

Sandwich Cheesy Bean Twister WGrain MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41763
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5IN	100 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 ROSARITA	3 1/4 Gallon		293962
TOMATO DCD I/JCE	1 3/5 Gallon		246131
CHEESE CHED MLD SHRD FINE	1 Quart 1 Cup (5 Cup)		191043

Preparation Instructions

- WASH HANDS.
1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
 2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
 3. Roll up to form a log. Cut the log in 1/2.
 4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.

CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.

5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		330.40	
Fat		6.88g	
SaturatedFat		1.52g	
Trans Fat*		0.00g	
Cholesterol		6.00mg	
Sodium		877.80mg	
Carbohydrates		53.19g	
Fiber		9.24g	
Sugar		4.09g	
Protein		14.03g	
Vitamin A	18.00IU	Vitamin C	0.00mg
Calcium	170.38mg	Iron	4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available