

Ham and Cheese Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	0.036
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available