

Hamburger on Bun-Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20105
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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	298.00
Fat	12.00g
Saturated Fat	4.10g
Trans Fat	0.60g
Cholesterol	39.00mg
Sodium	509.00mg
Carbohydrates	27.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	19.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available