



## **BREAKFAST MAC & CHEESE**

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		

Meal Pattern Contribution: .25 oz eq WGR grain, 2.25 oz eq m/ma

INGREDIENTS	36 Se	36 Servings		rvings	DIRECTIONS	
INGREDIEN 15	Weight	Measure	Weight	Measure	DIRECTIONS	
Macaroni and cheese, reduced fat, reduced sodium, WG, 5 lb bag	5 lb		10 lb		Prepare macaroni and cheese and eggs according to manufacturer's directions.  Defrost macaroni and cheese and eggs the day before service if instructed.	
Eggs, scrambled, pre-cooked	3 lb 6 oz		6 lb 12 oz		CCP: No bare hand contact with ready to eat food.	
Bacon bits, turkey, pre-cooked		3/4 cup		11/2 cups	2. Combine macaroni and cheese, eggs, and bacon bits. Transfer to 2" steamtable pans for service.	
					CCP: Hold and serve at 135° F or higher.	
					CCP: No bare hand contact with ready to eat food.	
					3. Serve a packed #10 disher to each student.	

## **BREAKFAST MAC & CHEESE NUTRITION INFORMATION** Serving Size #10 disher NUTRIENTS **AMOUNT Calories** 180 **Total Fat** 4.5 g 4 g Saturated Fat 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 .9 mg Iron 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	72 Servings			
Total Weight: 8 lb 9 oz	Total Weight: 17 lb 2 oz			
Total Volume: 1 gal 1 cup	Total Volume: 2 gal 2 cup			

