

Cheeseburger



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23976
School:	SAFFELL STREET ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	144 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degreef for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Hamburger Bun Whole Grain	144 Each	BAKE	3447
CHEESE AMER YEL 160CT SLCD	1 Slice		271411

Preparation Instructions

Pan burgers according to how you do at your school. If you bake it will be at 375 for 10-12 mins or you reach temp of 165 degrees. If you steam, should be 10-15 mins or until 165 degrees.

Pan buns then place burger , cheese in that order on each bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.003
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: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.35		
Fat	10.03g		
SaturatedFat	3.52g		
Trans Fat*	0.00g		
Cholesterol	40.09mg		
Sodium	286.74mg		
Carbohydrates	32.01g		
Fiber	3.00g		
Sugar	4.00g		
Protein	19.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.45mg	Iron	10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available