

Dill Chic BearCat Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45621

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
Fully Cooked WG WM Dill Breast Fillet	1 Each	BAKE Cook approximately 17 min @375 F	792429
PICKLE DILL CHP HAMB	1 Slice		156191

Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1.

BAKE

Cook approximately 17 min @375 F

2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.

3. Add one sliced dill pickle on bun.

3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Serving

Amount Per Serving			
Calories	330.00		
Fat	9.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1050.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available