

# Cheez-It® Chili Pie



## Nutrition Facts

Serving Size 1/100 of the recipe  
(464g)  
Servings Per Container 100

Amount Per Serving

**Calories 590**    **Calories from Fat 180**

% Daily Value\*

**Total Fat 20g**                    **31%**

    Saturated Fat 9g              **45%**

    Trans Fat 0g

**Cholesterol 60mg**              **20%**

**Sodium 870mg**                 **36%**

**Total Carbohydrate 76g**      **25%**

    Dietary Fiber 16g             **64%**

    Sugars 9g

**Protein 29g**

Vitamin A 160%    •    Vitamin C 40%

Calcium 50%        •    Iron 35%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	85g	90g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary F-ber		25g	30g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4



**CHEEZ-IT**  
baked snack crackers

**Bulk Whole Grain Case**

## RECIPE KEY

GR. OZ. EQUIVALENT	VOLUME	CRUSHED	NUMBER OF CRACKERS	NET WT.	NET WT.
1	1/3 cup	1/4 cup	20	0.75oz.	21g

**YIELD: 100 Servings**

**MEAL PATTERN CONTRIBUTION** 2.5 meat eq. + 2 oz. grain eq + 1/4 cup vegetable (red) eq. + 1/2 cup vegetable (dark green) eq + 5/8 cup legume eq.

## Ingredients

- 150 oz Bulk Whole Grain Cheez-It®
- 100 oz shredded low sodium cheddar cheese
- 25 cups tomato (diced)
- 13 lbs romaine (chopped)
- 7 1/3 5lb cans of reduced fat turkey chili
- 6 #10 cans low sodium pinto beans
- 1/2 cup + 1 tsp. each: chili powder, garlic powder, cumin (for pinto bean seasoning)

## Preparation

- Heat canned chili
- Measure 2/3 c. Bulk Whole Grain Cheez-It® in boat, cup or tray. Scoop 3/4 c. chili on top. Top with 1 oz low sodium cheddar cheese
- Add 1/2 c. seasoned pinto beans on top.
- Top with tomatoes and lettuce or serve on the side.
- Add optional onions for enhanced flavor.

# Cheez-It<sup>®</sup> Tac-GO! Salad



## Nutrition Facts

Serving Size 1/100 of Recipe (215g)  
Servings Per Container 100

Amount Per Serving

**Calories 370** Calories from Fat 150

% Daily Value\*

<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 18g	

Vitamin A 130% • Vitamin C 15%

Calcium 35% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**CHEEZ-IT**  
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## RECIPE KEY

GR. OZ. EQUIVALENT	VOLUME	CRUSHED	NUMBER OF CRACKERS	NET WT.	NET WT.
1	1/3 cup	1/4 cup	20	0.75oz.	21g

**YIELD: 100 Servings**

### MEAL PATTERN CONTRIBUTION

2 meat eq. + 2 oz. grain eq. + 1/4 cup vegetable (red) eq. + 1/2 cup vegetable (dark green) eq.

### Ingredients

6.25lbs. - 99% lean ground turkey, cooked  
2 cups reduced sodium taco seasoning, powdered  
150oz. bulk Whole Grain Cheez-It<sup>®</sup> crackers  
100oz. shredded low sodium cheddar cheese  
25 cups tomato, diced (or canned) (optional)  
13 lbs. romaine, chopped

### Preparation

1. Heat ground turkey as directed. Add taco seasoning and cook 2 additional minutes.
2. Place the romaine, turkey mix, and cheese on plate, top with tomatoes (optional) and 2/3 cup Whole Grain Cheez-It<sup>®</sup> crackers
3. **OPTIONAL:** Serve with low fat ranch dressing.

