

Ham and Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.500
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	220.82
Fat	7.60g
Saturated Fat	3.30g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	865.41mg
Carbohydrates	25.10g
Fiber	2.00g
Total Sugar	6.05g
Added Sugar	0.00g
Protein	16.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 105.00mg	Iron 1.05mg

Nutrition - Per 100g

Calories	311.58
Fat	10.72g
Saturated Fat	4.66g
Trans Fat	0.00g
Cholesterol	62.63mg
Sodium	1221.12mg
Carbohydrates	35.41g
Fiber	2.82g
Total Sugar	8.54g
Added Sugar	0.00g
Protein	23.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 148.16mg	Iron 1.48mg