



## **BREAKFAST MAC & CHEESE**

| Recipe Project Name/Written By: | To Taste                 |
|---------------------------------|--------------------------|
| Recipe Category:                | Breakfast, Quick 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

| INCREDIENTS  | 36 Se     | rvings  | 72 Servings |           | DIDECTIONS   |
|--|-----------|---------|-------------|-----------|--|
| INGREDIENTS  | Weight    | Measure | Weight      | Measure   | DIRECTIONS   |
| Macaroni and cheese,<br>reduced fat, reduced<br>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,<br>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.  |
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## **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                   |             |             |
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|                       |             |             |
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| NOTES                                       |  |  |  |  |
|---|--|--|--|--|
| Crediting will depend on brand of products. |  |  |  |  |
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| 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 |  |  |  |

