The Monterey (Vegetarian)

Lancer Management

Categories
Tools
Locations
Plate

Yield	1	Sandwich	**Prep**
Portion	4.25	oz	**Cook**
Num Portions	1		**Finish**
			Shelf

Nutrition Facts

Serving Size 4.3 oz (120g)
Servings Per Container 1

Amount Per Serving	
Calories 365	Calories From Fat 195
	% Daily Value
Total Fat 22g	32%
Saturated Fat 10g	44%
Trans Fat 1g	
Cholesterol 38mg	13%
Sodium 663mg	28%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	9%
Protein 15g	

Vitamin A	17%	Vitamin C	27%
Calcium	39%	Iron	13%

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

Nutrition Descriptors

High in Vitamin C
High in Calcium
High in Protein
Good Source of Vitamin A
Good Source of Iron

Ingredients

Tomato Fresh Slice, white bread, monterey jack cheese, BELL GRN FRESH CHO PEPPER, black olives, Beyond

Contains: Milk, Soy, Wheat