

Macaroni and Cheese - USDA Recipe D-260 for CACFP

Makes: 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		3 cups		1 qt 2 cups
*Fresh cauliflower florets	10 oz	2 3/4 cups 1 Tbsp	1 lb 4 oz	1 qt 1 1/2 cups 2 Tbsp
Water		2 qt 3 cups		1 gal 1 qt 2 cups
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 1 3/4 cups	3 lb 2 oz	2 qt 3 1/2 cups
Low-fat (1%) milk		1 qt		2 qt
Low-fat cheddar cheese, shredded	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups
Low-Fat Sour Cream	8 oz	3/4 cup 1 1/2 tsp	1 lb	1 1/2 cups 1 Tbsp
Nonfat sour cream	8 oz	3/4 cup 1 1/2 tsp	1 lb	1 1/2 cups 1 Tbsp
Ground black or white pepper		1/8 tsp		1/4 tsp
Garlic powder		2 tsp		1 Tbsp 1 tsp
Dried onion flakes		2 Tbsp		1/4 cup
Salt		1/2 tsp		1 tsp
Lemon pepper		1 Tbsp		2 Tbsp

Directions

1. Heat water to a rolling boil.
2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVERMIX. Set aside for step 5.
3. Heat water to a rolling boil.
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.
5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.
6. Pour 1 gal 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.

8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Critical Control Point: Hold for hot service at 140°F or higher.
10. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¼" square).

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

Serving

NSLP/SBP Crediting Information: One piece provides 1 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: One piece provides 1 oz meat/meat alternate and 1 serving grains/bread.

My Notes

Nutrition Information

Nutrients	Amount
Calories	208
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
Vitamin D	20 IU
Calcium	224 mg
Iron	1 mg
Potassium	178 mg
N/A - data is not available	

Meal Components	
Grains	1 ounce
Meat / Meat Alternate	1 ounce

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)