

Ham, Turkey and Cheese Sub Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41685

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
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
Grapes Red SDLS US #1/18 LB CS- Graves County Schools	1/6 Cup	READY_TO_EAT	14P36

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.917
Grain	3.000
Fruit	0.510
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	404.85
Fat	18.60g
Saturated Fat	3.85g
Trans Fat	0.00g
Cholesterol	44.17mg
Sodium	985.94mg
Carbohydrates	56.10g
Fiber	5.13g
Total Sugar	13.22g
Added Sugar	4.00g
Protein	36.86g
Vitamin A 33.48mcg	Vitamin C 16.84mg
Calcium 174.64mg	Iron 3.44mg

Nutrition - Per 100g

No 100g Conversion Available