

# BC Burger

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

BC Burger

## Nutrition Information

<b>Calories</b>	340.00	<b>Protein</b>	17.00g
<b>Fat</b>	14.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	35.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g	<b>Sodium</b>	600.00mg
<b>Iron</b>	3.44mg	<b>Vitamin C</b>	9.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	131.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Piece</b>	765641	MEATLOAF CKD SLCD W/CHS 100-2.9Z	
<b>1 1 bun</b>		3474 WGR HAMBURGER BUN (76) 60g 12ct	READY_TO_EAT

## Preparation Instructions

BAKE

This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY ( NOT INCLUDED IN NUTRITION'S)

KETCHUP - MUSTARD - LETTUCE - TOMATO