

# Hot Ham & Cheese on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 48

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ham, pork (11% fat or less)	7 lb + 11 oz				<ol style="list-style-type: none"> <li>1. Slice ham into 0.6 oz slices. <b>CCP: Preheat ham to a minimum of 135° F for at least 15 seconds.</b></li> <li>2. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 1.2 oz of ham (2 slices) per sandwich.</li> <li>3. Place on paper-lined sheet pans and cover, or wrap individually in foil.</li> <li>4. Heat in oven until cheese begins to melt. <b>CCP: Hold for hot service at 135 °F or above.</b></li> </ol>
Cheese American, slices	6 lb + 4 oz	(100 - .5 oz slices)			
Hamburger Bun, whole wheat (1.5 oz each) OR Prepare following Healthier Kansas Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns		100 each			
					<p><b>Cold Ham &amp; Cheese Variation:</b></p> <p>Do not preheat ham. Assemble sandwiches as above. <b>CCP: Hold at 41 ° F or below for cold service.</b></p>

Serving Size	1 Serving Provides	Yield
1 each	2 oz M/MA + 1.5 units G/B	100 servings

## Nutrients Per Serving

Calories	272	Vitamin A	268.6 IU	Iron	1.71 mg
Protein	16.48 gm	Vitamin C	1.39 mg	Calcium	219.47 mg
Carbohydrate	21.28 gm	Fiber	2.43 gm	Cholesterol	46.52 mg
Fat	13.27 gm	% Fat	43.89 %	Sodium	1019 mg
Saturated Fat	6.92 gm	% Saturated Fat	22.88 %		