

# 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 #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	10 Each		266546
Land O Lakes® 50% Reduced Fat American Cheese Slices	100 slices		499789
BEEF PTY CKD DLX 70/30	100 Each	BAKE Conventional Oven From frozen state, bake on a pan in a preheated conventional oven at 350 for 12 minutes. CONVECTION Convection Oven From a frozen state, bake on a pan in a preheated convection oven at 350 for 8 minutes MICROWAVE Microwave Microwave on high power setting for about 1-1 2 minutes. Microwave ovens vary. Times given are approximate.	510556

## Preparation Instructions

Directions:  
WASH HANDS.

- 1. Cook beef patty as directed on package.
  - 2. Layer patty, on top of bottom bun roll. Cheese over bottom of roll. Top with remaining half of roll.
  - 3. Serve. or hot hold at 135 degrees or higher until time of service.
- 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		195.00	
Fat		13.20g	
SaturatedFat		5.05g	
Trans Fat*		0.50g	
Cholesterol		35.00mg	
Sodium		344.00mg	
Carbohydrates		4.50g	
Fiber		0.30g	
Sugar		0.40g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available