

BLT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39384
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD TX TST SLCD WHT 3/4IN	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	793350
BACON CKD THN SLCD	4 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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 Serving

Amount Per Serving			
Calories		313.33	
Fat		10.60g	
SaturatedFat		2.80g	
Trans Fat*		0.04g	
Cholesterol		13.33mg	
Sodium		714.13mg	
Carbohydrates		42.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		11.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	124.00mg	Iron	2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available