

Roast Beef on Bun (786)

(Roast Beef on Bun MC786)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, Hamburger.....	5 lb.....	50 Buns.....	10 lb.....	100 Buns.....		<p>Sandwich Assembly:</p> <ol style="list-style-type: none"> 1. Place 25 bottom portions of buns on bun pan, 5 down and 5 across. 2. Shave precooked meats (Set dial on "1" to obtain a wafer-thin slice. 3. Weight 1 ½ oz of roast beef to determine size of individual servings. 4. Portion 1 ½ oz of roast beef and ½ oz of sliced cheese on top of each bottom portion of bun on bun pan. 5. Top with remaining portion of bun. 6. Cover pan tightly with plastic wrap to maintain freshness. <p>CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.</p> <p>TRIMMINGS:</p> <ol style="list-style-type: none"> 7. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 8. Wash, core, and thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. <p>CCP: Cover and place under refrigeration (41 F or lower) until Ready for service</p> <ol style="list-style-type: none"> 10. Portion 1 sandwich per serving.
Beef, Roast, Cooked.....	1 lb 9 oz.....		3 lb 2 oz.....			
Cheese, Swiss, slice.....						
Lettuce, iceberg, fresh.....	1 ¼ lb.....	8 Qt 1 cup.....	2 ½ lb.....	3 Gal 2 Cup.....		
Tomatoes, fresh.....	2 ½ lb.....	100 slice.....	5 lb.....	200 slice.....		
Pickles, dill slices.....		100 slice.....		200 slice.....		

Roast Beef on Bun (Continued)

**CCP: Hold and maintain at a maximum temperature of (41 F).
Check temperature ever 30 minutes. Refrigerate any leftovers immediately.. Leftovers should be covered, labeled, and dated.**

**Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	252	Iron	2.63	Mg	Protein	16.46	G	Percent ⇒	Protein	26.10%
Cholesterol	30	Mg	150.07	Mg	Carbohydrates	28.63	G	Of ⇒	Carbohydrates	45.40%
Sodium	914	Mg	43	RE	Total Fat	7.92	G	Calories ⇒	Total Fat	28.26%
Dietary Fiber	1.72	G	3.36	Mg	Saturated Fat	3.93	G	From ⇒	Saturated Fat	14.02%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Roast Beef Stuffed Pita (787)

(Roast Beef Stuffed Pita MC787)

Meat/Meat Alternate-Vegetable-Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Mayonnaise, reduced cal.....		1/2 Qt 1 Cup.....		1 Qt 2 Cup.....	<p>1. Combine mayonnaise, sour cream, horseradish, mustard, and salt. Mix thoroughly. Cover and refrigerate dressing until ready to use.</p> <p>CCP: Hold and maintain product at a maximum temperature of 40°F.</p> <p>2. Slice roasts thinly across the grain, using meat slicer, for optimum tenderness. Cut slices into thin strips; reserve.</p> <p>CCP: Cover and refrigerate at 41°F or lower until ready for service.</p> <p>3. Roast beef may be served warm or cold. If serving warm, follow package directions for heating or heat to a minimum internal temperature of 140°F.</p> <p>CCP: Heat products to minimum temperature of 140°F.</p> <p>4. Drizzle 1 Tbsp dressing into each pita. Portion 2 oz beef strips, 1/8 cup tomatoes, and 1/8 cup lettuce into each pita.</p> <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>	
Sour cream, low fat.....		3 Cup.....		1 Qt 2 Cup.....		
Horseradish.....		1/4 Cup.....		1/2 Cup.....		
Mustard, powder.....		1/2 Tbsp.....		1 Tbsp.....		
Salt, table.....		1/2 Tbsp.....		1 Tbsp.....		
Beef, roast, cooked.....	6 lb 4 oz.....		12 lb 8 oz.....			
Pita Bread, white.....		50 lrg pita 6-1/2".....		100 lrg pita 6-1/2".....		
Tomatoes, fresh.....	2 lb 8 oz.....		5 lb.....			
Lettuce, iceberg.....	1 lb 4 oz.....		2 lb 8 oz.....			

Serving: 1 stuffed pita provides 2 oz meat/meat alternate and 1 serving bread/grain

**Yield: 50 servings: 50 pita pockets
100 servings: 100 pita pockets**

Roast Beef Sub Sandwich (788)

(Roast Beef Sub Sandwich MC788)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed, 6".....		50 Buns.....		100 Buns.....		<p>Sandwich Assembly:</p> <ol style="list-style-type: none"> 1. Place 25 bottom portions of rolls on bun pan, 5 down and 5 across. 2. Shave precooked meats (Set dial on "1" to obtain a wafer-thin slice.) 3. Weight 1 ½ oz of roast beef to determine size of individual servings. 4. Portion 1 ½ oz of roast beef and ½ oz of sliced cheese on top of each bottom portion of roll on bun pan. 5. Top with remaining portion of roll. 6. Cover pan tightly with plastic wrap to maintain freshness. <p>Trimmings:</p> <ol style="list-style-type: none"> 7. If using head lettuce, wash lettuce thoroughly separate leaves and dry thoroughly. Another choice is to use shredded lettuce. 8. Wash, core, thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. <p>CCP: Hold and maintain product at a maximum temperature of 41 F.</p> <ol style="list-style-type: none"> 10. Portion 1 sandwich per serving. <p>CCP: Hold and maintain product at maximum temperature of 41° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated</p>
Beef, Roast, Cooked, whole	5 lb.....		10 lb.....			
Cheese, Swiss, slice, ½ oz..	1 lb 9 oz.....		3 lb 2 oz.....			
Lettuce, Iceberg, fresh.....	1 lb 4 oz.....		2 lb 8 oz.....			
Tomatoes, fresh, red ripe.....	2 lb 8 oz.....		5 lb.....			
Pickles, dill slices, Heinz.....		200 slice.....		200 slice.....		

Roast Beef Sub Sandwich (Continued)

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 grains/breads

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Nutrients Per Serving:

* Denotes Missing Nutrient Values

	304	Iron	4.00*	Mg	Protein	19.35	G	Percent ⇒	Protein	
Calories	30	Mg	Calcium	Mg	Carbohydrates	36.47	G	Of ⇒	Carbohydrates	25.49%
Cholesterol	969	Mg	Vitamin A	RE	Total Fat	9.82	G	Calories ⇒	Total Fat	48.06%
Sodium	3.65	G	Vitamin C	Mg	Saturated Fat	4.39	G	From ⇒	Saturated Fat	29.12%
Dietary Fiber										13.01%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Sloppy Joe on Bun (790)

(Sloppy Joe MC790)

Source: MS Cycles II

Meat/Meat Alternate – Vegetable-Grains/Breads	50 Servings		100 Servings		For _____ Servings	Directions
	Ingredients	Weight	Measure	Weight		
Beef ground, raw.....	9 lb.....			18 lb.....		1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining, return to pan to continue cooking.
Onions, fresh.....	9 oz.....			1 lb 2 oz.....		2. Add onions. Cook for 5 minutes.
Tomato paste, canned, w/salt.....	1 lb 12 oz.....			3 lb 8 oz.....		3. Add tomato paste, water, and sloppy joe seasoning.
Water.....		1 Qt 1 ¾ Cup.....				4. Mix well and simmer for 20-25 minutes.
Seasoning, Sloppy Joe.....		1 package.....		2 Qt 3 ½ Cup.....		5. Pour ground beef mixture into serving pans and serve immediately, or cover and place in warmer until ready for service.
						CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.
Buns, Hamburger, plain.....		50 Buns.....				6. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of bun. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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