

**SAUCES, GRAVIES, AND DRESSINGS No.O 001 01**  
**CHEESE SAUCE**

**Yield** 100

**Portion** 1 Ounce

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
61 cal	3 g	2 g	4 g	13 mg	142 mg	64 mg

**Ingredient**

BUTTER,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SALT  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

12 oz  
 8-7/8 oz  
 7-1/4 oz  
 7-7/8 lbs  
 5/8 oz  
 1-1/8 lbs

**Measure**

1-1/2 cup  
 2 cup  
 3 cup  
 3 qts 3 cup  
 1 tbsp  
 1 qts 1/2 cup

**Issue**

**Method**

- 1 Blend butter or margarine and flour together using wire whip to form a roux; stir until smooth.
- 2 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 3 Add milk gradually to roux stirring constantly.
- 4 Add salt. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Add shredded American or Cheddar Cheese. Stir until blended CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.