

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

SERVING:	YIELD:	VOLUME:
1 sandwich (2 halves) provides 2 oz cooked fish, ¼ cup of vegetable, and 2 slices of bread.	24 Servings: 6 lb 3 oz (filling) 8 lb 14 oz 48 Servings: 12 lb 6 oz (filling) 17 lb 12 oz	24 Servings: 3 quarts (filling) 24 sandwiches 48 Servings: 1 gallon 2 quarts (filling) 48 sandwiches

Tested 2004

Nutrients Per Serving					
Calories	297	Saturated Fat	1.20 g	Iron	2.95 mg
Protein	23.74 g	Cholesterol	33 mg	Calcium	73 mg
Carbohydrate	33.18 g	Vitamin A	87 IU	Sodium	797 mg
Total Fat	7.11 g	Vitamin C	1.7 mg	Dietary Fiber	1.9 g