

Ham & Cheese Sub (766)

(Ham & Cheese Sub MS 766)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed.....		50 bun.....		100 bun.....		1. Place 25 bottom portions of bread on bun pan, 5 down and 5 across.
Ham, cooked, smoked, boneless.....	7 lb 12 oz.....		15 lb 8 oz.....			2. Shave Buffet Ham (Set dial on "1" to obtain a wafer-thin slice). 3. Weigh 2.5 oz of ham to determine size of individual servings.
Cheese, American process, slice.....	1 lb 9 oz.....		3 lb 2 oz.....			4. Portion 2.5 oz of shaved ham and ½ oz of sliced cheese on each bun on bun pan. 5. Top with remaining portion of roll. 6. Cover pan tightly with plastic wrap to maintain freshness and place under refrigeration 40° F until ready for service.
Lettuce, tomato, & pickle.....	1 lb 4 oz.....		2 lb 8 oz.....			7. Trimmings: If using head lettuce, wash lettuce thoroughly, separate leaves and dry thoroughly. Shredded lettuce is another option.
Tomatoes, fresh, red ripe.....	2 lb 8 oz.....		5 lb.....			8. Wash, core, and thinly slice tomatoes (8 slices/tomato). 9. Place lettuce and 2 tomato slice on the side.
						10. Portion 1 sandwich per serving. Students may select trimmings
						CCP: Hold and maintain product at a maximum temperature of 41 F. Check temperature every 30 minutes.

Ham and Cheese Sub (Continued)

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grains/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 100 sandwiches

Nutrients Per Serving:

*** Denotes Missing Nutrient Values**

Calories	326	Iron	3.73	Mg	Protein	21.62	G	Percent ⇒	Protein	26.55%
Cholesterol	29	Mg	166.46	Mg	Carbohydrates	36.58	G	Of ⇒	Carbohydrates	44.90%
Sodium	1380	Mg	22	RE	Total Fat	10.82	G	Calories ⇒	Total Fat	29.91%
Dietary Fiber	3.65	G	4.77	Mg	Saturated Fat	2.75	G	From ⇒	Saturated Fat	7.60%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Turkey or turkey-ham may be used in place of ham. Refer to the Food Buying Guide for appropriate servings.

Miscellaneous Notes:

Ham & Cheese on Bun (768)

(Ham & Cheese on Bun MC768)

Meat/Meat Alternate: Grain/Bread **Source: MS Cycles II**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked, Boneless.....	5 lb.....		10 lb.....			<ol style="list-style-type: none"> 1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ½ ounce ham and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. <p>CCP: Cover and place under refrigeration (41 F or lower) until ready for service.</p> <ol style="list-style-type: none"> 3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slices, and 4 pickle slices on the side. 6. Portion 1 sandwich per serving. <p>CCP: Cover and place under refrigeration (41 F or lower) until ready for service</p>
Cheese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....			
Buns, hamburger, plain.....		50 buns.....				
Lettuce, iceberg, fresh, medium, shred.....		6 Qt 1 cup chopped.....		3 Gal 2 Cup chopped.....		
Tomatoes, fresh, red, ripe.....		100 slice 1/10.....		200 slice 1/10.....		
Pickles, dill slices.....		200 slice.....		400 slice.....		

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 100 sandwiches

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

(Continued on Back)

Ham & Cheese on Bun (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	312		Iron	2.28*	Mg	Protein	17.37	G	Percent ⇒	Protein	22.27%
Cholesterol	36	Mg	Calcium	239.35	Mg	Carbohydrates	29.42	G	Of ⇒	Carbohydrates	37.72%
Sodium	1390	Mg	Vitamin A	24*	RE	Total Fat	12.95	G	Calories ⇒	Total Fat	37.35%
Dietary Fiber	2.06	G	Vitamin C	5.77*	Mg	Saturated Fat	3.41	G	From ⇒	Saturated Fat	9.82%

Production Notes:

Check Food Buying Guide to determine amount of ham to use.

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Ham & Cheese Sandwich (770)

(Ham & Cheese Sandwich MC770)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked.....	5 lb.....		10 lb.....			<ol style="list-style-type: none"> 1. To assemble sandwich, place bread slices on clean work area. On each slice of bread, place 1 ½ ounce ham and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. Each sandwich may be individual. <p>CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.</p> <ol style="list-style-type: none"> 3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slices, and 2 pickle slices on the side. <p>CCP: Cover and place under refrigeration (41 F or lower) until ready for service. Refrigerate leftovers.</p> <ol style="list-style-type: none"> 6. Trimings are available for selection by students.
Cheese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....	200 slice.....		
Bread, White.....		100 slice.....				
Lettuce, iceberg, fresh, medium, shred.....	1 ¼ lb.....	6 Qt 1 cup chopped.....	2 ½ lb.....	3 Gal 2 Cup chopped.....		
Tomatoes, fresh, red, ripe.....	2 ½ lb.....	100 slice 1/10.....	5 lb.....	200 slice 1/10.....		
Pickles, dill slices.....		100 slice.....		200 slice.....		

