

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