

Davis Joint Unified

Recipe: 000829 CK Mac & Cheese

Recipe HACCP Process: #2 Same Day Service

Recipe Source: Dominic Machi
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 1
 Size of Portion: serving

R000823 CK Cheese Sauce..... R000658 Pasta, Elbow Whole Wheat....	1 (4oz) 1 .5 cup	Oven Temp: 350 Add 1 to 4 milks to lossen Mac and Cheese (Depending on how much Mac n Cheese you ordered).Place pan in oven. Heat for 30 mins. Stir and check temp. every15 mins. Repeat stir and check temp. process until it reaches 165°. Mac and Cheese should have a smooth consistence. Seving Size: Mac n Cheese 6.5oz Scoop No. #6
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*Nutrients are based upon 1 Portion Size (serving)

Calories	283 kcal	Cholesterol	40.42 mg	Sugars	0.85 g	Calcium	28.46 mg	49.11%	Calories from Total Fat
Total Fat	15.44 g	Sodium	515.87 mg	Protein	12.92 g	Iron	0.50 mg	26.39%	Calories from Saturated Fat
Saturated Fat	8.30 g	Carbohydrates	24.76 g	Vitamin A	62.60 IU	Water ¹	273.61 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.03 mg	Ash ¹	0.27 g	34.99%	Calories from Carbohydrates
								18.26%	Calories from Protein

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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz		Y - Milk	N - Egg	
Grain..... 2.000 oz		Y - Soy	N - Peanut	
Fruit..... cup		Y - Wheat	N - Tree Nut	
Vegetable..... cup			N - Fish	
Milk..... cup			N - Shellfish	
Moisture & Fat Change				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

NOTICE: The data contained within this report and the NUTRIKIDS® 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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Recipe

Feb 4, 2020

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	000823	CK Cheese Sauce			
R	000658	Pasta, Elbow Whole Wheat			

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