

Ham and Cheese Sub Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16170
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	50 bun		3746
HAM SLCD W/A 8-5 640CT COMM	7 Pound 13 Ounce (125 Ounce)		651470
CHEESE SLCD YEL	50 Slice		334450
LETTUCE LEAF GRN WASHED TRMD	50 Slice	wash and separte	702595
TOMATO 6X6 LRG	50 Slice	wash and slice	199036

Preparation Instructions

Separate buns and place all remaining ingredients on bottom hoagie bun, put top of bun on sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.549
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		304.32	
Fat		11.30g	
SaturatedFat		4.57g	
Trans Fat*		0.00g	
Cholesterol		49.39mg	
Sodium		922.76mg	
Carbohydrates		36.85g	
Fiber		5.05g	
Sugar		7.80g	
Protein		20.65g	
Vitamin A	3040.65IU	Vitamin C	9.48mg
Calcium	23.46mg	Iron	8.43mg

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

Nutrition - Per 100g

No 100g Conversion Available