

# Ham and Cheese on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58564
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	1.500
<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>	220.82
<b>Fat</b>	5.60g**
<b>Saturated Fat</b>	3.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.39mg
<b>Sodium</b>	865.41mg
<b>Carbohydrates</b>	25.10g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.05g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	16.75g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.05mg

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

## Nutrition - Per 100g

<b>Calories</b>	311.58
<b>Fat</b>	7.90g**
<b>Saturated Fat</b>	4.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.63mg
<b>Sodium</b>	1221.12mg
<b>Carbohydrates</b>	35.41g
<b>Fiber</b>	2.82g
<b>Total Sugar</b>	8.54g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	23.63g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 148.16mg	<b>Iron</b> 1.48mg

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