



825099 - Macaroni and Cheese

Source: K12 Culinary
 Number of Portions: 64
 Size of Portion: 1/2 cup

Components:

Meat/Alt: 0.75 oz
 Grains: 1 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825001R Cheese Sauce.....	3 qts	Prepare school made cheese sauce according to the recipe. Measure required amount. Store any remaining sauce in refrigerator and use within 3 days. CCP: Heat to 135° F or higher.
020653 PASTA,WHL GRAIN,51% WHL WHEAT,REMAINING...	4 LBS (elbows)	Place 4 inch deep full size perforated pan inside 4 inch solid, full size steamtable pan. Weigh pasta and add 2 lbs. of elbow macaroni pasta to each pan. Cover completely with approximately 1 1/2 to 2 gallons of water. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Note: If cooking in very large batches, the kettle or tilt skillet may speed production. CCP: Heat to 135° F or higher.
		Lift perforated pans to drain the macaroni and discard cooking liquid. Place cooked pasta (amount resulting from cooking the 4 lb of dry noodles) into one 4 inch deep full size steamtable pan. Toss with a very small amount of oil (1 Tbsp) cover with film wrap and place in hot holding cabinet until service - no longer than 1 hour. Just prior to service, pour 3 quarts of cheese sauce over each pan of cooked pasta. Serve 1/2 cup using no. 8 disher. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not good quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	202	kcal	Cholesterol	*25*	mg	Sugars	*0.6*	g	Calcium	154.17	mg	40.28%	Calories from Total Fat
Total Fat	9.03	g	Sodium	400	mg	Protein	9.63	g	Iron	1.01	mg	23.75%	Calories from Saturated Fat
Saturated Fat	5.32	g	Carbohydrates	21.20	g	Vitamin A	*255.0*	IU	Water ¹	*30.36*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.20	g	Vitamin C	*0.0*	mg	Ash ¹	*0.52*	g	42.04%	Calories from Carbohydrates
												19.09%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>													