

Ham, Turkey and Cheese Wrap Bento Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50790
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	1 Ounce	GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.	179906
TURKEY BRST SLCD WHT 1/2Z	2 Slice	Thaw and serve.	244190
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
BLUEBERRY	1/6 Cup	Ready to eat.	451690
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/6 Cup	Ready to eat.	17W87
TORTILLA FLOUR 8IN	1 Each	Ready to eat.	713330

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	347.17
Fat	19.06g
SaturatedFat	4.84g
Trans Fat*	0.00g
Cholesterol	44.17mg
Sodium	1025.26mg
Carbohydrates	43.45g
Fiber	4.11g
Sugar	6.25g
Protein	34.67g
Vitamin A 16.48IU	Vitamin C 16.84mg
Calcium 67.42mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available