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Ham & Cheese Sandwich (Continued)

Nutrients Per Serving:

*** Denotes Missing Nutrient Values**

Calories	303	Iron	2.21 *	Mg	Protein	17.23	G	Percent ⇒	Protein	22.77%
Cholesterol	36	Mg	223.46	Mg	Carbohydrates	29.10	G	Of ⇒	Carbohydrates	38.46%
Sodium	1379	Mg	24 *	RE	Total Fat	12.18	G	Calories ⇒	Total Fat	36.21%
Dietary Fiber	1.86	G	5.77 *	Mg	Saturated Fat	3.21	G	From ⇒	Saturated Fat	9.54%

Production Notes:

Check Food Buying Guide to determine amount of ham to use

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Ham and Cheese Wrap (772)

(Ham and Cheese Wrap MC772)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tortilla, soft flour, 8".....	2 oz.....	50 each.....	4 oz.....	100 each.....		<ol style="list-style-type: none"> 1. Spread tortillas with a very thin layer of cream cheese 2. Layer 2 ounces of ham, 1 ounce of cheese, shredded lettuce, and diced tomatoes in each tortilla. 3. To roll sandwich: <ol style="list-style-type: none"> a. Fold 2 sides of wrap 2 inches over filling b. Roll tightly as for jelly roll, starting to roll from side not over filling. 4. Wrap each wrap in deli-paper. Cut in half diagonally. One portion is 2 halves. <p><i>CCP: Hold and maintain at a maximum temperature of 41 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.</i></p>
Cheese, cream.....	6 lb 4 oz.....	6 lb 4 oz.....	12 lb 8 oz.....	6 lb 4 oz.....		
Ham Buffet.....	3 lb 2 oz.....	6 lb.....	6 lb 4 oz.....	6 lb.....		
Cheese, American.....	3 lb.....	6 lb.....	6 lb.....	6 lb.....		
Lettuce, iceberg, fresh.....	3 lb.....	6 lb.....	6 lb.....	6 lb.....		
Tomatoes.....	3 lb.....	6 lb.....	6 lb.....	6 lb.....		

Serving: 1 wrap provides 2 oz meat/meat alternate and 2 servings grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwich**

Ham and Cheese Wrap (continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	297	Iron	1.58	Mg	Protein	14.10	G	Percent ⇒	Protein	19.02%
Cholesterol	58	Mg	207.39	Mg	Carbohydrates	26.63	G	Of ⇒	Carbohydrates	35.91%
Sodium	1132	Mg	30	RE	Total Fat	14.08	G	Calories ⇒	Total Fat	42.72%
Dietary Fiber	1.68	G	15.79	Mg	Saturated Fat	3.96	G	From ⇒	Saturated Fat	12.00%

Production Notes:

Serving Notes:

Purchasing Guide:

Commodity Ham and Cheese may be used.

Miscellaneous Notes:

Ham & Turkey on Bun (773)

(Ham & Turkey on Bun MC773)

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Buffet Ham.....	3 lb 2 oz.....		6 lb 4 oz.....			<ol style="list-style-type: none"> 1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce ham, 1 ounce turkey, and 1 ounce cheese. Cover with bun top. 2. Place 20 sandwiches on each bun pan. Cover with plastic wrap. <p>CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.</p> <p>TRIMMINGS:</p> <ol style="list-style-type: none"> 3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (8 slices/tomato). 5. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. <ol style="list-style-type: none"> 6. Portion 1 sandwich per serving. Allow students to select trimmings. <p>CCP: Cover and refrigerate until service (41 F). Check temperature ever 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Turkey Breast, Smoked.....	3 lb 2 oz.....		6 lb 4 oz.....			
Cheese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....			
Buns, Hamburger.....		50 Buns.....		100 Bun.....		
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt 1 cup.....	2 ½ lb.....			
Tomatoes, fresh.....	2 ½ lb.....	100 slice 1/10.....	5 lb.....	200 slice 1/10.....		
Pickles, dill slices.....		100 slice.....		200 slice.....		

Servings: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Ham & Turkey on Bun (Continued)

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	333	Iron	2.10*	Mg	Protein	17.91	G	Percent Of	⇒	Protein	21.54%
Cholesterol	54	Mg	238.66	Mg	Carbohydrates	31.74	G	⇒	⇒	Carbohydrates	38.17%
Sodium	1452	Mg	24*	RE	Total Fat	13.61	G	Calories	⇒	Total Fat	36.82%
Dietary Fiber	2.06	G	10.54*	Mg	Saturated Fat	3.73	G	From	⇒	Saturated Fat	10.10%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Ham & Turkey Cheese Sub (774)

(Ham & Turkey Cheese Sub MC774)

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked, Boneless.....	3 lb 2 oz.....		6 lb 4 oz.....			<ol style="list-style-type: none"> 1. To assemble sub, place bottom of 30 buns on clean work area. On bottom of each bun, place 1 ounce ham, 1 ounce turkey, and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. <p>CCP: Cover and refrigeration at 41 °F or lower until ready for service.</p> <ol style="list-style-type: none"> 3. If using head lettuce, wash thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side. 6. Portion 1 sandwich per serving. Allow students to select trimmings. <p>CCP: Cover and refrigerate until service (41 F). Check temperature ever 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Turkey Breast, Smoked.....	3 lb 2 oz.....		6 lb 4 oz.....			
Chæese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....			
Buns, Hamburger.....		50 Buns 6" x 2.5"		100 Bun 6" x 2.5"		
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt 1 cup chopped.....	2 ½ lb.....	3 Gal 2 Cup chopped.....		
Tomatoes, fresh.....	2 ½ lb.....	100 slice 1/10 200 slice.....	5 lb.....	200 slice 1/10 400 slice.....		
Pickles, dill slices.....						

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

**Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches**

Ham & Turkey Cheese Sub (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	381	Iron	3.47*	Mg	Protein	22.89	G	Percent Of	⇒	Protein	24.05%
Cholesterol	44	Mg	234.76	Mg	Carbohydrates	37.52	G	Of	⇒	Carbohydrates	39.41%
Sodium	1628	Mg	24*	RE	Total Fat	15.17	G	Calories	⇒	Total Fat	35.87%
Dietary Fiber	3.90	G	5.77*	Mg	Saturated Fat	4.01	G	From	⇒	Saturated Fat	9.48%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes: