

Build A Burger

Order prepped meals to your liking



Dubuque Senior High School



Overview

Build A Burger is a shop where people can order prepped meals online and pick up in store. There are three choices of burger types, many topping choices, choices of sides, and three dessert choices. All ingredients are sold separately and come with instructions.

How To Order:

- Go to website or app
- Put in name, phone number, and email address
- Choose number of people meal is for
- Choose each person's burger, side, and optional dessert
- The app will give a date to be available to pick up
- Pick up from store

Burger types

<i>Burger type</i>	<i>Options</i>	<i>Calories per patty</i>	<i>Price for one patty</i>	<i>Price for two patties</i>	<i>Price for three patties</i>
Standard Burger	Up to 2 patties	563 calories	\$2.50	\$4	
Smash Burger	Up to 3 patties	282 calories	\$2	\$3	\$4
Sliders	Up to 2 patties	188 calories	\$1.50	\$2	

Toppings

<i>Topping</i>	<i>Calories per serving</i>	<i>Price to add on</i>
Ketchup	20 (1tbs)	\$0.15 (1 st serving free)
Mustard	3 (1tbs)	\$0.15 (1 st serving free)
Mayonnaise	57 (1tbs)	\$0.15 (1 st serving free)
Pickles	5 (five sliced pickles)	\$0.20
Onions	15(¼ cup chopped)	\$0.20
Tomato's	4 (one slice)	\$0.22
Lettece	1 (one leaf)	\$0.10
Cheddar Cheese	60 (one slice)	\$0.30 (1 st serving free)
American Cheese	45 (one slice)	\$0.30 (1 st serving free)
Onion rings	35 (one medium ring)	\$0.25

Sides (First side when ordered with burger is 75% off)

<i>Side</i>	<i>Calories</i>	<i>price</i>
Small Fry	200	\$2.30
Medium Fry	270	\$2.90
Large Fry	365	\$3.50
Small Sweet Potato Fry	140	\$3.30
Medium Sweet Potato Fry	210	\$3.90
Large Sweet Potato Fry	300	\$4.50
Small Onion Ring	240	\$3.30
Medium Onion Ring	360	\$3.90
Large Onion Ring	480	\$4.50
Small Cup of Green Beans	31	\$2.00
Medium Cup of Green Beans	62	\$2.30
Large Cup of Green Beans	93	\$2.90
Small Cup of Corn	60	\$1.90
Medium Cup of Corn	120	\$2.20
Large Cup of Corn	180	\$2.80

Deserts (First dessert when ordered with burger and side is 20% off)

<i>Dessert</i>	<i>Calories per serving</i>	<i>Price</i>
Small Tub of Vanilla Ice Cream	130	\$3.00
Medium Tub of Vanilla Ice Cream	195	\$3.50
Large Tub of Vanilla Ice Cream	260	\$4.00
Small Tub of Strawberry Ice Cream	135	\$3.50
Medium Tub of Strawberry Ice Cream	203	\$4.00
Large Tub of Strawberry Ice Cream	270	\$4.50
Small Tub of Chocolate Ice Cream	150	\$3.50
Medium Tub of Chocolate Ice Cream	225	\$4.00
Large Tub of Chocolate Ice Cream	300	\$4.50

Recipes

Burgers: After picking up the order, put the burgers in the freezer or refrigerator immediately. If burgers are put in the freezer, let sit out to defrost for 10-24 hours before cooking. If burgers are put in the refrigerator, let sit out until room temperature before cooking.

Burger patty	Cook time on skillet	Cook time on grill
Standard	<ul style="list-style-type: none"> -Put small drop of Olive Oil on the pan -Add the patty and cook until sides start to brown -Flip the patty -After 1 minute add cheese (if cheese is wanted) -Cook for 2-3 more minutes -Toast bun on pan for 30 seconds (optional) -Place on bun -Add toppings 	<ul style="list-style-type: none"> -Put patty on the grill -Cook for 3-4 minutes on each side - Add Cheese (if cheese is wanted) directly after cooking
Smash	<ul style="list-style-type: none"> -Put small drop of Olive Oil on the pan -Add the patty (Pre smashed) to the pan -Cook for 2 minutes -Flip the patty -Add Cheese (if cheese is wanted) -Cook for another 2 minutes -Toast bun on pan for 30 seconds (optional) -Place on bun -Add toppings 	<ul style="list-style-type: none"> (Not preferred to be cooked on grill) -Put patty on the grill -Cook for 2 minutes on each side - Add Cheese (if cheese is wanted) directly after cooking
Slider	<ul style="list-style-type: none"> -Put a tiny drop of Olive Oil on the pan -Add the patty to the pan -Cook for 45 seconds -Flip the patty - Add Cheese (if cheese is wanted) -Cook for 1-2 minutes -Toast bun on pan for 30 seconds (optional) -Place on bun -Add toppings 	<ul style="list-style-type: none"> -Put patty on the grill -Cook for 2-3 minutes on each side - Add Cheese (if cheese is wanted) directly after cooking

