

Foods Product Information Sheet

Breakfast Ham

NUTRITION FACTS

Serving size: 1.5 oz

Amount Per Serving

Calories 45

Total Fat 2.3g

Saturated Fat 1g

Sodium 500mg

Source: USDA Foods Vendor Labels

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One 1.5oz portion of Breakfast Ham provides 1.5 Ounce Equivalent of Meat for the Child Nutrition Meal pattern Requirements.

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