



Nutrition and Ingredient Statement

Product Name: Cheeseburger
Product Code: FG1001
Serving Size: 1 each (4.35 ounces)
Portions/Case: 36

Nutrition Facts	
Serving Size 1 entree (4.35 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 350	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 390mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 18g	
Vitamin A 4%	• Vitamin C 15%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

WHOLE GRAIN WHITE WHEAT HAMBURGER BUN (WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID), WATER, SUGAR, YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, RICE FLOUR, ROLLED OATS, RYE MEAL, WHEAT BRAN, BARLEY FLAKES, MILLET, MONOGLYCERIDES, YELLOW CORN MEAL, TRITICALE, VINEGAR, CALCIUM PROPIONATE, POTASSIUM CHLORIDE, SODIUM STEAROYL LACTYLATE, SODIUM GLUCONATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID), FULLY COOKED BEEF BURGER (GROUND BEEF [NOT MORE THAN 20% FAT], SALT, FLAVOR, NATURAL FLAVOR), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [NATURAL COLOR]).

Allergens:

Contains Milk, Wheat.

Notes:

Contributes 2.25 oz MMA, 2 oz eq Grain

This nutritional data is approximated. It was derived by calculation from information supplied by our vendors, and from commercially available databases.

Debbie Blacher
Signature

Debbie Blacher
Printed Name

CEO
Title

June 15, 2020
Date

debbie@wholesomekitchens.com
Email

407-421-9529
Phone



Product Formulation Statement

Product Name: Cheeseburger
Product Code: FG1001
Serving Size: 1 each (4.35 ounces)

Meat/ Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount
Beef burger patty (CN #085515)	1.60	x	1.5/1.6	1.50
Cheddar cheese, sliced	0.75	x	16/16	0.75
Total Creditable M/MA Amount¹				2.25

¹Credible Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Grains

I. Does the product meet the Whole Grain-Rich Criteria?: Yes No

(Per SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains?: Yes No

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

The Product Belongs in Exhibit A Group (A-I): B

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Whole grain hamburger bun (g)	56	28	2.00
Total Creditable G/B Amount¹			2.00

¹Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq.

Total weight (per portion) of product as purchased: 4.35 oz
Total Creditable MMA amount of product (per portion): 2.25 oz
Total Grain/Bread contribution of product (per portion): 2.00 oz equivalent



Product Formulation Statement

Product Name: Cheeseburger
Serving Size: 1 each (4.35 ounces)

I certify that the above information is true and correct and that a 4.35 oz serving of the above product contains 2.25 oz of equivalent meat/meat alternate and 2.00 oz equivalent grains when prepared according to directions. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

<u>Debbie Blacher</u>	<u>CEO</u>	<u>debbie@wholesomekitchens.com</u>
Signature	Title	Email
<u>Debbie Blacher</u>	<u>June 15, 2020</u>	<u>407-421-9529</u>
Printed Name	Date	Phone