

# Turkey and Cheese on Bun (796)

## (Turkey and Cheese on Bun MC796)

**Meat/Meat Alternate: Grain/Bread**

**Source: MS Cycles II**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked.....	3 lb 2 oz.....		6 lb 4 oz.....			<ol style="list-style-type: none"> <li>To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce turkey and 1 ounce cheese. Cover with bun top.</li> <li>Place 20 sandwiches on each bun pan. Cover with plastic wrap.</li> </ol>
Cheese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....			
Buns, Hamburger.....		50 Buns.....		100 Bun.....		<p>CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.</p> <ol style="list-style-type: none"> <li>If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option.</li> <li>Wash, core, and thinly slice tomatoes (10 slices/tomato).</li> <li>Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side.</li> <li>CCP: Cover and refrigerate at 41 F or lower until ready for service.</li> <li>Portion 1 sandwich per serving. Offer trimmings for students to select.</li> <li>CCP: Refrigerate any leftovers for service next day. Label and date.</li> </ol>
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 1/10.....		
Pickles, dill slices.....		200 slice.....		400 slice.....		

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

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

*Turkey and Cheese on Bun (Continued)*

**Nutrients Per Serving:**

**\* Denotes Missing Nutrient Values**

Calories	304		Iron	1.90*	Mg	Protein	15.40	G	Percent ⇒	Protein	20.24%
Cholesterol	37	Mg	Calcium	228.69	Mg	Carbohydrates	29.35	G	Of ⇒	Carbohydrates	38.58%
Sodium	1230	Mg	Vitamin A	24*	RE	Total Fat	12.63	G	Calories ⇒	Total Fat	37.36%
Dietary Fiber	2.06	G	Vitamin C	5.77*	Mg	Saturated Fat	3.39	G	From ⇒	Saturated Fat	10.02%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

# Turkey on Bun (796a)

(Turkey on Bun MCT96a)

**Meat/Meat Alternate: Grain/Bread**

**Source: MS Cycles II**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked.....	6 lb 4 oz.....	50 Buns.....	12 lb 8 oz.....	100 Bun.....		<ol style="list-style-type: none"> <li>1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce of turkey. Cover with bun top.</li> <li>2. Place 20 on each bun pan. Cover with plastic wrap.</li> </ol>
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt chopped	2 ½ lb.....	3 Gal chopped		
Tomatoes, fresh.....	2 ½ lb.....	100 slices.....	5 lb.....	200 slices.....		<ol style="list-style-type: none"> <li>3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option.</li> <li>4. Wash, core, and thinly slice tomatoes.</li> <li>5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side.</li> <li>6. Portion 1 sandwich per serving. Offer trimmings for students to select.</li> </ol>
Pickles, dill slices.....		200 slices.....		400 slices.....		
						<p>CCP: Cover and refrigerate at 41° F or lower until ready for service. Cover, label, date, and refrigerate any leftovers for service next day.</p>

**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

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*Turkey on Bun* (Continued)

**Nutrients Per Serving:**

\* Denotes Missing Nutrient Values

Calories	229	Iron	1.90*	Mg	Protein	15.90	G	Percent ⇒	Protein	27.74%
Cholesterol	25	Mg	78.64*	Mg	Carbohydrates	30.35	G	Of ⇒	Carbohydrates	52.94%
Sodium	1260	Mg	24*	RE	Total Fat	4.28	G	Calories ⇒	Total Fat	16.81%
Dietary Fiber	2.06	G	5.77*	Mg	Saturated Fat	1.14	G	From ⇒	Saturated Fat	4.47%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

# Turkey and Cheese Sandwich (797)

(Turkey and Cheese Sandwich MC797)

**Meat/Meat Alternate: Grain/Bread**

**Source: MS Cycles II**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked.....	3 lb 2 oz.....		6 lb 4 oz.....			<ol style="list-style-type: none"> <li>1. To assemble sandwich, place bread slices on clean work area. On bottom of each slice of bread, place 1 ounce turkey and 1 ounce cheese. Cover with bread slice.</li> <li>2. Place 20 on each bun pan. Cover with plastic wrap. Each sandwich may be individually wrapped.</li> </ol> <p>CCP: Cover and place under refrigeration (41 F or lower) until ready for service.</p> <ol style="list-style-type: none"> <li>3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option.</li> <li>4. Wash, core, and thinly slice tomatoes (8 slices/tomato).</li> <li>5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side.</li> </ol> <p>CCP: Cover and refrigerate at 41 F or lower until ready for service. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.</p>
Cheese, American process, slice.....	3 lb 2 oz.....		6 lb 4 oz.....			
Bread, White, 24 oz loaf, sliced.....		100 slice.....		200 slice.....		
Lettuce, iceberg.....	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.....	5 lb.....	200 slice 1/10.....		
Pickles, dill slices.....		200 slice.....		400 slice.....		
					6. Portion 1 sandwich per serving. Offer trimmings for students to select.	

