

Ham, Turkey and Cheese Sub Bento Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41685

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
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
Grapes Red SDLS US #1/18 LB CS- Graves County Schools	1/6 Cup	READY_TO_EAT	14P36

Preparation Instructions

Bento Box Container- 200332

Meal Components (SLE)

Amount Per Serving	
Meat	2.250
Grain	2.500
Fruit	0.500
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		404.85	
Fat		18.60g	
SaturatedFat		3.85g	
Trans Fat*		0.00g	
Cholesterol		44.17mg	
Sodium		985.94mg	
Carbohydrates		56.10g	
Fiber		5.13g	
Sugar		13.22g	
Protein		36.86g	
Vitamin A	33.48IU	Vitamin C	16.84mg
Calcium	94.14mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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