

Club sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50126
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	2 Ounce		556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce		244190
BACON CKD THN SLCD	1 Slice		874124
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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 Wrap

Amount Per Serving	
Calories	373.69
Fat	9.92g**
Saturated Fat	5.18g
Trans Fat	0.01g
Cholesterol	80.05mg
Sodium	1192.26mg
Carbohydrates	33.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	4.00g
Protein	29.08g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 216.00mg	Iron 2.83mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	376.59
Fat	9.99g**
Saturated Fat	5.22g
Trans Fat	0.01g
Cholesterol	80.67mg
Sodium	1201.51mg
Carbohydrates	33.26g
Fiber	2.02g
Total Sugar	6.05g
Added Sugar	4.03g
Protein	29.31g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 217.68mg	Iron 2.85mg

**One or more nutritional components are missing from at least one item on this recipe.