

Cheeseburger*

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10134
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 Each	BAKE From a frozen state: Conventional Oven Bake on a pan in a preheated conventional oven at 350°F for 20-22 minutes. Times given are approximate. CONVECTION From a frozen state: Convection Oven Bake on a pan in a preheated convection oven at 350°F for 8-9 minutes. Times given are approximate.	451400
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Cook beef patty at 350 ,for 25 min . temp at 165 . Add cheese and place in a hamburger bun . Wrap cheese burger up in a yellow foil wrapper. Hold in warmer and serve .

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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	420.00
Fat	21.50g
SaturatedFat	9.00g
Trans Fat	1.00g
Cholesterol	77.50mg
Sodium	750.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available