

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8240
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each	Preparation Method: Convection Oven: 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.	205030
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each	Thaw to serve.	266546

Preparation Instructions

F

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	10.00g
Saturated Fat	4.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	26.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	17.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available