

MJSH WARM HAM AND CHEESE ON A HAWAIIAN BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16614
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5IN	1 Each		633831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
UNCURED SMOKED HAM	3 1/2 Ounce		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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		572.50	
Fat		28.75g	
SaturatedFat		12.00g	
Trans Fat*		0.00g	
Cholesterol		89.38mg	
Sodium		1261.25mg	
Carbohydrates		35.88g	
Fiber		2.00g	
Sugar		12.00g	
Protein		30.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available