What is claimed is:

1. A solid alkaline detergent composition comprising:

from about 0.5 wt. % to about 90 wt. % of an alkalinity source;

from about 1 wt. % to about 7.5 wt. % of a surfactant, wherein said surfactant is a nonionic surfactant which is ethoxylated, proproxylated, or both ethoxylated and propoxylated;

a metal protecting component comprising a silicate and an amino carboxylate, wherein said metal protecting component comprises 33.5 wt. % or less of said detergent composition.

2. The detergent of claim 1 wherein said alkalinity includes an alkali metal hydroxide, or a carbonate.

3. The composition of claim 1, further comprising a chelant.

4. The composition of claim 1 further comprising a corrosion inhibitor.

5. The composition of claim 1 wherein said source of alkalinity is sodium carbonate.

6. The composition of claim 1 wherein said solid detergent is a pressed solid.

7. The composition of claim 1 wherein said solid detergent is an extruded solid.

8. The composition of claim 1 wherein said solid detergent is a cast solid.

9. A solid alkaline detergent composition comprising:

from about 35 wt. % to about 80 wt. % of a carbonate alkalinity source;

from about 1 wt. % to about 7.5 wt. % of one or more nonionic surfactants wherein said nonionic surfactant is ethoxylated, proproxylated, or both ethoxylated and propoxylated;

from about 15 wt. % to about 30 wt. % of a silicate;

from about 0.01 to about 3.5 wt. % of an amino carboxylate;

from about 0.1 wt. % to about 15 wt. % of a corrosion inhibitor;
form about 1 wt. % to about 10 wt. % of chelant; and
from about 4 wt. % to about 10 wt. % of water.

10. The composition of claim 9, wherein said corrosion inhibitor comprises one or more of a maleic acid co polymer or an acrylic acid polymer.

11. The composition of claim 9, wherein the nonionic surfactant comprises ethylene oxide, propylene oxide, or a combination of ethylene and propylene oxide.

12. The composition of claim 9, wherein the solid detergent is a solid.

13. The composition of claim 9, wherein the solid detergent is a solid selected from the group comprising a cast solid, a pressed solid, or an extruded solid.

14. A method of cleaning ware while preventing magnesium carbonate accumulation from hard water comprising:
applying a detergent composition to ware surface;
wherein the detergent composition comprises a carbonate alkalinity, a nonionic surfactant
wherein said nonionic surfactant is ethoxylated, proproxylated, or both ethoxylated and propoxylated,
an amino carboxylate in an amount effective for metal protection and preventing magnesium carbonate accumulation; and
a silicate in an amount effective for metal protection;
and there after rinsing said ware.

15. The method of claim 14 wherein said ware includes an alkaline sensitive metal surface.

16. The method of claim 15 wherein said alkaline sensitive metal includes aluminum.

17. The method of claim 14, further comprising the step of generating a use solution of the detergent composition, wherein the detergent use solution has a pH between about 9 and 12.5.

18. The method of claim 17, wherein the use solution is generated within a ware washing machine.

19. The method of claim 14 wherein said amino carboxylate is present in said detergent composition in an amount of no more than 3.5 wt. %.