

Turkey & Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44081
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAMCHS WGRAIN IW	1 Each	Basic Preparation Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes. Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes. Thawing Instructions Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.	672642

Preparation Instructions

Basic Preparation

Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes.

Thawing Instructions

Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
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 Serving

Amount Per Serving	
Calories	186.20
Fat	4.20g
Saturated Fat	1.40g
Trans Fat	0.00g
Cholesterol	17.00mg
Sodium	392.20mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	0.00g
Protein	10.60g
Vitamin A 121.85mcg	Vitamin C 0.00mg
Calcium 105.20mg	Iron 1.85mg

Nutrition - Per 100g

No 100g Conversion Available