

# 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-23642
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each		203260
BUN HAMB WHT WHE 4"	1 Each		248151
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036

## Preparation Instructions

Hamburger patty:

Conventional oven: from frozen state: preheat oven to 350° F. Bake in a pan for 20-22 minutes.

Convection oven: from frozen state: preheat oven to 350°F. Bake in a pan for 8-9 minutes.

Updated 5.27.26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.250
<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>	390.00
<b>Fat</b>	18.50g
<b>Saturated Fat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	3.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.02mg	<b>Iron</b> 1.43mg

## Nutrition - Per 100g

No 100g Conversion Available