

Ham & Cheese Sub

NO IMAGE

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27468
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113
TURKEY HAM SLCD	18 6/7 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.117
Grain	2.002
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	326.02
Fat	11.05g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	86.01mg
Sodium	1028.39mg
Carbohydrates	31.03g
Fiber	2.00g
Sugar	4.50g
Protein	27.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.09mg	Iron 0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available