

TURKEY AND CHEESE SUB



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8685
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Slice		344120
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
White Wheat Sub Bun	1 1 each		31454

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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		235.00	
Fat		4.00g	
SaturatedFat		1.94g	
Trans Fat*		0.00g	
Cholesterol		32.50mg	
Sodium		1120.00mg	
Carbohydrates		30.00g	
Fiber		2.50g	
Sugar		5.50g	
Protein		20.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available