

Turkey & Cheese Sandwich-BC



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52910
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 1/4 ounces		100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

1. Slice turkey, portion in 3.25 oz. servings.
2. Place 3.25 oz. turkey and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
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 Each

Amount Per Serving			
Calories		304.47	
Fat		8.59g	
Saturated Fat		4.04g	
Trans Fat		0.00g	
Cholesterol		64.73mg	
Sodium		929.84mg	
Carbohydrates		28.04g	
Fiber		3.00g	
Sugar		4.50g	
Added Sugar		3.00g	
Protein		26.40g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available