

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31121
<b>School:</b>	Union Township Middle School/Wheeler High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 Each	N/A	451400
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Land O'Lakes Yellow American Cheese Slice	1 Slice		499786

## Preparation Instructions

Updated 5.1.26

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	430.00
<b>Fat</b>	23.00g
<b>Saturated Fat</b>	10.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	835.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	23.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 2.05mg

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---