

Italian Sub Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	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

Meat	3.750
Grain	2.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.600
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available