

Meatball Sub



Servings:	216.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15852
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD REDC SOD .5Z	1296 Each	6 meatballs on each sub	610790
SEASONING ITAL HRB	1 Tablespoon 1 0 Teaspoon (4 Teaspoon)		428574
SUGAR CANE GRANUL	1 0 Cup		108642
Mozzerella Cheese	1 0 Package		105077
SAUCE SPAGHETTI FCY	6 Gallon 3 Quart (108 Cup)		852759
6" 100% Whole Wheat Hoagie Bun	216 bun		3746

Preparation Instructions

Mix Sauce, Seasoning, and Sugar then add meatballs. Heat to 165 degrees about 45-50 mins
spray boat then put hoagie bun in boat spray bun then heat in oven at 350 for 4-5 mins.(you are just toasting it) then
add the meatballs with a little sauce. Put in bun pan cover and put in warmer. Just before you put on line sprinkle
with mozzarella cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.255
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 216.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		435.15	
Fat		22.55g	
SaturatedFat		8.03g	
Trans Fat*		1.00g	
Cholesterol		40.16mg	
Sodium		582.06mg	
Carbohydrates		38.14g	
Fiber		6.08g	
Sugar		6.06g	
Protein		21.13g	
Vitamin A	1.85IU	Vitamin C	0.10mg
Calcium	48.20mg	Iron	9.44mg

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

Nutrition - Per 100g

No 100g Conversion Available