

Cheddar French Dip on Ciabatta Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27189
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	3 Ounce		720861
CHEESE CHED MLD SLCD .75Z	1 Slice		726524
ROLL CIAB PARBK SLCD 4X4	1 Each		745170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
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		447.02	
Fat		18.63g	
SaturatedFat		7.49g	
Trans Fat*		0.53g	
Cholesterol		61.10mg	
Sodium		964.14mg	
Carbohydrates		47.08g	
Fiber		0.00g	
Sugar		2.05g	
Protein		22.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.27mg	Iron	3.98mg

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

Nutrition - Per 100g

No 100g Conversion Available