

Meatball Sub

Servings:	57.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58028
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	10 Pound		785860
SAUCE MARINARA	6 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181
Cheese, Mozzarella, Part Skim, Shredded	1 3/4 Cup		100021
BUN SUB SLCD WGRAIN 5"	57 Each	READY_TO_EAT	276142

Preparation Instructions

- 10 lbs. meatballs per 4B pan.
- 6 cups marinara sauce per pan.
- Use sub buns, 4 meatballs per sandwich.
- Top with 2 Tbsp. mozzarella cheese.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
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: 57.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	383.12
Fat	15.97g
Saturated Fat	6.74g
Trans Fat	0.65g
Cholesterol	51.15mg
Sodium	556.75mg
Carbohydrates	38.08g
Fiber	3.50g
Total Sugar	7.91g
Added Sugar	5.29g
Protein	21.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 131.28mg	Iron 3.29mg

Nutrition - Per 100g

Calories	409.76
Fat	17.08g
Saturated Fat	7.20g
Trans Fat	0.69g
Cholesterol	54.71mg
Sodium	595.46mg
Carbohydrates	40.72g
Fiber	3.74g
Total Sugar	8.46g
Added Sugar	5.66g
Protein	22.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 140.41mg	Iron 3.52mg