

## Deli Ham Sandwich

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Wheat

Amount Per Serving

Calories: 200

Calories from Fat: 33

<b>Total Fat:</b>	<b>3.6g</b>
Saturated Fat:	.8g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>19mg</b>
<b>Sodium:</b>	<b>458mg</b>
<b>Total Carbohydrate:</b>	<b>27.5g</b>
Dietary Fiber:	4.0g
<b>Protein:</b>	<b>13.5g</b>

Vitamin A: 10RE

Vitamin C: .0mg

Calcium: 40.0mg

Iron: 1.7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Bread, WG Sandwich Bread #1292 (mfg label): WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, WHEAT GLUTEN, POLYDEXTROSE, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, YEAST, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE), YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM SULFATE), CITRIC ACID, CALCIUM PROPIONATE (PRESERVATIVE). CONTAINS: WHEAT [903126]

Turkey Ham, Jenni-O Pre-Sliced 2568-21 (mfg label): TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, SUGAR, VINEGAR, CONTAINS 2% OR LESS SALT, NATURAL FLAVOR (CELERY JUICE POWDER), BAKING SODA, NATURAL SMOKE FLAVOR. [903460]

