

BBQ Beef Rib Sandwich

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|----------------------|--------------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29030 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BEEF RIB BBQ HNY | 1 Each | | 451410 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

Cook BBQ rib meat to 165 degrees . Place the rib meat inside a sub bun . Then place on a sheet pan , keep in warmer and serve .

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 | 350.00 |
| Fat | 12.00g |
| Saturated Fat | 4.50g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 910.00mg |
| Carbohydrates | 38.00g |
| Fiber | 5.00g |
| Total Sugar | 14.00g |
| Added Sugar | 3.00g |
| Protein | 19.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 70.00mg | Iron 3.80mg |

Nutrition - Per 100g

No 100g Conversion Available