

Cold Sub-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19618
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
Turkey Breast Deli	1 1/2 Ounce	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/2 Ounce	100187
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

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	258.32		
Fat	6.85g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	48.55mg		
Sodium	729.02mg		
Carbohydrates	32.40g		
Fiber	2.00g		
Sugar	5.23g		
Protein	19.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
