

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43551
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
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	307.00
Fat	6.50g**
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	63.50mg
Sodium	938.00mg
Carbohydrates	33.00g
Fiber	2.00g
Total Sugar	5.00g
Added Sugar	4.00g**
Protein	25.50g
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	340.54
Fat	7.21g**
Saturated Fat	4.16g
Trans Fat	0.00g
Cholesterol	70.44mg
Sodium	1040.49mg
Carbohydrates	36.61g
Fiber	2.22g
Total Sugar	5.55g
Added Sugar	4.44g**
Protein	28.29g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 150.86mg	Iron 2.27mg

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