

# Macaroni and Cheese

Component: Meat Alternate-Grains/Breads

Main Dish

D-20

Ingredients	48 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR elbow macaroni	2 lb 10 oz	2 qt 2 cups			<p>1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well.</p> <p>2. Melt margarine or butter in a stock pot or sauce pan.</p> <p>3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.</p> <p>4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.</p> <p>5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.</p> <p>6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 <math>\frac{3}{4}</math> cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes.</p> <p>7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 <math>\frac{1}{2}</math> oz (1 <math>\frac{1}{2}</math> cups) over each pan.</p>
Margarine or butter	12 oz	1 $\frac{1}{2}$ cups			
Enriched all-purpose flour	5 oz	1 cups			
Whole wheat flour	7 oz	1 $\frac{3}{4}$ cups			
Dry mustard		1 Tbsp			
Ground black or white pepper		1 tsp			
Paprika		1 Tbsp			
Lowfat 1% milk		1 gal 1 qt			
Worcestershire sauce (optional)		2 tsp			
Reduced fat cheddar cheese, shredded		3 qt 1 cup			
Parmesan cheese, grated		1 cup			
WGR soft bread crumbs		2 cups			
Reduced fat cheddar cheese, shredded		1 qt			

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					<p>8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher.</p> <p>9. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>
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<b>Notes:</b>
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

<p><b>Serving: 1 piece/portion (about 1/2 cup) provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.</b></p> <p>1-2 years: 1/3 cup 3-5 years: 1/2 cup 6-18 years: 2/3 cup</p>	<p><b>Yield:</b></p>	<p><b>Volume:</b></p>
	<p><b>48 Servings:</b>      22 lb 8 oz</p> <p><b>100 Servings:</b></p>	<p><b>48 Servings:</b>      4 pans</p> <p><b>100 Servings:</b></p>

Nutrients Per Serving			
<b>Calories</b>	305	<b>Saturated Fat</b>	6.40 g
<b>Protein</b>	19.30 g	<b>Cholesterol</b>	28.93 mg
<b>Carbohydrate</b>	30.74 g	<b>Vitamin A</b>	228.67 RAE mcg
<b>Total Fat</b>	12.34 g	<b>Vitamin C</b>	.01 mg
		<b>Iron</b>	1.39 mg
		<b>Calcium</b>	516.32 mg
		<b>Sodium</b>	419.50 mg
		<b>Dietary Fiber</b>	2.93 g (2016 Fiber = 0.65 g)