

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-45172
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CIABATTA SLCD 4.25IN	1 Each	THAW Keep frozen until ready to use. Thaw & serve. For extra crispiness, bake at 400°F for 2 - 4 minutes.	454220
BEEF STK PHLL CKD	3 Ounce		710831
CHEESE PROV NAT SLCD .75Z	1 Slice		726532

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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		440.00	
Fat		16.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		1385.00mg	
Carbohydrates		46.50g	
Fiber		2.00g	
Sugar		1.50g	
Protein		23.50g	
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	205.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available