

Turkey Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

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Notes:

Nutrient information from Food Processor based on 1 oz bread slice.
 Note: 3 oz sliced turkey luncheon meat = 2 oz creditable 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	251.12	Saturated Fat	1.90 g	Iron	1.74 mg
Protein	22.97 g	Cholesterol	45.00 mg	Calcium	90.16 mg
Carbohydrate	24.92 g	Vitamin A	0.08 RAE mcg	Sodium	604.80 mg
Total Fat	5.96 g	Vitamin C	1.20 mg	Dietary Fiber	3.36 g