

HAM WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27176
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	3 Ounce		680656
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	1/2 oz = 2 oz souffle cup	150250
TORTILLA FLOUR 8IN	1 Each		713330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.250
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		250.00	
Fat		9.75g	
SaturatedFat		5.25g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		925.00mg	
Carbohydrates		23.00g	
Fiber		1.00g	
Sugar		2.50g	
Protein		19.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.50mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available