

Cheese Sauce

Meal Components: Meat / Meat Alternate

Sauces, Condiments & Dressings, C-07A

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth. Gradually add milk, stirring constantly. Cook, stirring frequently, until smooth and beginning to thicken, 12-15 minutes. Add in cheese and continue to stir until smooth and thick. Portion with 1 oz ladle (2 Tbsp). CCP: Hold for hot service at 140 degrees F or warmer OR refrigerate within 2 hours. Hold at 40 degrees F or colder. Refrigerate until ready to serve.
Enriched all-purpose flour	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Salt		1/2 tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Reduced fat processed American cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	

Serving	Yield	Volume
2 tablespoons (1 oz ladle) provides 3/4 oz cheese.	1 Quart: 16 1 oz servings 2 Quarts: 32 1 oz servings	

Nutrients Per Serving

Calories	56	Saturated Fat	1.25 g	Iron	0.13 mg
Protein	3.08 g	Cholesterol		Calcium	92 mg
Carbohydrate	4.13 g	Vitamin A	185 IU	Sodium	238 mg
Total Fat	2.97 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g