

Deli Ham Sandwich

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-51530 |
| School: | Prairie Crossing | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 1 2/9 Ounce | | 100187 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice | | 100036 |
| BUN HAMB WGRAIN 3.5 10-12CT GCHC | 1 Each | | 266545 |

Preparation Instructions

1. Portion ham in 1.22 oz. servings.
2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.500 |
| 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 | 187.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.50mg | | |
| Sodium | 552.00mg | | |
| Carbohydrates | 22.00g | | |
| Fiber | 2.00g | | |
| Sugar | 4.50g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 25.00mg | Iron | 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available
