

Ham & Cheese Sandwich



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32632
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD	0 Slice		271411
BUN HAMB WGRAIN 3.5 10-12CT GCHC	0 Each		266545
TURKEY HAM UNCURED	0 Ounce		690041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 0.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.92	
Fat		11.97g	
SaturatedFat		4.21g	
Trans Fat*		0.00g	
Cholesterol		59.43mg	
Sodium		737.17mg	
Carbohydrates		22.56g	
Fiber		2.00g	
Sugar		5.21g	
Protein		17.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available