

<b>Recipe Name:</b>	Homemade Stove Top Whole Grain Mac & Cheese (Lunch or Dinner)			
<b>Meal Pattern Contributions:</b>	Meat/Meat Alternate: YES	Grain: Whole Grain: YES	Fruit: NO	Vegetable: NO

Age Range	1-2 Years	3-5 Years	6-12 Years
<b>Serving Size:</b>	Meat: 1 oz. Grain: ½ oz	Meat: 1 ½ oz Grain: ½ oz	Meat: 2 oz Grain: 1 oz
<b>Amount of Servings:</b>	1 (1/4 cup cooked)	5 (1/2 cup cooked)	1 (3/4 cup cooked)

<b>Ingredients:</b>
<ul style="list-style-type: none"> <li>• 1 lb. whole wheat pasta macaroni, rotini, or other short chunky shape</li> <li>• 4 tablespoon butter</li> <li>• 3 tablespoon white whole wheat flour (or you can substitute flour and use Corn Starch)</li> <li>• 2 cups whole milk</li> <li>• 8 ounces <u>sharp cheddar</u> you may use a <i>blend of cheeses</i> if you like.</li> <li>• 1/8 teaspoon garlic powder</li> <li>• 1/8 teaspoon onion powder</li> <li>• 1/2 teaspoon salt</li> </ul>
<b>Preparation Instructions:</b>
<ol style="list-style-type: none"> <li>1. Boil a large pot of water for the pasta and cook as directed. Grate cheese and set aside.</li> <li>2. Meanwhile, in a large saucepan, melt the butter over low heat. Add the flour and whisk constantly until bubbles form and the roux begins to thicken.</li> <li>3. Add milk, garlic powder, onion powder, and salt, and continue whisking until the cream sauce starts to thicken. (You may need to turn the heat up slightly if your milk is cold.)</li> <li>4. Add cheese by the handful and whisk between handfuls to melt. Taste and adjust seasonings.</li> <li>5. Pour sauce over cooked, drained pasta and serve immediately.</li> </ol>
<b>Servings:</b>
6 – 8 depending on age group