

Ham & Colby Jack Cheese Sub

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|----------------------|---------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-12649 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|------------------------------------|------------|
| Ham, 97% Fat Free, Cooked , Water Added, Sliced | 2 3/5 Ounce | Weight USDA Brown Box Commodity | 100187 |
| CHEESE COLBY JK SLCD | 1 Each | | 105988 |
| BUN SUB SLCD WGRAIN 5IN | 1 Each | | 276142 |

Preparation Instructions

Start with laying out sub buns on a sheet pan . Add 2.60 ounce weight of ham and colby jack cheese . Place parchment paper on top. Store in cooler and serve .

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.750 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|-------------------------|
| Calories | 318.85 |
| Fat | 13.76g |
| Saturated Fat | 6.13g |
| Trans Fat | 0.00g |
| Cholesterol | 58.36mg |
| Sodium | 814.43mg |
| Carbohydrates | 34.26g |
| Fiber | 2.00g |
| Total Sugar | 6.13g |
| Added Sugar | 4.00g |
| Protein | 20.66g |
| Vitamin A 50.00mcg | Vitamin C 0.00mg |
| Calcium 206.00mg | Iron 2.20mg |

Nutrition - Per 100g

No 100g Conversion Available
