

Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil.
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	3. Quickly stir milk into macaroni. Add margarine or butter and seasonings.
Margarine or butter (cut into small cubes)	8 oz	1 cup	1 lb	2 cups	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Cheese blend of American and skim milk cheeses, shredded	6 lb 4 oz	1 gal 2 ¼ qt	12 lb 8 oz	3 gal 2 cups	4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage. CCP: Heat to 140° F or higher.
					5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190° F steamtable to allow sufficient time for mixture to set up properly.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
----------	--------	---------

¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

50 Servings: 2 steamtable pans

50 Servings: about 2 gallons

100 Servings: 4 steamtable pans

100 Servings: about 4 gallons

Edited 2004

Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

Variation:

A. Macaroni, Cheese, and Ham

50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 1 $\frac{3}{4}$ qt) shredded cheese and 1 lb (3 cups) diced cooked ham water added. Continue with steps 5 and 6.

100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (2 gal 3 $\frac{1}{2}$ qt) shredded cheese and 2 lb (1 qt 2 $\frac{1}{4}$ cups) diced cooked ham water added. Continue with steps 5 and 6.

CCP heat to 165° F or higher for at least 15 seconds.

Serving: $\frac{3}{4}$ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and $\frac{3}{4}$ serving of grains/breads.

Nutrients Per Serving					
Calories	296	Saturated Fat	6.84 g	Iron	1.03 mg
Protein	19.64 g	Cholesterol	31 mg	Calcium	482 mg
Carbohydrate	27.44 g	Vitamin A	684 IU	Sodium	896 mg
Total Fat	12.18 g	Vitamin C	0.4 mg	Dietary Fiber	0.9 g