

# Ham & Cheese Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3881
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	12 Pound 8 Ounce (200 Ounce)		110600
BREAD WGRAIN HNY WHT	200 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD	100		150260
MUSTARD PKT	100		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	100		131011

## Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	331.67
<b>Fat</b>	13.33g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	961.67mg
<b>Carbohydrates</b>	37.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.17g
<b>Protein</b>	17.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.50mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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