

Carteret County Schools

000855 - Chicken, Buffalo Mac & Cheese :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 CUP Alternate Recipe Name: Buffalo Chik Mac & Cheese		Y - Milk Y - Wheat	N - Egg N - Peanut N - Tree Nut N - Fish N - Shellfish N - Soy	

Ingredients	Measures	Instructions
020108 MACARONI,WHOLE-WHEAT,CKD..... 904154 Margarine Solid 0Trans Fat Goldensweet.... 904317 FLOUR, WHOLE WHEAT..... 900128 Milk 1%:CCS..... 904258 SALT, TABLE..... 904301 Cheese, American, Pasteurized, Proces, L.... 904322 Hot Sauce..... 990412 Chicken Fajita Strips, Dark Meat, USDA..... 990155 Onion, Dehydrated, CF Sauer.....	3 lbs + 7 1/8 ozs 22 1/4 TBS 1 cup + 1/2 Tbsp 1 gal + 3 1/2 cups 1 Tbsp + 1 1/8 tsp 5 lbs + 9 ozs 1 1/3 cups + 1/2 Tbsp 5 lbs + 9 ozs 1 1/3 cups + 1/2 Tbsp	<p>CCP: Handle with gloved hands.</p> <ul style="list-style-type: none"> • Grate the cheese and set aside. • Combine chicken, onion, and hot sauce in a 2" pan. Cover and heat in the steamer approximately 15 minutes or until CCP: temperature reaches 165° for at least 15 seconds. • In tilt skillet or steam-jacketed kettle, over medium high heat, melt the margarine and then whisk in the flour. • Add the milk slowly while constantly whisking until it thickens slightly. • When the consistency reaches the thickness of gravy, reduce the heat to low and add in the grated cheese. • Stir in the hot sauce, chicken, and onion mixture. Combine until all ingredients are fully incorporated. • Cook macaroni al dente using the steamer, tilt skillet, or steam-jacketed kettle. • Rinse macaroni gently, and add immediately to the sauce mixture and stir gently just to mix. • Scoop into a 2" pan that has been sprayed with pan release.
000854R Bread Crumbs.....	2 qts + 1/4 cup	<ul style="list-style-type: none"> • Sprinkle 1 1/2 cups bread crumbs over the top of 2" pan • Spray the top with butter spray and toast in the oven for 5-10 min until lightly browned. • CCP: Check for an internal temperature that reaches 165° for at least 15 seconds. • CCP: Hold for service at 140° <p>Leftovers:</p> <ul style="list-style-type: none"> • CCP: Cool to 70° or below within 2 hours using the ice bath method and CLAD. • CCP: Place in cooler at 40° or below and use within 3 days. • CCP: Reheat to an internal temperature of CCP:165° for a minimum of 15 seconds.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	*358* kcal	Cholesterol	*77* mg	Sugars	*0.6* g	Calcium	*1164.42* mg	*60.90%*	Calories from Total Fat
Total Fat	*24.21* g	Sodium	*969* mg	Protein	*19.74* g	Iron	*0.94* mg	*28.49%*	Calories from Saturated Fat
Saturated Fat	*11.32* g	Carbohydrates	*14.79* g	Vitamin A	*1082.6* IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe Sizing Report

Trans Fat ²	*0.00* g	Dietary Fiber	*0.93* g	Vitamin C	*3.8* mg	Ash ¹	*0.51* g	*16.54%*	Calories from Carbohydrates
								22.08%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient									
* - denotes combined nutrient totals with either missing or incomplete nutrient data									
¹ - denotes optional nutrient values									
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									

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