

Ham Sub Sandwich



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15952
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" 100% Whole Wheat Hoagie Bun	8 bun		3746
HAM FZ W/A 4-10 COMM	1 Pound 8 Ounce (24 Ounce)		110600

Preparation Instructions

If ham is sliced it takes 6 slices. If you have to slice and weigh out it takes 1.44 oz to make one oz.
Put ham on Hoagie, use correct days symbol on package and label container

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	252.50		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	880.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.50g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available