



# Ham Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

## Notes:

Nutrient information in progress.

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: varies, see menu	<b>48 Servings: 48 sandwiches</b>
3-5 years: varies, see menu	
6-18: varies, see menu	<b>96 Servings: 96 sandwiches</b>

Nutrients Per Serving		
<b>Calories</b>	<b>Saturated Fat</b>	<b>Iron</b>
<b>Protein</b>	<b>Cholesterol</b>	<b>Calcium</b>
<b>Carbohydrate</b>	<b>Vitamin A</b>	<b>Sodium</b>
<b>Total Fat</b>	<b>Vitamin C</b>	<b>Dietary Fiber</b>