

# Washington County School District

**Recipe: 001878 SANDWICH - SACK LUNCH**

**Recipe HACCP Process: #1 No Cook**

Recipe Source:  
Recipe Group: ENTREES

Alternate Recipe Name: SANDWICH

Number of Portions: 1  
Size of Portion: SANDWICH

900653 SLICED OVEN ROASTED TURKEY BREAST: FR068...	1 1/2 OUNCE	
900650 TURKEY HAM SLICED:FR041.....	1 1/2 OUNCE	
903408 AMERICAN SLICED CHEESE.....	1 SLICE	
903367 WHOLE GRAIN RICH BREAD.....	2 SLICE	

\*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	359 kcal	Cholesterol	76.91 mg	Sugars	3.00 g	Calcium	*230.00* mg	36.86%	Calories from Total Fat
Total Fat	14.70 g	Sodium	1055.29 mg	Protein	26.36 g	Iron	*1.62* mg	16.26%	Calories from Saturated Fat
Saturated Fat	6.49 g	Carbohydrates	30.49 g	Vitamin A	*310.00* IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*3.00* mg	Ash <sup>1</sup>	0.00 g	33.98%	Calories from Carbohydrates
								29.38%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
				? - Sesame
Type of Fat.....				

**Production Specification**

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900653	SLICED OVEN ROASTED TURKEY BREAST: F			
I	900650	TURKEY HAM SLICED:FR041			
I	903408	AMERICAN SLICED CHEESE			
I	903367	WHOLE GRAIN RICH BREAD			

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