

# Macaroni & Cheese

Main Dish      HACCP: #2 Same Day Service      Healthier Kansas Recipe 118 - revised

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			<ol style="list-style-type: none"> <li>Bring water to a boil.</li> <li>Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. <b>Do not overcook.</b> Drain well, rinse with cool water, and drain again.</li> <li>Transfer cooked macaroni to pans and set aside.</li> <li>Prepare cheese sauce according to package directions. Heat to 165° F. Or prepare homemade cheese sauce per directions below. * <b>Nutritional analysis uses low sodium prepackaged cheese sauce.</b></li> <li>Pour hot cheese sauce over macaroni and fold together until mixed. <b>CCP: Hold for hot service at 135° F or higher.</b></li> <li>Serve with a #8 scoop</li> </ol> <p>Option: To prepare homemade cheese sauce, heat milk and then add margarine, pepper, and shredded cheese to the warm milk.</p>
Macaroni, elbow, whole grain	5 lb + 10 oz				
Cheese Sauce, low sodium	12 lb + 8 oz				
<b>OR – Prepare homemade cheese sauce:</b> Milk, skim		1 gal + 1 qt			
Margarine, liquid	1 lb	2 cups			
Pepper		1 tsp			
Cheese, American, shredded	6 lb + 4 oz				

Serving Size	1 Serving Provides	Yield
#8 scoop (1/2 cup)	1 oz M/MA + 1.0 unit G/B	100 servings 3 gal + 2 cups

## Nutrients Per Serving\*

Calories	189	Vitamin A	198.84 IU	Iron	0.93 mg
Protein	10.72 gm	Vitamin C	0 mg	Calcium	202.29 mg
Carbohydrate	22.23 gm	Fiber	2.52 gm	Cholesterol	19.89 mg
Fat	7.32 gm	% Fat	34.95 %	Sodium	231.04 mg
Saturated Fat	4.54 gm	% Saturated Fat	21.68 %		