

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52643
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DELI SLCD CKD	2 Ounce	Weight	680613
BUN SUB SLCD WGRAIN 5IN	1 Each	or use hamburger bun GFS#266546	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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 Each

Amount Per Serving			
Calories		220.00	
Fat		3.50g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		590.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available