

# Ham & Cheese Sandwich

NO IMAGE

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32632
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD	0 Slice		271411
BUN HAMB WGRAIN 3.5 10-12CT GCHC	0 Each		266545
TURKEY HAM UNCURED	0 Ounce		690041

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<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: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	270.92
<b>Fat</b>	11.97g
<b>Saturated Fat</b>	4.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.43mg
<b>Sodium</b>	737.17mg
<b>Carbohydrates</b>	22.56g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.21g
<b>Added Sugar</b>	1.71g
<b>Protein</b>	17.59g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 155.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

<b>Calories</b>	382.28
<b>Fat</b>	16.89g
<b>Saturated Fat</b>	5.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.86mg
<b>Sodium</b>	1040.17mg
<b>Carbohydrates</b>	31.83g
<b>Fiber</b>	2.82g
<b>Total Sugar</b>	7.35g
<b>Added Sugar</b>	2.41g
<b>Protein</b>	24.82g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 218.71mg	<b>Iron</b> 2.39mg