

Deli Ham Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51530
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

1. Portion ham in 1.22 oz. servings.
2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
Grain	1.500
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		187.00	
Fat		6.00g	
SaturatedFat		2.50g	
Trans Fat*		0.00g	
Cholesterol		25.50mg	
Sodium		552.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		4.50g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
