

Crunch N Munch Cheezy Mac

Creamy whole grain mac and cheese topped with crushed Cheez-It® Whole Grain crackers – comfort food with crunch and cafeteria cred.



THIS RECIPE MEETS:
1 oz M/MA
1.5 oz eq Grain

Nutrition Facts	
Serving size	1 Bowl
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 520mg	23%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 14g	
Calcium 250mg	19%
Iron 1.8mg	10%
Potassium 230mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: 50 Servings

- 25 cups cooked whole grain elbow macaroni (approx. 6.25 lbs dry)
- 50 oz shredded reduced-fat cheddar cheese
- 12.5 cups low-fat milk
- 50 tsp butter or butter substitute (approx. 1 cup + 2 tbsp)
- 25 oz crushed Cheez-It® Crackers Made with Whole Grain, Bulk

Directions to Prepare:

1. Cook pasta according to package directions and hold warm.
2. Heat milk and butter in a kettle, then stir in shredded cheese until melted and smooth.
3. Fold cooked pasta into the cheese sauce and mix until fully coated.
4. Portion into hotel pans, top with 0.5 oz crushed Cheez-It® crackers per serving, and bake at 350°F for 10–15 minutes.
5. Serve 1 cup (approx. 8 oz spoodle) per student.
6. Top with bacon and chives if desired** *optional*

Recipe Ingredients



ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
24100-12802		CHEEZ-IT® CRACKERS MADE WITH WHOLE GRAIN, BULK CASE	4 CT./48 OZ.	1.5 OEG (30G), 1 OEG (21G)