

# Pulled Pork on Bun (6-12 Grades)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54527
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL	<b>Grams Per Serving:</b>	170.1

## Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ DRY PKG	6 Ounce	632160
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon	655937

## Preparation Instructions

Heat pork. Mix in BBQ Sauce to taste.

For Elementary Schools: 4 oz. weight of pulled pork per bun

For MS/HS: 6 oz. weight of pulled pork per bun.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<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 Each

Amount Per Serving	
<b>Calories</b>	605.00
<b>Fat</b>	29.00g
<b>Saturated Fat</b>	11.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	150.00mg
<b>Sodium</b>	1255.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	18.50g
<b>Added Sugar</b>	17.00g
<b>Protein</b>	44.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.08mg

## Nutrition - Per 100g

<b>Calories</b>	355.67
<b>Fat</b>	17.05g
<b>Saturated Fat</b>	6.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.18mg
<b>Sodium</b>	737.80mg
<b>Carbohydrates</b>	23.52g
<b>Fiber</b>	1.76g
<b>Total Sugar</b>	10.88g
<b>Added Sugar</b>	9.99g
<b>Protein</b>	25.87g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.64mg	<b>Iron</b> 1.81mg