

Deli Ham & Cheese Sandwich

Nutrition Facts

Serving Size: Each

ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 230

Calories from Fat: 70

Total Fat:	7.8g
Saturated Fat:	3.5g
Trans Fat:	0.00
Cholesterol:	25mg
Sodium:	610mg
Total Carbohydrate:	27.0g
Dietary Fiber:	4.0g
Protein:	14.0g

Vitamin A: 160RE

Vitamin C: .0mg

Calcium: 120.0mg

Iron: 1.6mg

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]

Cheese, American Sliced OH processed (mfg label): MILK, SKIM MILK, WATER, WHEY, CHEESE CULTURE, MODIFIED FOOD STARCH*, SODIUM CITRATE, SALT, POTASSIUM CITRATE, LACTIC ACID, SORBIC ACID (PRESERVATIVE), ARTIFICIAL COLOR, CREAM, LECITHIN, ENZYMES, *INGREDIENT NOT IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE. CONTAINS: SOY AND MILK [990124]

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]