# Chicky-Nacho Cheez-Its®



## Nutrition Facts

Serving Size 1/100 of the recipe  
(128g)  
Servings Per Container 100

Amount Per Serving

**Calories 330**    **Calories from Fat 130**

% Daily Value\*

**Total Fat 14g**    **22%**

**Saturated Fat 6g**    **30%**

**Trans Fat 0g**

**Cholesterol 55mg**    **18%**

**Sodium 700mg**    **29%**

**Total Carbohydrate 28g**    **9%**

**Dietary Fiber 2g**    **8%**

**Sugars 0g**

**Protein 18g**

**Vitamin A 20%**    • **Vitamin C 0%**

**Calcium 35%**    • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**CHEEZ-IT**  
baked snack crackers

**Bulk Whole Grain Case**

## RECIPE KEY

GR. OZ. EQUIVALENT	VOLUME	CRUSHED	NUMBER OF CRACKERS	NET WT.	NET WT.
1	1/3 cup	1/4 cup	20	0.75oz.	21g

**YIELD: 100 Servings**

**MEAL PATTERN CONTRIBUTION**

**2 meat eq. + 2 grain eq.**

## Ingredients

100oz. Grilled, diced chicken

150oz. Bulk Whole Grain Cheez-It® crackers

25 cups - low sodium nacho cheese sauce

## Preparation

1. Heat reduced sodium cheese sauce and set aside
2. Heat diced chicken as directed.
3. In a paper boat, place 2/3 cup of Whole Grain Cheez-It® at the bottom
4. Add 1oz. of diced chicken
5. Ladle on top 1/4 cup of cheese sauce and serve
6. **OPTIONAL:** Add 1/4 cup each of chopped tomatoes and beans over top

# Mac & Cheez-It®



## Nutrition Facts

Serving Size 1/100 of recipe (174g)  
Servings Per Container 100

### Amount Per Serving

Calories 270    Calories from Fat 70

**Total Fat** 8g    **12%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol** 15mg    **6%**

**Sodium** 380mg    **16%**

**Total Carbohydrate** 37g    **12%**

Dietary Fiber 3g    **12%**

Sugars 3g

**Protein** 13g

Vitamin A 8%    •    Vitamin C 0%

Calcium 35%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**CHEEZ-IT**  
baked snack crackers

**Bulk Whole Grain Case**

**YIELD: 100 Servings**

**MEAL PATTERN CONTRIBUTION**

**1 meat eq. + 2 oz. grain eq.**



## Ingredients

- 50 cups - cooked whole grain pasta (elbows preferred)
- 6.25 lbs. - 50% reduced sodium/50% reduced fat shredded American Cheese
- 75oz. - bulk Whole Grain Cheez-It® crackers\*
- 10 cups - skim milk (or dry powder milk reconstituted)
- 6 cups water
- 16 tbsp. low fat butter substitute
- 8 tbsp. black pepper

## Preparation

1. Cook pasta according to directions. Rinse, drain and set aside.
2. Grind Cheez-It® crackers in a food processor/blender (or mash in a plastic bag) until course. Reserve 8 cups for topping.
3. Mix remaining ground Cheez-It® crackers and the rest of the ingredients in a tilt kettle or large pot. Stir and bring to temperature. Cook until thickened (about 5-10 minutes).
4. Add cooked pasta that was set aside to sauce mixture. Stir until mixed well.
5. Divide mixture evenly into 4 shallow full-pans. Wrap and place in holding oven.
6. When ready to serve, sprinkle 2 cups each of crushed Cheez-It® crackers over the top of each pan.
7. Use 6oz. ladle to serve.

\*Tasty Tip - for a little spice, substitute WG Original Cheez-It® for the Atomic or Loco flavors.

• **Make it a 2 meat eq. - "Mac & Cheez-it Burger" recipe!** Add in 100oz of pre-cooked ground turkey during step 4. Serve with lettuce & tomato side salad!

## RECIPE KEY

GR. OZ. EQUIVALENT	VOLUME	CRUSHED	NUMBER OF CRACKERS	NET WT.	NET WT.
1	1/3 cup	1/4 cup	20	0.75oz.	21g