

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

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: varies, see menu	48 Servings: 48 sandwiches
3-5 years: varies, see menu	
6-18: varies, see menu	96 Servings: 96 sandwiches

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