

Recipe Prep Sheet

Tulahoma City Schools



990288 - Cowboy Burger

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
990409	Beef Patty COMM#69050 OR IWC#5214	1 Each	No Instructions Assigned
990604	BBQ Sauce IWC# 6933	2 tsp	
990410	American Cheese Slices COMM# 100018 OR IWC#215	1 Each	
990456	Hamburger Bun	1 Bun	
			<p>Cook hamburger patties to MS/Box specifications.</p> <p>Must layer burger from bottom to top</p> <p>Bottom bun,burger patty,sliced cheese,sliced mushrooms,grilled onions,BBQ sauce drizzle over,top bun. Or use ind. bbq sauce cups on side.</p> <p>Put in a boat,leave the top off to the side in the boat so they can add more toppings if they choose.</p>
990585	Mushrooms, Fresh IWC# 9977 or DOD	2 oz	Combine all ingredients in a 2 inch steamtable pan. Place in steamer and cook for 5 minutes. Check to make sure the mushrooms are tender,if not cook for 3-4 minutes more.
990555	Onions, Fresh IWC# 6723	2 oz	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (1)

Calories ¹	511.273 kcal	Total Fat	19.871 g	Total Dietary Fiber	5.779 g	Vitamin C	4.597 mg	34.980% Calories from Total Fat
Saturated Fat ¹	7.531 g	Trans Fat ²	1.000 g	Protein	24.187 g	Iron	3.738 mg	13.257% Calories from Sat Fat
Sodium ¹	1401.751 mg	Cholesterol	47.656 mg	Vitamin A	251.873 IU	Water	*N/A* g	1.760% Calories from Trans Fat
Sugars	27.214 g	Carbohydrate	61.266 g	Calcium	331.261 mg	Ash	*N/A* g	47.932% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.923% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	3 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

Allergens							
Milk	Soy	Wheat					

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