g
Fiber	1.76g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	9.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 231.04mg	Iron 1.18mg