



2008 National School Lunch Week—Menus & Recipes



Biff Burger

BIFF'S BURGER

YIELD: 100 servings (elementary and 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

INGREDIENTS

Ground beef patties (no more than 15% fat)—16 ¹/₈ lbs. (elementary)
25 lbs. (secondary)
Hamburger bun ♦, whole-wheat,
2-oz. (elementary)
3-oz. (secondary)—100 buns

DIRECTIONS

1. Place the patties on lined sheet pans. Bake at 400°F for 15-20 minutes until the internal temperature reaches 155°F for 15 seconds.
2. **Critical Control Point:** Hold the patties at 135°F or higher. Encase each in a bun and serve one per customer.

Recipe & Recipe analysis: SNA, using WinSNAP (ver. 2.1.6)

♦ **Notes:** This nutritional analysis does not include the cheese, lettuce and tomato suggested in the SNA menu. Also, you can create the buns using USDA recipe B-16.**

Biff's Ballot Buster Burger

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Preparation
Hamburger	1 sandwich	2 ozs. meat/ meat alternate, 2 grains/breads	1 sandwich	3 ozs. meat/ meat alternate, 3 grains/breads	Above or SNA*	Whole-wheat bun
Pepper Jack Cheese	1 Tbsp.	¹ / ₄ oz. meat/ meat alternate	1 Tbsp.	¹ / ₄ oz. meat/ meat alternate		Small amount offers flavor with less fat
Lettuce & Tomato	¹ / ₄ cup	¹ / ₄ cup fruit/ vegetable	¹ / ₄ cup	¹ / ₄ cup fruit/ vegetable		Offers vitamins
Prepared Salsa	2 Tbsps.	¹ / ₈ cup fruit/ vegetable	2 Tbsps.	¹ / ₈ cup fruit/ vegetable		Offers vitamins
Mexican Corn	¹ / ₄ cup	¹ / ₄ cup fruit/ vegetable	¹ / ₂ cup	¹ / ₂ cup fruit/ vegetable	USDA I-12**	Use frozen corn to reduce sodium
Canned Pineapple Chunks	³ / ₈ cup	³ / ₈ cup fruit/ vegetable	¹ / ₂ cup	¹ / ₂ cup fruit/ vegetable		Fat-free, canned in juice
Milk, 1%	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk		Lowfat

Elementary Per Serving: 617 cal., 32.4 g pro., 76.8 g carb., 6.5 g fiber, 21.6 g fat, 8.5 g sat. fat, 73.3 mg chol., 742.9 mg sod., 1,185.8 IU vit. A, 29.4 mg vit. C, 407.6 mg ca., 3.9 mg iron

Secondary Per Serving: 884.1 cal., 44.6 g pro., 114.1 g carb., 10.4 g fiber, 30.7 g fat, 11.7 g sat. fat, 102.5 mg chol., 926.9 mg sod., 1,496 IU vit. A, 39.2 mg vit. C, 432.6 mg ca., 5.8 mg iron

Total Meal Pattern: 2 ¹/₄ ozs. meat/meat alternate (elementary) or 3 ¹/₄ ozs. meat/meat alternate (secondary), 2 grains/breads (elementary) or 3 grains/breads (secondary), 1 cup fruit/vegetable (elementary) or 1 ³/₈ cups fruit/vegetable (secondary), 1 milk

* See the SNA Recipe Database, www.schoolnutrition.org

** You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your HACCP-based food-safety plan. But entrée choices still should reflect the entrée selections for the official Vote for School Lunch campaign. SNA has not tested any of its recipes or menus in a kitchen.