

Ham, Turkey and Cheese Wrap Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50790
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SMKD RND CLSC W/A	1 Ounce	GENERALLY SERVED COLD, CAN BE HEATED. TO HEAT PLACE IN ROASTING PAN WITH 1" WATER AND BAKE AT 350 DEGREES FOR 1 TO 1 1/2 HOURS UNTIL SERVING TEMPERATURE IS REACHED, GENERALLY 150 DEGREES.	179906
TURKEY BRST SLCD WHT 1/2Z	2 Slice	Thaw and serve.	244190
CHEESE SLCD YEL	1 Slice	Ready to eat.	334450
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
BLUEBERRY	1/6 Cup	Ready to eat.	451690
Strawberries RF Clamshell 8/1 LB CO- Graves County Schools	1/6 Cup	Ready to eat.	17W87
TORTILLA FLOUR 8IN	1 Each	Ready to eat.	713330

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.917
Grain	2.250
Fruit	0.340
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	347.17
Fat	19.06g
Saturated Fat	4.84g
Trans Fat	0.00g
Cholesterol	44.17mg
Sodium	1025.26mg
Carbohydrates	43.45g
Fiber	4.11g
Total Sugar	6.25g
Added Sugar	1.00g
Protein	34.67g
Vitamin A 16.48mcg	Vitamin C 16.84mg
Calcium 147.92mg	Iron 2.35mg

Nutrition - Per 100g

No 100g Conversion Available