

# Deli Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38487
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CCS WHITE Land O'Lakes American Cheese, Sliced	1 slices		499787
BUN SUB SLCD WGRAIN 5"	1 Each		276142

## Preparation Instructions

Updated 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	291.66
<b>Fat</b>	3.52g**
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	869.31mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	25.87g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	347.58
<b>Fat</b>	4.20g**
<b>Saturated Fat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.55mg
<b>Sodium</b>	1036.00mg
<b>Carbohydrates</b>	35.75g
<b>Fiber</b>	2.38g
<b>Total Sugar</b>	5.36g
<b>Added Sugar</b>	4.77g
<b>Protein</b>	30.83g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 156.12mg	<b>Iron</b> 2.44mg

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