

Cookbook for Lakeland Primary

Created by HPS Menu Planner

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Meatloaf Sandwich



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37520
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	0 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	0 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	13.50g
Saturated Fat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	27.00g
Fiber	3.00g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 25.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

NO IMAGE

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD	0 Slice		271411
BUN HAMB WGRAIN 3.5 10-12CT GCHC	0 Each		266545
TURKEY HAM UNCURED	0 Ounce		690041

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	270.92
Fat	11.97g
Saturated Fat	4.21g
Trans Fat	0.00g
Cholesterol	59.43mg
Sodium	737.17mg
Carbohydrates	22.56g
Fiber	2.00g
Total Sugar	5.21g
Added Sugar	1.71g
Protein	17.59g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 155.00mg	Iron 1.70mg

Nutrition - Per 100g

Calories	382.28
Fat	16.89g
Saturated Fat	5.94g
Trans Fat	0.00g
Cholesterol	83.86mg
Sodium	1040.17mg
Carbohydrates	31.83g
Fiber	2.82g
Total Sugar	7.35g
Added Sugar	2.41g
Protein	24.82g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 218.71mg	Iron 2.39mg