

Ham & Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33345
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	141.75

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
Turkey Breast Deli	2 Ounce	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN SUB SLCD WGRAIN 5"	1 Each	276142
TOMATO SLCD 1/4"	1 Slice	786535
LETTUCE ROMAINE CHOP	1/4 Cup	735787
ONION SLCD 3/16IN	1 Slice	591122

Preparation Instructions

Directions:

Place ham, turkey, and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.250
Grain	2.000
Fruit	0.000
DarkGreen	0.125
Red/Orange	0.125
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	347.65
Fat	10.84g
Saturated Fat	4.91g
Trans Fat	0.00g
Cholesterol	72.23mg
Sodium	1049.82mg
Carbohydrates	38.91g
Fiber	2.53g
Total Sugar	8.01g
Added Sugar	4.00g
Protein	27.97g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 69.25mg	Iron 2.15mg

Nutrition - Per 100g

Calories	245.25
Fat	7.65g
Saturated Fat	3.46g
Trans Fat	0.00g
Cholesterol	50.95mg
Sodium	740.61mg
Carbohydrates	27.45g
Fiber	1.78g
Total Sugar	5.65g
Added Sugar	2.82g
Protein	19.73g
Vitamin A 132.22mcg RAE	Vitamin C 2.17mg
Calcium 48.85mg	Iron 1.52mg