

HAM AND CHEESE SUB

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8686
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 1 each		31454
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	235.00
Fat	5.00g
SaturatedFat	2.44g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	870.00mg
Carbohydrates	30.00g
Fiber	2.50g
Sugar	5.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available