

# 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	52 Cup		293962
TOMATO DCD I/JCE	25 Cup 9 Tablespoon (1 3/4 Gallon)		246131
CHEESE CHED MLD SHRD FINE	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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		330.40	
<b>Fat</b>		6.88g	
<b>Saturated Fat</b>		1.52g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		6.00mg	
<b>Sodium</b>		877.80mg	
<b>Carbohydrates</b>		53.19g	
<b>Fiber</b>		9.24g	
<b>Sugar</b>		4.09g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		14.03g	
<b>Vitamin A</b>	18.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	170.38mg	<b>Iron</b>	4.03mg

## Nutrition - Per 100g

No 100g Conversion Available