



# 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

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

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