Sides:

Directions on the bag/container

Burger Ingredients and Nutrition

Ingredients: Ground Beef (85% Lean Meat / 15% fat) and Dry Spices (Salt, Pepper, Onion Powder, Garlic Powder, and Paprika)

Nutrition

<i>Burger Patty type</i>	<i>Nutrition Information per single patty</i>
Standard Burger Patty (6oz)	Calories: 563 Total Fat: 20.06 (g) Cholesterol: 146.2 (mg) Sodium: 134.3 (mg) Protein: 41.86 (g) Iron: 4.56 (mg) Vitamin B6: 0.62 (mcg) Vitamin B12: 5.86 (mcg) Zinc: 10.54 (mg) Phosphorus: 358.7 (mg) Calcium: 34 (mg) Magnesium: 37.4 (mg) Potassium: 593.3 (mg) Vitamin E: 0.72 (mg) Vitamin K: 2.04 (mcg)
Smash Burger Patty(3oz)	Calories: 282 Total Fat: 10.03 (g) Cholesterol: 73.1 (mg) Sodium: 67.15 (mg) Protein: 20.93 (g) Iron: 2.28 (mg) Vitamin B6: 0.31 (mcg) Vitamin B12: 2.93 (mcg) Zinc: 5.27 (mg) Phosphorus: 179.35 (mg) Calcium: 17 (mg) Magnesium: 18.7 (mg) Potassium: 296.65 (mg) Vitamin E: 0.36 (mg) Vitamin K: 1.02 (mcg)
Slider Burger Patty(2oz)	Calories: 188 Total Fat: 6.69 (g) Cholesterol: 48.73 (mg) Sodium: 44.77 (mg)

	Protein: 13.95 (g) Iron: 1.52 (mg) Vitamin B6: 0.21 (mcg) Vitamin B12: 1.95 (mcg) Zinc: 3.51 (mg) Phosphorus: 119.57 (mg) Calcium: 11.33 (mg) Magnesium: 12.47 (mg) Potassium: 197.77 (mg) Vitamin E: 0.24 (mg) Vitamin K: 0.68 (mcg)
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Why is this product important?

- Has high protein and comes with many choices of toppings and sides to fill other food groups
- Has many other good vitamins and minerals
- Not unhealthy




Cost of each product

<i>Product</i>	<i>Price to make per serving</i>
Standard Beef Patty (6oz)	\$1.50
Smash Burger Beef Patty (3oz)	\$0.75
Slider Burger Beef Patty (2oz)	\$0.50
Ketchup (1tbs)	\$0.07
Mustard (1tbs)	\$0.07
Mayonnaise (1tbs)	\$0.07
Pickles (five sliced pickles)	\$0.09
Onions (¼ cup chopped)	\$0.09
Tomato's (one slice)	\$0.10
Lettece (one leaf)	\$0.03
Chedder Cheese (one slice)	\$0.15
American Cheese (one slice)	\$0.15
Onion rings (one medium ring)	\$0.10
Small Fry (59g)	\$0.70
Medium Fry (89G)	\$0.75
Large Fry (117g)	\$0.80
Small Sweet Potato Fry (85g)	\$0.85
Medium Sweet Potato Fry (128g)	\$0.90
Large Sweet Potato Fry (213g)	\$0.95
Small Onion Ring (59g)	\$0.85
Medium Onion Ring (88g)	\$0.90
Large Onion Ring (117g)	\$0.95
Small Cup of Green Beans (100g)	\$0.45
Medium Cup of Green Beans (200g)	\$0.50
Large Cup of Green Beans (300g)	\$0.55
Small Cup of Corn (70g)	\$0.40
Medium Cup of Corn (140g)	\$0.45
Large Cup of Corn (210g)	\$0.50
Small Tub of Vanilla Ice Cream	\$0.75
Medium Tub of Vanilla Ice Cream	\$1.00
Large Tub of Vanilla Ice Cream	\$1.25
Small Tub of Strawberry Ice Cream	\$1.00
Medium Tub of Strawberry Ice Cream	\$1.25
Large Tub of Strawberry Ice Cream	\$1.50
Small Tub of Chocolate Ice Cream	\$1.00
Medium Tub of Chocolate Ice Cream	\$1.25
Large Tub of Chocolate Ice Cream	\$1.50

Marketing

Who is this product for?

- Anyone with in a thirty-minute drive
- Anyone who has a busy life
- Anyone who does not like to take the time to prep meals
- Anyone who likes to have a variety of choices

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<p>Slider Calories: 188 Total Fat: 6.69 (g) Protein: 13.95 (g)</p>	





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Build A Burger

Order and pick up preped meals

3 burger patty types to choose from

Many topping choices
So many side options
And some deserts

Order today, build it your way,
and save more time to enjoy
your day!