

Alliance K-12 Nutrition Innovations

Recipe Prep Sheet

990038 - Macaroni-n-Cheese, Homestyle

Recipe HACCP Process:

Source: VS Workshop'17

Number of Portions: 28

Portion Size: Serving



| Ingredient # | Ingredient Name | Measurements | Instructions |
|--------------|--|-----------------------|--|
| | | | Wash hands and put on gloves |
| 990361 | MACARONI and Cheese LOL 43277 | 2 Bag 5# 13.3 svg/bag | Under refrigeration, defrost 2 bags LOL Macaroni and Cheese one day prior to use |
| | | | Heat mac-n-cheese in bag to 140°F |
| | | | Preheat convection oven to 350°F |
| 990363 | BROCCOLI, floret raw RTE 1 lb AP=1 lb EP | 2 LB | Steam broccoli for 3 minutes; chill in ice bath |
| | | | Place broccoli in bottom of 2 inch deep hotel pan |
| | | | Top broccoli with mac-n-cheese |
| 990362 | CHEESE cheddar mild shredded LOL41749 | 3 cup | Spread shredded cheese evenly over top of mac-n-cheese |
| R-990035 | BREAD CRUMBS, WGR homemade | 3 cup | Top with bread crumbs |
| | | | Place in convection oven for 15 minutes and until internal temperature reaches 165°F |
| | | | Divide pan into 4 x 7 even portions |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (Serving)

| | | | | | | | | |
|----------------------------|--------------|------------------------|-----------|---------------------|------------|-----------|-----------|-------------------------------------|
| Calories ¹ | 360.317 kcal | Total Fat | 14.796 g | Total Dietary Fiber | 3.331 g | Vitamin C | 30.209 mg | 36.956% Calories from Total Fat |
| Saturated Fat ¹ | 8.286 g | Trans Fat ² | 0.000 g | Protein | 20.774 g | Iron | 1.235 mg | 20.696% Calories from Sat Fat |
| Sodium ¹ | 1072.182 mg | Cholesterol | 41.429 mg | Vitamin A | 971.983 IU | Water | *N/A* g | 0.000% Calories from Trans Fat |
| Sugars | 6.759 g | Carbohydrate | 37.162 g | Calcium | 520.741 mg | Ash | *N/A* g | 41.255% Calories from Carbohydrates |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | \$0.000 | | | 23.062% Calories from Protein |
| Type of Fat | - | | | | | | | |

Components

| | | | | | | | | | |
|---------------|------------|-------|------------|-------|-----|-----------|--------|------|-----|
| Meat/Meat ALT | 2.25 oz eq | Grain | 1.25 oz eq | Fruit | cup | Vegetable | .5 cup | Milk | cup |
|---------------|------------|-------|------------|-------|-----|-----------|--------|------|-----|

Allergens

| | | | | | | | | |
|-----|-------|-------|--------------------|--|--|--|--|--|
| Egg | Wheat | Dairy | No Big 8 Allergens | | | | | |
|-----|-------|-------|--------------------|--|--|--|--|--|

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