

Deli Sandwich Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9652
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD .51Z	3 Slice	Equals 1 Meat If using USDA Commodity Brown Box Ham-USDA 100187 1.22 ounce weight is needed	656891
TURKEY BRST SLCD OVN RSTD	2 Slice	Equals 1 Meat If using USDA Commodity Brown Box Turkey-USDA 111900 1.43 ounce weight is needed	689541
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice	Equals 1/2 Meat	499789
STEAK BUN, WHITE WHEAT, 6.5"	1 Each	Alpha Sub Bun	31401
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
Variety of Fruit	1/2 Cup	N/A	
MUSTARD PKT	1 Each		792365
MAYONNAISE LT PKT	1 Each	N/A	188741

Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Portion turkey and ham and place on sub bun and then add 1 slice cheese. Package sandwich with 1/2 cup of fruit, 1 package of mustard, and 1 package of mayo. Chill in refrigerator until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		514.60	
Fat		15.95g	
Saturated Fat		3.65g	
Trans Fat		0.00g	
Cholesterol		83.54mg	
Sodium		1408.29mg	
Carbohydrates		61.20g	
Fiber		3.21g	
Sugar		16.52g	
Added Sugar		0.00g	
Protein		32.04g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	166.00mg	Iron	2.58mg

Nutrition - Per 100g

No 100g Conversion Available