



Macaroni and Cheese USDA Recipe for Schools

This Macaroni and Cheese has cauliflower purée, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper that are combined and baked.

NSLP/SBP CREDITING INFORMATION

One piece provides 1 oz equivalent meat alternate and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 2 cups		3 qt	1 Heat water to a rolling boil.
*Fresh cauliflower florets	1 lb 4 oz	1 qt 1 ½ cups 2 Tbsp	2 lb 8 oz	2 qt 3 ¼ cups	2 Add cauliflower. Cook uncovered for 2–3 minutes until tender. Place cauliflower in a food processor. Purée on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVERMIX. Set aside for step 5.
Water		1 gal 1 qt 2 cups		2 gal 3 qt	3 Heat water to a rolling boil.
Whole-grain elbow macaroni	3 lb 2 oz	2 qt 3 ½ cups	6 lb 4 oz	1 gal 1 qt 3 cups	4 Slowly add macaroni. Stir constantly until water boils again. Cook about 8–10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 5.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat (1%) milk		2 qt		1 gal	<p>5 Combine cauliflower purée, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.</p>
Low-fat cheddar cheese, shredded	3 lb 12 oz	3 qt 3 cups	7 lb 8 oz	1 gal 3 qt 2 cups	
Low-fat sour cream	1 lb	1 ½ cups 1 Tbsp	2 lb	3 cups 2 Tbsp	
Nonfat sour cream	1 lb	1 ½ cups 1 Tbsp	2 lb	3 cups 2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried onion flakes		¼ cup	2 ½ oz	½ cup	
Salt		1 tsp		2 tsp	
Lemon pepper		2 Tbsp		¼ cup	
					<p>7 Bake: Conventional oven: 350 °F for 30–35 minutes. Convection oven: 325 °F for 25–30 minutes.</p>
					<p>8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>9 Critical Control Point: Hold for hot service at 135°F or higher.</p>
					<p>10 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2³/₈" x 4").</p>



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	208
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Total Fat	4 g
Saturated Fat	2 g
Cholesterol	13 mg
Sodium	412 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	20 IU
Calcium	224 mg
Iron	1 mg
Potassium	178 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Cauliflower	2 lb 2 oz	4 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb 2 oz	About 36 lb 4 oz
About 2 gal 1 qt ¼ cup/2 steam table pans (12" x 20" x 2 ½")	About 4 gal 2 qt ½ cup/4 steam table pans (12" x 20" x 2 ½")

