

Hamburger Deluxe

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41801
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	100 Ounce	1 Leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		326.48	
Fat		14.58g	
Saturated Fat		5.02g	
Trans Fat		1.00g	
Cholesterol		35.00mg	
Sodium		406.80mg	
Carbohydrates		30.40g	
Fiber		5.44g	
Sugar		6.00g	
Added Sugar		0.00g	
Protein		18.32g	
Vitamin A	299.88mcg	Vitamin C	4.93mg
Calcium	74.60mg	Iron	3.10mg

Nutrition - Per 100g

No 100g Conversion Available