

# Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 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. 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. 5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ 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 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	
Worcestershire sauce		1 tsp		2 tsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
Parmesan cheese, grated	2 oz	½ cup	4 oz	1 cup	
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	

# Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned.  CCP: Heat to 135° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher.  Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

## SERVING:

1 piece provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.

## YIELD:

**24 Servings:** 11 lb 4 oz

**48 Servings:** 22 lb 8 oz

## VOLUME:

**24 Servings:** 2 pans

**48 Servings:** 4 pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	359	<b>Saturated Fat</b>	7.04 g	<b>Iron</b>	1.65 mg
<b>Protein</b>	19.95 g	<b>Cholesterol</b>	28 mg	<b>Calcium</b>	534 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	847 IU	<b>Sodium</b>	719 mg
<b>Total Fat</b>	15.56 g	<b>Vitamin C</b>	1.1 mg	<b>Dietary Fiber</b>	1.6 g