

# Turkey and Cheese Hoagie - Elementary (LR100016)

**Allergens:** Contains Wheat;  
**Meal Contribution:** 2 WGR, 2 Meat/MA  
**Number of Servings:** 1 **Serving Size:** 1 sandwich  
**Moisture gain/loss%:** 0.0000 **Yield:** 7 5/8 Ounce  
**Waste gain/loss%:** 0.0000 **Fat gain/loss% :** 0.0000  
**Total Recipe Cost:** \$0.0000 **Cost Per Serving:** \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Turkey, Natural Choice Tender Browned Turkey Breast, Jennie-O, 846902, MMA SI100733	2 Ounce
				160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese 119047	1 Ounce
				Vegetable, Lettuce, Iceberg, Shredded, Morkon, Veg-O SI101441	1/2 cup (washed)
				Bread, 8" Whole Grain White Sub Bun, Nickles, 1742, WGR SI105363	1 Each

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	19.84	6.56	50.08	33.28	7.756

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
162.788	3.588	1.186	0	19.252	468.55	20.381	2.107	3.157(M)	13.543	0.968	408.907	507.995	0	(M)	(M)

**Nutrients per serving (213.55 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
347.634	7.662	2.532	0	41.113	1000.59	43.524	4.5	6.741(M)	28.921	2.067	873.22	1084.82	0	(M)	(M)

(M) Indicates missing values.  
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.