PA Department of Ed.

Recipe: 000571 Deli bar Grades 9-12
Recipe Source:
Recipe Group: SANDWICHES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
Number of Portions: 5
Size of Portion: sandwich

901169 HAM,DELI,95% FAT-FREE.....	1 3/4 OZ
900467 Turkey breast, lunch meat.....	3 1/2 OZ
023588 BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,CKD,BRLD....	1 3/4 OZ
050150 Tuna Salad Sandwich.....	2 1/2 OZ
900135 Cheese Am Yell Coblestone Middletown SD.....	5 (1 slice / .5 oz.)
900270 Roll, Steak, 6", CD Holsum 730.....	3 (1 roll)
900465 Roll, Kaiser, Milano.....	2 (1 ROLL)
900175 Mayonnaise PC Kraft.....	5 (1 pkg.)
900031 Lettuce, Iceberg.....	1 1/4 CUP, shredded
900032 Tomato Whole Raw.....	5 slice, med (1/4" thick)
900401 Mustard PC Pack.....	5 (1 pkg)

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	371	kcal	Cholesterol	33.39	mg	Protein	17.30	g	Calcium	104.77	mg	41.38%	Calories from Total Fat
Total Fat	17.07	g	Sodium	975.71	mg	Vitamin A	22.67	RE	Iron	2.72	mg	10.56%	Calories from Saturated Fat
Saturated Fat	4.35	g	Carbohydrates	34.80	g	Vitamin A	278.58	IU	Water¹	*49.94*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	1.61	g	Vitamin C	3.19	mg	Ash¹	*0.67*	g	37.50%	Calories from Carbohydrates
												18.64%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat

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Type of Fat.....			

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	901169	HAM,DELI,95% FAT-FREE			
I	900467	Turkey breast, lunch meat			
I	023588	BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,CKD,BRL			
I	050150	Tuna Salad Sandwich			
I	900135	Cheese Am Yell Coblestone Middletown SD			
I	900270	Roll, Steak, 6", CD Holsum 730			
I	900465	Roll, Kaiser, Milano			
I	900175	Mayonnaise PC Kraft			
I	900031	Lettuce, Iceberg			
I	900032	Tomato Whole Raw			
I	900401	Mustard PC Pack			

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