

BBQ MEATBALL SUB

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9430
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
BBQ Sauce	4 Serving		R-24784

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	464.00
Fat	10.50g
SaturatedFat	4.19g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	756.00mg
Carbohydrates	74.00g
Fiber	3.50g
Sugar	38.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available