

Cheeseburger on a Whole Grain bun



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38655
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789

Preparation Instructions

Directions:
WASH HANDS.

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

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	3.33
Fat	0.14g
SaturatedFat	0.05g
Trans Fat	0.01g
Cholesterol	0.47mg
Sodium	6.29mg
Carbohydrates	0.29g
Fiber	0.04g
Sugar	0.05g
Protein	0.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1.43mg	Iron 0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available