

Salisbury Steak w/ WG Roll

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

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Nutrition Information

Calories	340.00	Protein	15.00g
Fat	15.00g	SaturatedFat	5.00g
Trans Fat	0.50g	Cholesterol	30.00mg
Carbohydrates	32.00g	Fiber	2.00g
Sugar	5.00g	Sodium	1910.00mg
Iron	1.80mg	Vitamin C	1.20mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	485615	BEEF STK SALIS CHARB 72-2.25Z ADV	BAKE Conventional oven: frozen product: preheat oven to 375 degrees f. Heat for 16 1 2 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 13-15 minutes.
1 Cup	242450	GRAVY MIX BROWN 12-15Z GCHC	
1 bun	1591	Whole Grain Dinner Roll	READY_TO_EAT

Preparation Instructions

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.