

Meatball Sub Elementary/Middle

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21773
School:	Columbia Local k-8		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD BF 1Z	3 Each	BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 165°F.	465761
SAUCE PIZZA	1 Fluid Ounce	warm sauce to 145 degrees	444545
Cheese, Mozzarella light, Shred FRZ	1/4 Ounce	Serving size : 3 meatballs with sauce and sprinkle mozzarella cheese on hot dog bun.	100034
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	412.50
Fat	22.25g
SaturatedFat	8.50g
Trans Fat	1.00g
Cholesterol	42.50mg
Sodium	1067.50mg
Carbohydrates	30.75g
Fiber	5.50g
Sugar	6.00g
Protein	20.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.74mg

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

Nutrition - Per 100g

No 100g Conversion Available