

Ham Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33233
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	60.24

Ingredients

Description	Measurement	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 Ounce	100187
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 2 oz of ham and 1 slices of cheese on each hoagie bun

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

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

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

Updated 7.30.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.125
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	268.46
Fat	8.33g
Saturated Fat	3.65g
Trans Fat	0.00g
Cholesterol	37.01mg
Sodium	711.45mg
Carbohydrates	35.03g
Fiber	2.53g
Total Sugar	7.14g
Added Sugar	4.00g
Protein	16.65g
Vitamin A 187.43mcg RAE	Vitamin C 3.08mg
Calcium 63.13mg	Iron 2.15mg

Nutrition - Per 100g

Calories	445.64
Fat	13.83g
Saturated Fat	6.06g
Trans Fat	0.00g
Cholesterol	61.43mg
Sodium	1181.03mg
Carbohydrates	58.15g
Fiber	4.19g
Total Sugar	11.85g
Added Sugar	6.64g
Protein	27.63g
Vitamin A 311.13mcg RAE	Vitamin C 5.12mg
Calcium 104.79mg	Iron 3.57mg