

COUNTRY FRIED STEAK SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49768
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PORK STK BRD WGRAIN 85-3.85Z ADVPIER	1 Each	760821
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	440.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	660.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available