

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box Commodity Ham = 2.50 ounce weight of commodity equals 2 Meat/Meat Alternative	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	Brown Box Commodity or GFS#499786	100018
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Updated 4.15.25

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	315.00
Fat	12.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	805.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	21.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

Nutrition - Per 100g

Calories	312.10
Fat	11.89g
Saturated Fat	4.46g
Trans Fat	0.00g
Cholesterol	71.83mg
Sodium	797.58mg
Carbohydrates	29.72g
Fiber	1.98g
Total Sugar	4.46g
Added Sugar	3.96g
Protein	21.30g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 55.48mg	Iron 2.69mg