

# Sub Sandwich (Ham and Turkey)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43199
<b>School:</b>	East Porter County School Corporation- Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each		276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
TURKEY BRST SLCD OVN RSTD	2 Slice		689541
TURKEY HAM UNCURED	2 Slice		690041

## Preparation Instructions

Thaw meat out ahead of time.

Layer ham, turkey, and cheese slice on sub bun and hold for cold service.

Updated 9.20.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	308.27
<b>Fat</b>	9.14g
<b>SaturatedFat</b>	3.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.45mg
<b>Sodium</b>	746.41mg
<b>Carbohydrates</b>	31.56g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.54g
<b>Protein</b>	23.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available