

Deli Shaved Turkey & Cheese Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28448
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
Turkey Breast Deli	3 Ounce		100121
Sliced American Cheese	1/2 Ounce		100018

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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 Sandwich

Amount Per Serving	
Calories	320.66
Fat	10.77g
Saturated Fat	4.89g
Trans Fat	0.00g
Cholesterol	65.33mg
Sodium	697.55mg
Carbohydrates	31.89g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	24.48g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	323.18
Fat	10.86g
Saturated Fat	4.93g
Trans Fat	0.00g
Cholesterol	65.84mg
Sodium	703.03mg
Carbohydrates	32.14g
Fiber	2.02g
Total Sugar	4.54g
Added Sugar	4.03g
Protein	24.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.44mg	Iron 2.02mg