

Ham and Cheese on Pretzel Bun (Hot or Cold)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38716
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box USDA Ham Sliced (#100187) at 2.5 ounce weight for 2 Meat/Meat Alternatives equivalents	556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
ROLL PRTZL WGRAIN	1 Each		500162

Preparation Instructions

Layer 6 slices of ham and 1 slice of cheese on each pretzel bun. To serve cold store in cooler until service. For hot ham and cheese follow above directions and set in oven until hot and cheese is melted. Serve immediately.

Updated: 6.11.26

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 Each

Amount Per Serving	
Calories	320.00
Fat	10.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	645.00mg
Carbohydrates	34.00g
Fiber	3.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 3.12mg

Nutrition - Per 100g

Calories	368.88
Fat	12.10g
Saturated Fat	4.61g
Trans Fat	0.00g
Cholesterol	77.81mg
Sodium	743.52mg
Carbohydrates	39.19g
Fiber	3.46g
Total Sugar	5.19g
Added Sugar	4.61g
Protein	25.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 11.53mg	Iron 3.60mg