

Cookbook for Chassell Twp School (HS)

Created by HPS Menu Planner

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[Turkey & Cheese Sub on Pretzel Bun](#)

Turkey & Cheese Sub on Pretzel Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11696

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRETZEL WGRAIN 120-2.2Z J&J	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice	FULLY COOKED - THAW AND SERVE	244190
CHEESE SLCD YEL 6-5 COMM	2 Slice	PASTEURIZED PROCESS CHEESE IS MILDER IN FLAVOR AND SOFTER IN BODY THAN THE NATURAL CHEESE FROM WHICH IT WAS MADE AND HAS GOOD MELTING PROPERTIES. COOK DISHES CONTAINING CHEESE AT LOW TEMPERATURES SINCE CHEESE TOUGHENS AND GETS STRINGY AT HIGH TEMPERATURES.	334450

Preparation Instructions

Assemble bagel sandwich place 3 slices turkey and 2 slice of American Cheese on a pretzel bun.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	325.00
Fat	13.75g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	495.00mg
Carbohydrates	31.00g

Fiber		3.00g	
Sugar		3.00g	
Protein		18.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.98mg