



# VOTE FOR SCHOOL LUNCH 2007—Menus & Recipes



**BIFF BURGER**

## Recipe—Biff's Ballot Box Burger and Bun

Ground beef patties (no more than 15% fat) 16.8 lbs. (elementary) or 25 lbs. (secondary)

Hamburger bun\*, whole-wheat, 2-oz. (elementary) or 3-oz. (secondary) 100 buns

1. Place the patties on lined sheet pans. **Critical Control Point:** Bake at 400°F for 15-20 minutes until the internal temperature reaches 155°F for 15 seconds.

2. **Control Point:** Hold the patties at 135°F or higher. Encase each in a bun and serve one per customer.

**Yield:** 100 servings (elementary/secondary)

**Per Serving Elementary:** 331.2 cal., 18.9 g pro., 29.1 g carb., 2.6 g fiber, 15.5 g fat, 5 g sat. fat, 53.3 mg chol., 338.7 mg sod., 0.7 IU vit. A, 0.1 mg vit. C, 38.6 mg ca., 2.8 mg iron

**Per Serving Secondary:** 496.8 cal., 28.3 g pro., 43.6 g carb., 4 g fiber, 23.2 g fat, 7.5 g sat. fat, 80.5 mg chol., 508 mg sod., 1 IU vit. A, 0.2 mg vit. C, 58 mg ca., 4.1 mg iron

**Recipe analysis:** SNA, using WINSNAP (ver. 2.1.6)

\***Note:** Consider using recipe USDA B-16; check with your state agency to locate this recipe.

## Menu—Biff's Filibustering Burger

Items	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Prep
Hamburger on Whole-Wheat Bun	1 hamburger	2 ozs. meat/ meat alternate, 2 grains/breads	1 hamburger	3 ozs. meat/ meat alternate, 3 grains/breads	F103* (elementary), F102* (secondary) or at left	Use lowfat meat for the burger and whole-wheat flour in the bun.
Tomato & Lettuce	1 slice of each	1/8 cup fruit/ vegetable	2 slices of tomato, 1 lettuce leaf	1/8 cup fruit/ vegetable	—	—
Red Potatoes With Herbs	3 ozs.	1/4 cup fruit/ vegetable	6 ozs.	2 fruit/ vegetable	E102*	Steam these. Use healthy oil, not butter, and season them with spice, carrots and green peppers.
Peach Cobbler	1/2 serving	1/4 cup fruit/ vegetable	3/4 serving	3/8 cup fruit/ vegetable	USDA (C13)■	Use enriched flour and fruit packed in water or juice.
Milk	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	—	Offer lowfat and skim.

**Elementary Per Serving:** 626.5 cal., 34.4 g pro., 79.4 g carb., 5.6 g fiber, 22.1 g fat, 6.9 g sat. fat, 58.2 mg chol., 491.1 mg sod., 1,035 IU vit. A, 18.7 mg vit. C, 331.6 mg ca., 4.1 mg iron

**Secondary Per Serving:** 946.7 cal., 40.8 g pro., 119 g carb., 8.8 g fiber, 35.5 g fat, 11.5 g sat. fat, 91.8 mg chol., 692.8 mg sod., 1,202.7 IU vit. A, 28.7 mg vit. C, 355.8 mg ca., 6.2 mg iron

**Total Meal Pattern:** 2 ozs. meat/meat alternate (elementary) or 3 ozs. meat/meat alternate (secondary), 2 grains/breads (elementary) or 3 grains/breads (secondary), 1/2 cup fruit/vegetable (elementary) or 1 cup fruit/vegetable (secondary), 1 milk

\*Available at [www.schoolnutrition.org/vote](http://www.schoolnutrition.org/vote).

■ You can find most USDA recipes at [www.fns.usda.gov/tn/Resources/usda\\_recipes.html](http://www.fns.usda.gov/tn/Resources/usda_recipes.html) or [www.nfsmi.org/Information/school\\_recipe\\_index\\_number.html](http://www.nfsmi.org/Information/school_recipe_index_number.html). Or check with your state agency.