

DICED HAM & CHEESE FOR BAKED POTATO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51679
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce		100187
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
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		147.91	
Fat		11.05g	
SaturatedFat		7.02g	
Trans Fat*		0.00g	
Cholesterol		48.44mg	
Sodium		427.70mg	
Carbohydrates		3.05g	
Fiber		0.00g	
Sugar		1.02g	
Protein		11.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	199.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available