

Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-------------|---------------|--------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 gal | | 6 gal | 1. Heat water to rolling boil. |
| Enriched elbow macaroni | 2 lb 10 oz | 2 qt 1 ¼ cups | 5 lb 4 oz | 1 gal 2 ½ cups | 2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. |
| Instant nonfat dry milk, reconstituted | | 3 qt | | 1 gal 2 qt | 3. Quickly stir milk into macaroni. Add margarine or butter and seasonings. |
| Margarine or butter (cut into small cubes) | 8 oz | 1 cup | 1 lb | 2 cups | |
| Dry mustard | | 1 Tbsp | | 2 Tbsp | |
| Ground black or white pepper | | ¼ tsp | | ½ tsp | |
| Cheese blend of American and skim milk cheeses, shredded | 6 lb 4 oz | 1 gal 2 ¼ qt | 12 lb 8 oz | 3 gal 2 cups | 4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage. CCP: Heat to 140° F or higher. |
| | | | | | 5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190° F steamtable to allow sufficient time for mixture to set up properly. |
| | | | | | 6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (¾ cup). |

| SERVING: | YIELD: | VOLUME: |
|----------|--------|---------|
|----------|--------|---------|

¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

50 Servings: 2 steamtable pans

50 Servings: about 2 gallons

Additional portions

1-2 year olds 1/3 cup provides 1 oz M/MA and 1 serving of grain.

100 Servings: 4 steamtable pans

100 Servings: about 4 gallons

3-5 years old 2/3 cup providing 2 oz M/MA and 1 serving of grain.

Edited 2004

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Variation:

A. Macaroni, Cheese, and Ham

50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 1 $\frac{3}{4}$ qt) shredded cheese and 1 lb (3 cups) diced cooked ham water added. Continue with steps 5 and 6.

100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (2 gal 3 $\frac{1}{2}$ qt) shredded cheese and 2 lb (1 qt 2 $\frac{1}{4}$ cups) diced cooked ham water added. Continue with steps 5 and 6.

CCP heat to 165° F or higher for at least 15 seconds.

Serving: $\frac{2}{3}$ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and $\frac{3}{4}$ serving of grains/breads.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 296 | Saturated Fat | 6.84 g | Iron | 1.03 mg |
| Protein | 19.64 g | Cholesterol | 31 mg | Calcium | 482 mg |
| Carbohydrate | 27.44 g | Vitamin A | 684 IU | Sodium | 896 mg |
| Total Fat | 12.18 g | Vitamin C | 0.4 mg | Dietary Fiber | 0.9 g |