

# Ham and Cheese Sandwich



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
Land O'Lakes White American Cheese, Sliced	1 slices		499787
BREAD WHL WHE PULLMAN SLCD	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TOMATO ROMA LRG	1 Cup		462551

## Preparation Instructions

1. Preheat oven to 350.
  2. Place butter in microwave safe container and melt.
  3. Lightly brush melted butter on one side of each piece of bread.
  4. Place 1 slice of cheese and 2 slices of tomato and 2 slices of ham onto unbuttered sides of bread. Top with an addition slice of cheese and bread, butter side facing up.
  5. Place sandwiched on sheet pan. Bake in the oven for 10-12 minutes or until internal temperature is 140 or higher for at least 15 seconds. Remove from the oven.
  6. Cut sandwiches in half.
  8. Serve 2 halves. Serve immediatly or keep warm at 140 or above.
- Credit: 1/4 cup vegetable, 2meat/meat/alt., 2 oz. grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.036
<b>Grain</b>	0.015
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.020
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>	3.65		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.55mg		
<b>Sodium</b>	10.38mg		
<b>Carbohydrates</b>	0.43g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	29.99IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	2.66mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available