

Cheese Sauce

Meat/Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-08A

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		3 Tbsp 1 ½ tsp	7 oz	¾ cup 2 Tbsp	1. Melt margarine or butter. Add flour and salt. Stir until smooth.
Enriched all-purpose flour	2 oz	½ cup	8 oz	1 ¾ cups	
Salt		¼ tsp		1 tsp	2. Add milk gradually, stirring constantly.
Instant nonfat dry milk, reconstituted, hot		3 ¼ cups		3 qt 1 cup	
Cheese blend of American and skim milk cheeses, shredded	10 oz	2 ½ cups	2 ½ lb	2 qt 2 cups	3. Add shredded American cheese. Cook for 12-15 minutes, stirring frequently, until smooth and thick.
					CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle) provides ¼ oz equivalent meat/meat alternate.	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Tested 2004

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Nutrients Per Serving					
Calories	49	Saturated Fat	1.21 g	Iron	0.09 mg
Protein	3.30 g	Cholesterol	5 mg	Calcium	95 mg
Carbohydrate	3.30 g	Vitamin A	138 IU	Sodium	175 mg
Total Fat	2.53 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g