



Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	10 minutes
Cook Time:	30 minutes
Total Time:	40 minutes
K-12 Portion Size:	#10 disher

[illegible]

BREAKFAST MAC & CHEESE

NUTRITION INFORMATION

Serving Size #10 disher

NUTRIENTS AMOUNT

Calories 180

Total Fat 4.5 g

Saturated Fat 4 g

Cholesterol 160 mg

Sodium 500 mg

Total Carbohydrate 13 g

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars 0 g

Protein 12 g

Vitamin D 1.7 mcg

Calcium 180 mg

Iron .9 mg

Potassium 330 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for 36 Servings 72 Servings

N/A

NOTES

Crediting will depend on brand of products.

YIELD/VOLUME

36 Servings

Total Weight: 8 lb 9 oz

Total Volume: 1 gal 1 cup

72 Servings

Total Weight: 17 lb 2 oz

Total Volume: 2 gal 2 cup

