

MJSH WARM HAM AND CHEESE ON A HAWAIIAN BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16614
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5IN	1 Each		633831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
UNCURED SMOKED HAM	3 1/2 Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	572.50
Fat	28.75g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	89.38mg
Sodium	1261.25mg
Carbohydrates	35.88g
Fiber	2.00g
Sugar	12.00g
Protein	30.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.00mg	Iron 3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available