

Turkey & Cheese Lunch Kit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6" 2.2Z	1 Each	Cut into squares.	644182
CHEESE AMER 160CT SLCD R/F	2 Slice	Cut into squares.	722360
TURKEY BRST SLCD OVN RSTD	3 Slice		344120

Preparation Instructions

Add all items in container together to be served.

Updated 5.19.23

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 Each

Amount Per Serving	
Calories	300.10
Fat	9.50g
Saturated Fat	3.40g
Trans Fat	0.06g
Cholesterol	40.00mg
Sodium	1393.50mg
Carbohydrates	31.00g
Fiber	2.70g
Total Sugar	4.00g
Added Sugar	1.00g
Protein	23.90g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 217.31mg	Iron 1.94mg

Nutrition - Per 100g

Calories	242.78
Fat	7.69g
Saturated Fat	2.75g
Trans Fat	0.05g
Cholesterol	32.36mg
Sodium	1127.34mg
Carbohydrates	25.08g
Fiber	2.18g
Total Sugar	3.24g
Added Sugar	0.81g
Protein	19.34g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 175.80mg	Iron 1.57mg