

CHEESEBURGER ON A BUN MADE WITH LOCAL BEEF



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9434
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR GRND 80/20	4 Ounce		449010
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHEESE AMER 160CT SLCD R/F	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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		475.29	
Fat		22.51g	
SaturatedFat		8.34g	
Trans Fat*		0.88g	
Cholesterol		108.07mg	
Sodium		546.57mg	
Carbohydrates		29.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		38.41g	
Vitamin A	10.29IU	Vitamin C	0.00mg
Calcium	188.29mg	Iron	3.95mg

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

Nutrition - Per 100g

No 100g Conversion Available