

THREE CHEESE CALZONE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20703
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each		658591

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	0.130
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		250.00	
Fat		5.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		430.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available