

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	<p>1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain and rinse in cold water.</p> <p>2. Melt margarine or butter in a stock pot or sauce pan.</p> <p>3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine or butter. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.</p> <p>4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add this heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.</p> <p>5. Add Worcestershire sauce, shredded cheddar cheese, and grated Parmesan to the white sauce. Stir over low heat until cheese melts.</p> <p>6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each steamtable pan (12" x 20" x 2 1/2"). Cover with lid or foil. To Bake: Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 325 degrees F, 25 minutes</p> <p>7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each steamtable pan.</p> <p>8. Bake an additional 5 minutes, uncovered, until lightly browned.</p> <p>CCP Heat to 140 degrees F or higher.</p> <p>9. Each pan provides 25 servings.</p> <p>CCP Hold for hot service at 140 degrees F or higher.</p>
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cup	
All-purpose flour	6 oz	1 cup 2 Tbsp	12 oz	2 1/4 cups	
Salt		2 1/2 tsp		1 Tbsp 2 tsp	
Dry mustard		1 1/2 tsp		1 Tbsp	
White pepper		1/2 tsp		1 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Lowfat milk or reconstituted instant nonfat dry milk		2 qt 2 cups		1 gal 1 qt	
Worcestershire sauce		1 tsp		2 tsp	
Lowfat cheddar cheese, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	
Parmesan cheese, grated		1/2 cup	4 oz	1 cup	
Soft bread crumbs		1 cup	6 oz	2 cups	
Lowfat cheddar cheese, shredded	8 oz	2 cup	1 lb	1 qt	

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SERVING:	YIELD:	VOLUME:
1 cup provides 1 oz of cheese and the equivalent of 1 1/2 slices of bread	25 Servings: 10 lb 14 oz 50 Servings: 21 lb 12 oz	25 Servings: 50 Servings:

Special Tip:

1) Macaroni and cheese can also be combined in the steamtable pan as follows:

Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2 1/2" steamtable pan. Stir to combine, then proceed with Step 6.

2) Fresh sliced tomatoes (1/2 oz per portion) make an excellent garnish.

Nutrients Per Serving			
Calories	277	Saturated Fat	3.7 g
Protein	16 g	Cholesterol	12 mg
Carbohydrate	30 g	Vitamin A	158 RE/599 IU
Total Fat	10.1 g	Vitamin C	1 mg
		Iron	1.6 mg
		Calcium	296 mg
		Sodium	604 mg
		Dietary Fiber	1 g