

BBQ MEATBALL SUB



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