

Cheeseburger- Elementary

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46702
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each		205030
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Place 30 patties in #1 pan. Heat to 165 degrees, about 7 minutes on steam. Hold in hot pass thru at 165 degrees or higher.

Keep cheese cold until ready to serve.

Serve on bun with a slice of cheese if desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
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	275.00
Fat	11.50g
SaturatedFat	4.75g
Trans Fat	0.50g
Cholesterol	42.50mg
Sodium	550.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	4.00g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available