

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31441
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity	100036
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	2.500
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 Sandwich

Amount Per Serving	
Calories	338.00
Fat	14.50g
Saturated Fat	5.60g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	649.00mg
Carbohydrates	28.00g
Fiber	4.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 63.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available