

GR-272881 · Cowboy Burger with BBQ Sauce and Mushrooms · 1 each · 1 servings

Grain: 2

Meat: 2 1/2

Other Veg: 1/8

Milk

Soy

Wheat

Section 1

Mushrooms, white, fresh, raw, slices
1 tbsp

Onions, raw
1 tbsp chopped

Beef Patty, 2.25 oz
1 each

Hamburger Buns, Whole Grain,
Premium, 4.5", Sliced
1 Bun

Cheese, American, Sliced
1 each

Sauce, Barbecue
2 tsp

1. Combine **sliced mushrooms** and **sliced onions** in a 2 inch steam table 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.
2. Cook **hamburger patties** to MS/Box specifications.
3. Assembly: Must layer burger from bottom to top: bottom **bun**, burger patty, **sliced cheese**, sliced mushrooms (use 2 oz spoodle), grilled onions (use 2 oz spoodle), **BBQ sauce** drizzle over, top bun. May use bbq sauce cups on side in place of BBQ sauce on burger.
4. Place assembled burger in a boat. Leave the top bun off to the side in the boat so students can add more toppings if they choose.

Cowboy Burger with BBQ Sauce and Mushrooms

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **331**

% Daily Value*

Total Fat 13g **16%**

Saturated Fat 5g **26%**

Trans Fat 1g

Cholesterol 44mg **14%**

Sodium 402mg **17%**

Total Carbohydrate 36g **13%**

Dietary Fiber 4g **14%**

Sugars 9g

Includes 5g Added Sugars **11%**

Protein 20g **41%**

Vitamin D: 0% DV • Potassium: 1% DV

Calcium: 8% DV • Vitamin A: 0% DV

Iron: 5% DV • Vitamin C: 5% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.