

Build Your Own Sub

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50152
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT	1/2 Each		133558
TURKEY HAM SLCD	2 Slice		556121
SALAMI GENOA SLCD 4/Z	2 Slice		776250
TURKEY BRST SLCD WHT 1/2Z	2 Slice		244190
CHEESE AMER WHT 160CT SLCD	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	861940
TOMATO 5X6 XL	1/4 Cup		438197
LETTUCE ROMAINE HRTS	1/4 Cup		182570
PICKLE KOSH DILL CHIP C/C 5/16IN	3 Slice		242667

Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.

Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night

Proof buns in warmer and bake according to the directions, roll and slice. Do this a day before serving

Wash hands and put on gloves

Lay buns on prep area

Layer meat and cheese on bun

Place sandwiches in pan and cover with bun bag

Give choices of tomato, shredded lettuce,pickles

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	478.42
Fat	19.52g
Saturated Fat	8.11g
Trans Fat	0.04g
Cholesterol	71.25mg
Sodium	1448.87mg
Carbohydrates	51.58g
Fiber	2.50g
Total Sugar	5.93g
Added Sugar	2.00g
Protein	26.93g
Vitamin A 389.84mcg	Vitamin C 6.41mg
Calcium 183.86mg	Iron 3.75mg

Nutrition - Per 100g

No 100g Conversion Available