

TURKEY, BACON SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9942
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Gram		433608
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
White Wheat Sub Bun	1 Each		31454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.055
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		236.93	
Fat		2.87g	
SaturatedFat		1.33g	
Trans Fat*		0.00g	
Cholesterol		42.63mg	
Sodium		743.02mg	
Carbohydrates		28.00g	
Fiber		2.50g	
Sugar		4.00g	
Protein		24.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	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