

Hot Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57738
School:	Van Rensselaer Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	3 1/16 Ounce	Thaw---6 slices = 3.06 ounce ---If using USDA Brown Box Commodity Ham can use 2.50 ounce weight of meat.	556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity--if commodity not available use GFS#499789	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Assemble sandwiches with meat and cheese on hamburger bun. Heat for 5-7 minutes in a 350°F oven as needed for line service. Cover with tented foil and place in warmer.

CCP: Cover and hold for service at 135°F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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 Each

Amount Per Serving			
Calories	290.00		
Fat	9.50g		
Saturated Fat	3.50g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	860.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Total Sugar	4.50g		
Added Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.72mg

Nutrition - Per 100g

Calories	334.29		
Fat	10.95g		
Saturated Fat	4.03g		
Trans Fat	0.00g		
Cholesterol	77.81mg		
Sodium	991.35mg		
Carbohydrates	29.97g		
Fiber	3.46g		
Total Sugar	5.19g		
Added Sugar	3.46g		
Protein	25.36g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	34.58mg	Iron	3.14mg