

# Ham, Turkey and Cheese Sub Bento Box



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

## Meal Components

Amount Per Serving

<b>Amount Per Serving</b>	
<b>Meat/Meat Alternate</b>	1.917
<b>Grain</b>	3.000
<b>Fruit</b>	0.510
<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 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	404.85
<b>Fat</b>	18.60g
<b>Saturated Fat</b>	3.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.17mg
<b>Sodium</b>	985.94mg
<b>Carbohydrates</b>	56.10g
<b>Fiber</b>	5.13g
<b>Total Sugar</b>	13.22g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	36.86g
<b>Vitamin A</b> 33.48mcg	<b>Vitamin C</b> 16.84mg
<b>Calcium</b> 174.64mg	<b>Iron</b> 3.44mg

## Nutrition - Per 100g

No 100g Conversion Available