

Cookbook for AW Primary Lunch Menu

Created by HPS Menu Planner

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Mighty Meatball Sub

Ham & Cheese Wrap

Mighty Meatball Sub



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	0 Each	KEEP FROZEN Add frozen meatballs to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F until internal temperature reaches 165F.	135071
SAUCE SPAGHETTI FCY 6-10 REDPK	0 Ounce	Add sauce to pan of meatballs. Heat.	852759
CHEESE MOZZ SHRD 4-5 LOL	0 Ounce	Keep chilled until assembly at 41F. Use #30 scoop for service.	645170
6" Hoagy	0 Each	READY_TO_EAT	1522

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
 2. Portion 4 meatballs w/ sauce glazed over. Top meatballs with #30 scoop (2 Tbsp) of mozzarella cheese.
- 1- 5# bag of meatballs makes 35 subs that have 4 meatballs each.

SLE Components

Amount Per Serving

Meat	2.10
Grain	2.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.42
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 0.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	347.93		
Fat	12.50g		
SaturatedFat	4.79g		
Trans Fat	0.48g		
Cholesterol	37.90mg		
Sodium	818.87mg		
Carbohydrates	39.50g		
Fiber	2.47g		
Sugar	4.63g		
Protein	20.57g		
Vitamin A	332.27IU	Vitamin C	4.13mg
Calcium	142.90mg	Iron	1.60mg

Ham & Cheese Wrap

NO IMAGE

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	0 Slice	Thaw at 41F a few days in advance.	556121
TORTILLA FLOUR 10 SFST 12-12CT GRSZ	0 Each	No prep, shelf stable.	713340
LETTUCE SHRD 3/8 CUT 4-5 RSS	0 Cup	Keep chilled at 41F until assembly.	678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	0 Slice		722360

Preparation Instructions

1. Thaw ham according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 3 slices of ham across the center of the wrap from one end to the other then top with 2 slices of cheese.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

SLE Components

Amount Per Serving

Meat	1.50
Grain	0.00
Fruit	0.00
GreenVeg	0.00

RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 0.00			
Serving Size: 1.00 Wrap			
Amount Per Serving			
Calories	277.50		
Fat	9.25g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	866.25mg		
Carbohydrates	34.00g		
Fiber	1.25g		
Sugar	3.25g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.60mg
Calcium	148.50mg	Iron	2.16mg