

Cookbook for Crete- Monee School District

Created by HPS Menu Planner

Table of Contents

Philly Beef & Cheese

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Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22960
School:	Crete- Monee School District		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
Cheese, Mozzarella, Part Skim, Shredded	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	100021
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

Cook Philly Steak in a diluted gravy, put 2.87 oz in a roll, top with cheese and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.60
Fat	15.65g
SaturatedFat	7.15g
Trans Fat	0.52g
Cholesterol	58.75mg
Sodium	776.00mg
Carbohydrates	31.75g
Fiber	3.00g
Sugar	6.75g
Protein	23.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 11.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22961
School:	Crete- Monee School District		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	720861
Cheese, Mozzarella, Part Skim, Shredded	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	100021
HOT DOG BUN, W GRAIN, AM	1 bun	4040

Preparation Instructions

Cook Philly Steak in a diluted gravy, put 2.87 oz in a roll, top with cheese and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.60
Fat	15.65g
SaturatedFat	7.15g
Trans Fat	0.52g
Cholesterol	58.75mg
Sodium	776.00mg
Carbohydrates	31.75g
Fiber	3.00g
Sugar	6.75g
Protein	23.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 11.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
