

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27268
<b>School:</b>	Union Township Middle School/Wheeler High School		

## Ingredients

Description	Measurement	DistPart #
MEAT COMBO PK SLCD	3 Ounce	236012
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

## Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<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>	375.00
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1360.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 205.57mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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