

# Hot Ham and Cheese Sandwich (MS/HS)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22548

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice	Always use commodity ham!	294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice	Always use commodity sliced cheese!	247822
5" WG Split Top Hoagie Bun x	1		3737

## Preparation Instructions

1. Spray sheet pan with buttery spray.
2. Lay sliced bread open-faced on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham, folding each slice of ham in half to layer, rather than stacking them all flat.
3. Top with another slice of cheese and place on top bun.
4. Spray top of bread slices with buttery spray.
5. Place a sheet pan on top and toast until bread is golden and toasty on the outside AND the internal temperature reaches 140 degrees.
6. Slice in half and serve with optional mustard and mayo packets.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.190
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 207.00mg	<b>Iron</b> 0.40mg

## Nutrition - Per 100g

No 100g Conversion Available