

The Classic (Vegetarian)

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 Sandwich

Portion 3 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 1

Amount Per Serving

Calories 294 Calories From Fat 70

% Daily Value

Total Fat 8g 12%

Saturated Fat 7g 34%

Trans Fat 1g

Cholesterol 25mg 8%

Sodium 605mg 25%

Total Carbohydrates 25g 8%

Dietary Fiber 1g 5%

Protein 9g

Vitamin A 11% Vitamin C 0%

Calcium 20% Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Calcium

Good Source of Vitamin A

Good Source of Protein

Ingredients

CHEESE AMERICAN 160 ct, white bread, Beyond

Contains: Milk, Soy, Wheat