

# Cheeseburger Salad Wrap



# Student Feedback

"It has lots of lettuce and vegetables  
AND it tastes good!"  
— 1st Grade Student



"It tastes like a hamburger, mixed  
with a taco, mixed with a salad.  
This is my new favorite food."  
— 2nd Grade Student



"I liked this because it was different than  
a normal hamburger."  
— 7th Grade Student



"I ate more veggies today than I normally  
do because they tasted so good."  
— 8th Grade Student



"Love the onions, I could smell them cooking  
throughout the whole school."  
— High School Student



"This is the best, healthiest hamburger  
I have ever had."  
— High School Student

## CHEF RECOMMENDS



### Cheeseburger Salad Wrap

Applesauce 🍏

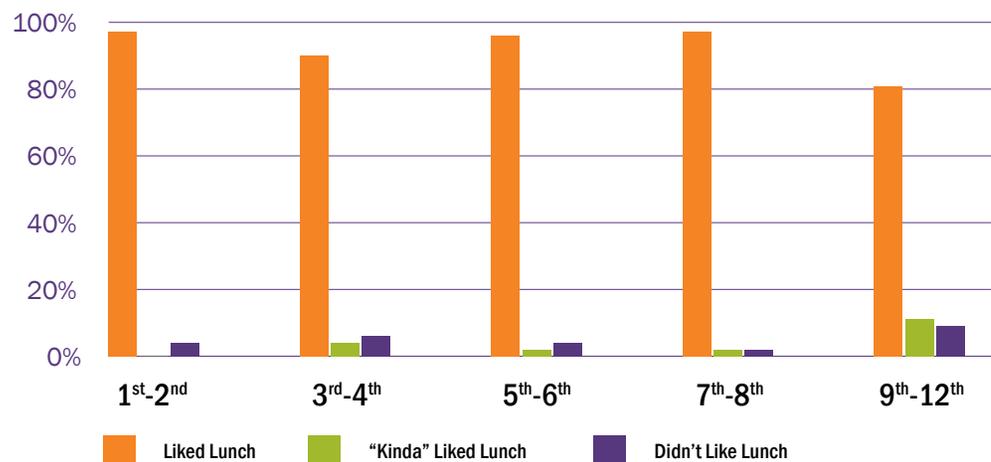
Baked Beans 🍲

Low-Fat Milk

Estimated  
Food Cost

93¢

## STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Cheeseburger Salad Wrap	1 wrap	1 wrap
Applesauce	½ cup	1 cup
Baked Beans	½ cup	½ cup
Milk	1 cup	1 cup
<b>Meal Contribution</b>	1.75 M/MA 1.75 Grains .5 cup Fruit 1.5 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.5 cup Vegetable

# CHEESEBURGER SALAD WRAP

**Number of Portions:** 100

**Portion Size:** Grades K-12: 1 wrap

## INGREDIENTS:

		K-8 Quantities:	9-12 Quantities:
Romaine Lettuce, whole, fresh		13 lbs.	13 lbs.
Onions, whole, fresh (in beef)		6 lbs.	6 lbs.
Tomatoes, whole, fresh		13 ¼ lbs.	13 ¼ lbs.
Onions, whole, fresh (for toppings)		2 ¾ lbs.	2 ¾ lbs.
Mozzarella Cheese 		3 ½ lbs.	3 ½ lbs.
Whole Grain Tortilla		100 Tortillas (49g)	100 Tortillas (56g)
Ground Beef 		10 ¾ lbs.	12 ¾ lbs.
Tomato Paste, low-sodium 		¾ cup	1 ½ cups
Yellow Mustard (in beef)		½ cup	¾ cup
Garlic Powder		4 tbsp.	5 tbsp.
Water		1¾ cups	1¾ cups
Dill Pickle Slices		3 ⅝ quarts	3 ⅝ quarts
Ketchup, low-sodium		6 ¼ cups	6 ¼ cups
Yellow Mustard (for toppings)		6 ¼ cups	6 ¼ cups

 = Available through USDA Foods

## DIRECTIONS:

### PREPARE INGREDIENTS:

Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes and onions to be used for toppings. Shred mozzarella cheese.

### WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

### PREPARE GROUND BEEF MIXTURE:

Brown ground beef, drain, and rinse. Add diced onions, tomato paste, mustard, garlic powder, and water. Mix well. Simmer for 10 minutes or until juices are cooked out.

### ASSEMBLE DISH:

**Grades K-8:** Place 1 cup lettuce pieces, 2.1 oz. meat mixture, and ½ oz. shredded cheese on each tortilla.

**Grades 9-12:** Place 1 cup lettuce pieces, 2.5 oz. meat mixture, and ½ oz. shredded cheese on each tortilla.

NOTE: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.

### TOPPINGS:

Toppings are planned in the following serving sizes for each student: ¼ cup diced tomatoes, 1 tbsp. diced onions, 2 tbsp. pickle slices, 1 tbsp. ketchup and 1 tbsp. mustard. Schools that offer toppings on a self-serve bar will need to adjust planned topping ingredient quantities according to student use.

## RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
<b>Vegetables Contribution</b>	<b>1 cup</b>	<b>1 cup</b>
<i>Vegetables Total</i>	1.1	1.1
Onions	.20	.20
Tomato Paste	.01	.01
Romaine Lettuce	.51	.51
Tomatoes	.25	.25
Pickles	.13	.13
<b>Grains Contribution</b>	<b>1.75 oz. eq.</b>	<b>2 oz. eq.</b>
<i>Grains Total</i>	1.75	2
Tortilla	1.75	2
<b>Meats/MA Contribution</b>	<b>1.75 oz. eq.</b>	<b>2 oz. eq.</b>
<i>Meats/MA Total</i>	1.76	2
Ground Beef	1.26	1.50
Cheese	.50	.50



## CALORIES

GRADES K-8

349

GRADES 9-12

454

## SATURATED FAT

GRADES K-8

5.03g

GRADES 9-12

7.04g

## SODIUM

GRADES K-8

898mg

GRADES 9-12

1080mg

## Serving Tip:

*Place the romaine lettuce on the wrap first, before the meat and other toppings, to ensure every student's wrap includes the nutritious dark green vegetable.*



## Chef Brenda's Tips



- 👩‍🍳 This Cheeseburger Salad Wrap is meant to be served as an open-faced salad wrap. It has too many toppings to be wrapped up in the 8" tortilla.
- 👩‍🍳 Consider offering spicy options if your students like spicy food. For example, use hot sauce or pepper jack cheese to spice things up.
- 👩‍🍳 Don't be afraid to use the onions in this recipe. The students complimented on the smell of homemade food that came from the onions cooking in the meat and the pilot school ran out of onions several times because the students liked to have the fresh onions as a topping.