

# Build a Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50152
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT	1/2 Each		133558
TURKEY HAM SLCD	2 Slice		556121
SALAMI GENOA SLCD 4/Z	2 Slice		776250
TURKEY BRST SLCD WHT 1/2Z	2 Slice		244190
CHEESE AMER WHT 160CT SLCD	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	861940
TOMATO 5X6 XL	1/4 Cup		438197
LETTUCE ROMAINE HRTS	1/4 Cup		182570
PICKLE KOSH DILL CHIP C/C	3 Slice		242667

## Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.

Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night

Proof buns in warmer and bake according to the directions, roll and slice. Do this a day before serving

Wash hands and put on gloves

Lay buns on prep area

Layer meat and cheese on bun

Place sandwiches in pan and cover with bun bag

Give choices of tomato, shredded lettuce, pickles

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	474.21
<b>Fat</b>	19.47g
<b>SaturatedFat</b>	8.10g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	71.25mg
<b>Sodium</b>	1447.70mg
<b>Carbohydrates</b>	50.67g
<b>Fiber</b>	2.22g
<b>Sugar</b>	5.28g
<b>Protein</b>	26.72g
<b>Vitamin A</b> 194.92IU	<b>Vitamin C</b> 3.21mg
<b>Calcium</b> 181.52mg	<b>Iron</b> 3.68mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available