

Ham & Cheese Sub

Servings:	1.00
Serving Size:	1.00 100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Ham & cheese sub

Nutrition Information

Calories	339.55	Protein	19.73g
Fat	16.32g	SaturatedFat	6.64g
Trans Fat	0.00g	Cholesterol	67.54mg
Carbohydrates	28.75g	Fiber	2.00g
Sugar	5.00g	Sodium	952.99mg
Iron	8.90mg	Vitamin C	1.19mg
Vitamin A	24.87IU	Calcium	49.80mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	236012	MEAT COMBO PK SLCD 12-1 JENNO	Thaw and serve
1 bun	1711	4" WG WHITE HAMBURGER BUN	Ready to eat
1 Ounce	100018	CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	READY_TO_EAT

Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.