

Idaho Department of Education

Recipe: 000160 MacAttack K-8

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 3/4 cup

050351 CHEESE, CHEDDAR, YELLOW, BLOCK..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022...	3 1/4 LB 3 1/4 LB	Preheat oven to 400°F. <u>Prepare ingredients:</u> Shred cheddar and mozzarella cheese.
902470 USDA Macaroni, Whole Grain 100919.....	5 1/8 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.....	10 7/8 LB 2 CUP 2 TBSP 2 TBSP 1 TBSP 2 TBSP 2 TBSP, 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 (3/4 cup)

Calories	146 kcal	Cholesterol	23.64 mg	Protein	9.80 g	Calcium	236.12 mg	55.09%	Calories from Total Fat
Total Fat	8.94 g	Sodium	336.13 mg	Vitamin A	49.36 RE	Iron	0.69 mg	30.99%	Calories from Saturated Fat
Saturated Fat	5.03 g	Carbohydrates	9.50 g	Vitamin A	241.23 IU	Water ¹	*50.05* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.90 g	Vitamin C	24.10 mg	Ash ¹	*0.69* g	26.04%	Calories from Carbohydrates
								26.84%	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..... 1.000 oz					? - Milk
Grain..... 1.000 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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