

FRENCH DIP ON CIABATTA ROLL

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45172
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CIABATTA SLCD 4.25IN	1 Each	THAW Keep frozen until ready to use. Thaw & serve. For extra crispiness, bake at 400°F for 2 - 4 minutes.	454220
BEEF STK PHLL CKD	3 Ounce		710831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532

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 Each

Amount Per Serving	
Calories	440.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1385.00mg
Carbohydrates	46.50g
Fiber	2.00g
Sugar	1.50g
Protein	23.50g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 205.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available