



# Turkey Pita Sandwich

Meat/Meat Alternate, Grain, Vegetable

Sandwich

E-07 KSU Modified

## Notes:

Nutrient information from Food Processor based on 2 oz pita bread and 3 oz sliced turkey luncheon meat = 2 oz creditable meat.

<b>Serving:</b> 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 2 grain equivalents, and ½ cup of vegetables.	Yield:
1-2 years: not for under 3 years of age	<b>48 Servings: 48 sandwiches</b>
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich (2 semi-circular halves)	<b>96 Servings: 96 sandwiches</b>

Nutrients Per Serving					
<b>Calories</b>	267.25	<b>Saturated Fat</b>	1.61 g	<b>Iron</b>	3.12 mg
<b>Protein</b>	22.64 g	<b>Cholesterol</b>	45.00 mg	<b>Calcium</b>	45.53 mg
<b>Carbohydrate</b>	34.06 g	<b>Vitamin A</b>	177.39 RAE mcg	<b>Sodium</b>	678.67 mg
<b>Total Fat</b>	5.12 g	<b>Vitamin C</b>	11.82 mg	<b>Dietary Fiber</b>	4.66 g (2016 = 0.83 g)