



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

[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	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

