



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Cheeseburger Blast Unwrap
Category:	Entree
Portion Size(s):	1 each
Meal Components:	2.25 oz eq M/MA; 2 oz eq grain; ¾ cup vegetable (½ cup dark green veg, 1/8 cup red/orange, 1/8 cup other)

Ingredients:	60 Portions	
	Weight	Measure
Ground beef, 85/15, frozen (USDA or Commercial)	10 lb	
Steak seasoning, no salt added		1/4 cup
Dehydrated onion		1/3 cup
Water, tap		2 cups
Romaine lettuce, fresh, untrimmed	7 lb 12 oz	
Tomatoes, fresh, whole	4 lb	
Red onion, fresh, whole	2 lb 12 oz	
10" tortillas, flour, whole grain-rich (at least 2 oz eq grain)	7 lb 8 oz	60 each
Cheddar cheese, yellow, reduced fat, shredded (USDA or Commercial)		15 oz
Pickles, low-sodium, canned, chips	2 lb 4 oz	
Catsup, low-sodium		3 ¾ cup
Yellow mustard, prepared		1 ¼ cups

Directions:

1. THAW GROUND BEEF: Thaw ground beef under refrigeration for 2-3 days before preparation. CCP: Hold at 41°F or lower.
2. COOK GROUND BEEF: Brown ground beef in tilt skillet. Drain well. Add steak seasoning blend, dehydrated onion, and 2 cups water. CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.
3. PROCESS VEGETABLES: Chop lettuce into bite-sized pieces, medium dice tomatoes, and chop red onion. CCP: Hold at 41°F or lower.
4. BUILD AND SERVE UNWRAPS: Shape each tortilla into 2 lb boats to create a bowl shape. Place 1 cup romaine in the bottom of each tortilla bowl. Top romaine with #8 scoop (2 oz wt) seasoned ground beef, 1 Tbsp (¼ oz wt) cheddar cheese, 1 fl oz spoodle (2 Tbsp) tomatoes, 1 Tbsp red onion, 1 Tbsp (about 3 each) pickles, 1 Tbsp catsup, and 1 tsp mustard.

Nutrients Per One Serving (K-12):

Calories	372	kcal	Total Fat	18	g	Total Dietary Fiber	6	g	Vitamin C	7	mg
Saturated Fat	6	g	Trans Fat	2	g	Protein	22	g	Iron	1	mg
Sodium	534	mg	Cholesterol	57	mg	Vitamin A	4,398	IU			
Sugars	6	g	Carbohydrate	33	g	Calcium	54	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
2.25 oz. eq.	2 oz. eq.	3/4 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
1/2 cups(s)	1/8 cups(s)	0 cups(s)	0 cup(s)	1/8 cup(s)

