

# Turkey and Cheese Sub

<b>Servings:</b>	1.00	<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-43551
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

## Preparation Instructions

Updated 10.8.24

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	307.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.50mg
<b>Sodium</b>	848.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available