

Ham & Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3881
School:	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

Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

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

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

Nutrition - Per 100g

No 100g Conversion Available
