

Recipe-Patty's "4 More Years" Mac and Cheese

Water	6 gals.
Macaroni, enriched, elbow	1 gal., 2 1/2 cups or 5 lbs., 4 ozs.
Dry milk, instant, nonfat, reconstituted	1 gal., 2 qts.
Margarine or butter	2 cups or 1 lb.
Dry mustard	2 Tbsps.
Pepper	1/2 tsp.
Cheese, American-and-skim blend, shredded	3 gals., 2 cups or 12 lbs., 8 ozs.

- Heat the water to a rolling boil. Slowly add the macaroni and stir it constantly until it boils again. Cook the macaroni 8 minutes or until it's tender, stirring occasionally. Drain it well.
- Quickly stir the milk into the macaroni. Add the margarine (or butter) and mustard and pepper.
- Add the cheese and stir until it is melted and the mixture is smooth. The mixture is quite fluid at this stage.
- Critical Control Point:** Heat to 140°F or higher. Then divide it into four 12x10x2 1/2-in. steamtable pans that have been coated lightly with pan release spray. Hold the pans for 30 minutes on a 180-190°F steamtable to allow sufficient time for the mixture to set properly.
- Control Point:** Hold the pans for service at 135°F or higher. Using a #6 scoop, portion 2/3 cup per child.

Yield: 100 servings (elementary or secondary)

Per Serving (Elementary or Secondary): 296 cal., 19.6 g pro., 27.4 g carb., 0.9 g fiber, 12.2 g fat, 6.8 g sat. fat, 31 mg chol., 896 mg sod., 684 IU vit. A, 0.4 mg vit. C, 482 mg ca., 1 mg iron

Recipe analysis: SNA, using WINSNAP (ver. 2.1.6)

Menu-Patty's Mac and Cheese Vote Please

Items	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Prep
Mac 'n' Cheese	2/3 cup	2 ozs. meat/meat alternate, 1 grain/bread	2/3 cup	2 ozs. meat/meat alternate, 1 grain/bread	USDA (D26) [■] or at left	Use enriched pasta, nonfat milk and lowfat cheese.
Tomato Soup	1 cup	1/4 cup fruit/vegetable	1 cup	1 fruit/vegetable	—	—
Oyster Crackers	1 oz.	1 grain/bread	1.5 ozs.	1 1/2 grains/breads	—	—
Tossed Salad*	3/8 cup	1/4 cup fruit/vegetable	3/4 cup	1/2 cup fruit/vegetable	SNA*	—
Ranch Dressing	1 oz.	—	1 oz.	—	—	Use lowfat dressing or substitute lemon juice or balsamic vinegar.
Green Seedless Grapes	1/2 cup	1/2 cup fruit/vegetable	3/4 cup	3/4 cup fruit/vegetable	—	—
Milk	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	—	Offer lowfat and skim.

Elementary Per Serving: 717.1 cal., 36.3 g pro., 84.9 g carb., 3.7 g fiber, 26.4 g fat, 10.2 g sat. fat, 42.2 mg chol., 1,528 mg sod., 4,693 IU vit. A, 9.8 mg vit. C, 899.6 mg ca., 3.3 mg iron

Secondary Per Serving: 799.3 cal., 36.4 g pro., 98.2 g carb., 4.5 g fiber, 29.1 g fat, 10.7 g sat. fat, 42.2 mg chol., 1,670.4 mg sod., 7,598.9 IU vit. A, 15.4 mg vit. C, 934.9 mg ca., 4.2 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 2 grains/breads (elementary) or 2 1/2 grains/breads (secondary), 1 cup fruit/vegetable (elementary) or 1 1/2 cups fruit/vegetable (secondary), 1 milk

* SNA Recipe Database Name, www.schoolnutrition.org.

■ You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.



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