

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
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Allergens

Egg	Wheat	Dairy	No Big 8 Allergens					
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