

Ham and Cheese on WGR Bread

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information from Food Processor based on 1 oz bread slice.

Note: Per CN label for Tyson sliced honey or smoked ham, WA 2.68 oz sliced ham luncheon meat = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	296.15	Saturated Fat	5.75 g	Iron	1.67 mg
Protein	20.21 g	Cholesterol	44.94 mg	Calcium	291.44 mg
Carbohydrate	26.14 g	Vitamin A	93.64 RAE mcg	Sodium	750.42 mg
Total Fat	12.08 g	Vitamin C	0 mg	Dietary Fiber	3.36 g