

# Italian Sub Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25996
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hoagie Bun	1 Each		3744
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
TOMATO 6X6 LRG	3 Slice		199001

## Preparation Instructions

Place 1 slice cheese followed by 2 slices each of bologna, ham, and salami on a Klosterman sub bun.

Notes:

2.79z Bologna = 2z m/ma; 3.06z Ham = 2z m/ma; 3z Salami = 2z m/ma.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.600
<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

Amount Per Serving	
<b>Calories</b>	441.94
<b>Fat</b>	22.74g
<b>SaturatedFat</b>	8.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	1395.40mg
<b>Carbohydrates</b>	36.20g
<b>Fiber</b>	4.57g
<b>Sugar</b>	7.25g
<b>Protein</b>	22.71g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 189.37mg	<b>Iron</b> 10.29mg

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

## Nutrition - Per 100g

No 100g Conversion Available