

BLT

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39384
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD TX TST SLCD WHT 3/4IN	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	793350
BACON CKD THN SLCD	4 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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 Serving

Amount Per Serving	
Calories	313.33
Fat	10.60g
Saturated Fat	2.80g
Trans Fat	0.04g
Cholesterol	13.33mg
Sodium	714.13mg
Carbohydrates	42.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	2.00g
Protein	11.73g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 124.00mg	Iron 2.24mg

Nutrition - Per 100g

No 100g Conversion Available
