

Meatball Sub-Northwood High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19590
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
MEATBALL CKD .65Z 6-5 COMM	320 Each	785860
SAUCE SPAGHETTI FCY	1/2 #10 CAN	852759
SAUCE PIZZA	1/2 #10 CAN	502141
CHEESE MOZZ SHRD	2 1/2 Pound	645170
BUN SUB SLCD WGRAIN 5IN	80 Each	276142

Preparation Instructions

4 meatballs with 2 Tablespoons of Mozzarella Cheese per sandwich

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	376.43
Fat	14.66g
SaturatedFat	5.75g
Trans Fat	0.60g
Cholesterol	43.50mg
Sodium	609.33mg
Carbohydrates	38.77g
Fiber	3.88g
Sugar	8.57g
Protein	21.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 225.89mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available