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

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



# Turkey and Cheese Wrap (798)

(Turkey and Cheese Wrap MC798)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey breast, smoked, whole.....	1 lb ¾ lb.....		3 lb 8 oz.....			<p>1. Lay out flour tortillas on a clean work surface area. Layer 1 ounce of turkey, 1 ounce of cheese, and ¼ cup of shredded lettuce, and 2 tomato slices on each tortilla. Roll tightly and cut in half on diagonal. As an option, wrap in deli paper prior to cutting.</p> <p>Refrigerate until ready for use.</p> <p>CCP: Cover and refrigerate at 41° F or lower until ready for service.</p> <p>2. Portion 1 wrap per serving.</p> <p>CCP: Cover and refrigerate until service (41°F). Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.</p>
Cheese, American process, slice.....	1 lb ¾ lb.....	25 each.....	3 lb 8 oz.....	50 each.....		
Tortilla, soft flour, 8 ".....	5/8 lb.....	3 Qt 1 Cup.....	1 ¼ lb.....	6 Qt 1 Cup.....		
Lettuce, shredded.....	1 ¼ lb.....	50 slices.....	2 ½ lb.....	100 slices.....		
Tomatoes, sliced.....						

**Serving: 1 wrap provides 2 oz meat/meat alternate, and 1 servings grain/bread**      **Yield: 50 servings: 50 wrap**  
**100 servings: 100 wrap**

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

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## *Turkey and Cheese Wrap (Continued)*

### Nutrients Per Serving:

\* Denotes Missing Nutrient Values

Calories	283	Iron	1.02	Mg	Protein	15.50	G	Percent ⇒	Protein	21.91%
Cholesterol	42	Calcium	200.84	Mg	Carbohydrates	21.81	G	Of ⇒	Carbohydrates	30.82%
Sodium	1070	Vitamin A	13	RE	Total Fat	13.60	G	Calories ⇒	Total Fat	43.25%
Dietary Fiber	1.32	Vitamin C	3.36	Mg	Saturated Fat	3.59	G	From ⇒	Saturated Fat	11.41%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

# Turkey and Cheese Sub (799)

## (Turkey and Cheese Sub MC799)

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, 6" Turkey breast, smoked, whole	3 lb 8 oz	50 Buns	7 lb	100 Buns		<b>USE SANDWICH MAKING TECHNIQUES</b> Sandwich assembly: 1. Place 25 bottom portions of bread on bun pan, 5 down and 5 across.
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			2. Shave (Set dial on "1" to obtain a wafer-thin slice). 3. Weigh 1 oz of turkey breast to determine size of individual servings.
						4. Portion 1 oz of turkey and 1 oz of sliced cheese (2-1/2 oz slices) on top of each slice of bread on bun pan. 5. Top with remaining portion of bread.
						Cover pan tightly with plastic wrap to maintain freshness.
Lettuce, iceberg, Chopped	1 1/2 lb	6 Qt 1 Cup	2 1/2 lb	3 Gal 2 Cup		CCP: Cover and place under refrigeration at 41 F or lower until ready for service.
Tomatoes, fresh	2 1/2 lb	100 slices	5 lb	200 slices		6. If using head lettuce, wash lettuce thoroughly, separate leaves and dry thoroughly. Shredded lettuce is an option.
Pickles, dill slices		100 slices		200 slices		7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 2 tomato slices, and 2 pickle slices in a container.
						CCP: Cover and refrigerate at 41 F or lower until ready for service.
						10. Portion 1 sandwich per serving.

**Turkey and Cheese Sub** (Continued)

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

**Nutrients Per Serving:**

<b>*Denotes Missing Nutrient Values</b>											
Calories	353		Iron	3.10	18.64	Protein	18.64	G		Percent ⇒	Protein
Cholesterol	39	Mg	Calcium	224.48	Mg	Carbohydrates	35.94	G		Of ⇒	Carbohydrates
Sodium	1237	Mg	Vitamin A	13	RE	Total Fat	14.54	G		Calories ⇒	Total Fat
Dietary Fiber	3.56	G	Vitamin C	3.36	Mg	Saturated Fat	3.86	G		From ⇒	Saturated Fat
											21.11%
											40.71%
											37.04%
											9.85%

Production Notes:

Serving Notes:  
 Presentation idea:  
 Garnish with fresh parsley sprigs

Purchasing Guide:  
 Use commodity products when available

Miscellaneous Notes: