

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43547
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 slices		499789
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142

Preparation Instructions

Updated 10.8.24

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 Sandwich

Amount Per Serving	
Calories	270.82
Fat	6.60g**
Saturated Fat	3.80g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	875.41mg
Carbohydrates	35.10g
Fiber	2.00g
Total Sugar	7.05g
Added Sugar	4.00g**
Protein	17.75g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 136.00mg	Iron 2.05mg

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

Nutrition - Per 100g

Calories	382.14
Fat	9.31g**
Saturated Fat	5.36g
Trans Fat	0.00g
Cholesterol	62.63mg
Sodium	1235.23mg
Carbohydrates	49.52g
Fiber	2.82g
Total Sugar	9.95g
Added Sugar	5.64g**
Protein	25.04g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 191.90mg	Iron 2.89mg

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