

Idaho Department of Education

Recipe: 000163 MacAttack 9-12

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 1/2 cup

050351 CHEESE, CHEDDAR, YELLOW, BLOCK..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022...	6 1/4 LB 6 1/4 LB	Preheat oven to 400°F. <u>Prepare ingredients:</u> Shred cheddar and mozzarella cheese.
902470 USDA Macaroni, Whole Grain 100919.....	10 1/4 LB	<u>Cook Pasta:</u> Cook pasta according to package directions until al'dente (fully cooked, but not too soft) and cool by rinsing under cold water.
011137 CAULIFLOWER,FRZ,UNPREP..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 799903 GARLIC,GRANULATED..... 799904 MUSTARD,POWDER/DRY..... 002025 NUTMEG,GROUND..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	21 3/4 LB 4 CUP 1/4 CUP 1/4 CUP 1/4 CUP 1/4 CUP 1/4 CUP, ground	<u>Cook Cauliflower and make Cheese Sauce:</u> Bring a large pot or kettle of water to a boil; add cauliflower and cook until mushy. Drain cauliflower. Place hot cauliflower into a mixer and whip in milk until slightly chunky. Mix in shredded cheddar and mozzarella cheese, garlic granules, dry mustard, nutmeg, salt, and pepper. <u>Bake Macaroni and Cheese:</u> Thoroughly toss cooked noodles with cheese sauce; spread evenly into steam table pans. Cover with foil and bake for 20 minutes. Remove foil and bake 10 more minutes.

*Nutrients are based upon 1 Portion Size (1 1/2 cup)

Calories	285 kcal	Cholesterol	45.49 mg	Protein	19.04 g	Calcium	456.07 mg	54.54%	Calories from Total Fat
Total Fat	17.27 g	Sodium	658.44 mg	Vitamin A	95.29 RE	Iron	1.38 mg	30.67%	Calories from Saturated Fat
Saturated Fat	9.71 g	Carbohydrates	19.05 g	Vitamin A	465.37 IU	Water ¹	*100.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.83 g	Vitamin C	48.23 mg	Ash ¹	*1.37* g	26.73%	Calories from Carbohydrates
								26.73%	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

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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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2 oz				? - Milk
Grain.....	2 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050351	CHEESE, CHEDDAR, YELLOW, BLOCK			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902470	USDA Macaroni, Whole Grain 100919			
I	011137	CAULIFLOWER,FRZ,UNPREP			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	799903	GARLIC,GRANULATED			
I	799904	MUSTARD,POWDER/DRY			
I	002025	NUTMEG,GROUND			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			

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