

# Kids Turkey & Cheese Sandwich

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	Sandwich	<b>Prep</b>
<b>Portion</b>	1	Sandwich	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size	1 Sandwich
Servings Per Container	1
Amount Per Serving	
<b>Calories</b> 331	Calories From Fat 27
% Daily Value	
<b>Total Fat</b> 3g	4%
Saturated Fat 2g	8%
<b>Cholesterol</b> 33mg	11%
<b>Sodium</b> 1208mg	50%
<b>Total Carbohydrates</b> 51g	17%
Dietary Fiber 6g	26%
<b>Protein</b> 12g	
Vitamin A 2%	Vitamin C 0%
Calcium 12%	Iron 22%
* Percent Daily Values are based on a 2000 calorie diet.	

## Nutrition Descriptors

Low Fat  
High in Iron  
High in Fiber  
High in Protein  
Good Source of Calcium  
Good Source of Carbohydrates