

Macaroni and Cheese

50 1-cup servings

2 oz. eq. m/ma and 1.25 oz eq. grain



Ingredients	For 50 servings		Directions
	Weight	Measure	
Water		7 gallons	In a large stock pot bring water to a boil. Add salt. Slowly add macaroni, stirring to be sure the macaroni does not stick together. When water returns to a boil, continue to cook until pasta is just tender BUT NOT OVERCOOKED. You want the pasta to continue to be a bit firm as it will soften in the cheese sauce. When done, drain and rinse in warm water. Hold.
Macaroni, Whole Grain	4 lbs.		
Salt		1 T.	
Milk		2 gallons	Heat milk in a stock pot or double boiler to a simmer.
Butter	1 ¼ lb.		In another stock pot melt butter. When completely melted add flour and mustard powder to form a roux. Cook the roux for about 2 minutes over medium heat, stirring continuously. Do not brown.
Flour, white	1 lb.		
Mustard powder		1 ½ T.	
Pepper, black, ground		½ T.	Slowly add hot milk to the roux and stir after each addition with a whisk until smooth. Continue to add milk, stirring until all milk is added and sauce is smooth and somewhat thickened. Add pepper.
Cheddar Cheese	4 lb.		Remove sauce from heat and add all of the cheddar. Stir until combined
American Cheese	1-2 lb.		Add all the American cheese and stir until combined.



Breadcrumbs		1 quart	Mix breadcrumbs and 1 lb. of cheddar in a small bowl
Cheddar Cheese	1 lb.		
			<p>Divide the noodles into 2 - 4" full hotel pans which have been well sprayed with pan release spray.</p> <p>Pour half the cheese sauce into each pan. Mix well to distribute noodles and coat with sauce. Top each pan with half of the bread crumb and cheese mixture.</p> <p>Bake Macaroni and Cheese at 350 degrees for 25 minutes or until brown and bubbly with an internal temperature of 140 degrees or higher for 1 minute.</p> <p>Each pan will serve 25 – 1 cup servings.</p>

Serving size and yield	
Serving size:	1 Cup
Yield:	50

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	150	25-30
Convection:	125	20-25

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1.25	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	429	Total fat (g)	16.2	Cholesterol (milligrams (mg))	21.4	Sodium (mg)	920	Iron (mg)	2.2
Protein (grams (g))	26.3	Saturated fat (g)	5.8	Total sugars (g)	8.7	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	45.8	Trans fat (g)	0	Dietary fiber (g)	3.4	Calcium (mg)			