

Cookbook for Oregon CUSD 220

Created by HPS Menu Planner

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Hot Ham & Cheese

Chicken Patty on Bun

Hamburger on Bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100		676151

Preparation Instructions

WASH HANDS.

1. Cook beef patty as directed on package.
 2. Layer patty on bottom of roll. Top with remaining half of roll. 3. Serve.
- 1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		270.00	
Fat		14.50g	
SaturatedFat		5.00g	
Trans Fat		1.00g	
Cholesterol		35.00mg	
Sodium		315.00mg	
Carbohydrates		21.00g	
Fiber		5.00g	
Sugar		2.00g	
Protein		16.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.52mg

Hot Ham & Cheese

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
American Cheese Sliced RF	200 Slice		666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151
TURKEY HAM UNCURED 6-2 JENNO	600 Piece		690041

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	5.00
Grain	1.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	350.00		
Fat	14.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	1190.00mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	32.00g		
Vitamin A	60.00IU	Vitamin C	1.80mg

Calcium 270.00mg **Iron** 1.80mg

Chicken Patty on Bun

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	100 Each		676151

Preparation Instructions

WASH HANDS.

1. Cook chicken patty as directed on package.
 2. Layer patty on bottom of roll. Top with remaining half of roll. 3. Serve.
- 1chicken provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories		340.00	
Fat		14.50g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		555.00mg	
Carbohydrates		34.00g	
Fiber		7.00g	
Sugar		3.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.52mg