

# BLT



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39384
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<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 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available