

Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51530
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

- 1. Portion ham in 1.22 oz. servings.
- 2. Place 1.22 oz. ham and 1 slice of cheese on bun. Serve cold.

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
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		227.00	
Fat		6.50g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		25.50mg	
Sodium		612.00mg	
Carbohydrates		28.00g	
Fiber		3.00g	
Sugar		5.50g	
Added Sugar		3.00g	
Protein		13.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--