

# Fresh Baked Sub Sandwich

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32414
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036
DOUGH ROLL SUB WGRAIN 12"	1 Each	cut in half serve each half as 1 serving	666501

## Preparation Instructions

1. pull sub rolls out to thaw the day before
2. first thing in the morning the day of serve to start proofing them
3. bake according to manufactures directions
4. layer sub rolls with 1 oz cheese 3 oz of each type of meat
5. serve have line set up with boats of lettuce, tomato, onion, pickle and have mayo and mustard on every line.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.673
<b>Grain</b>	3.125
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	383.32
<b>Fat</b>	11.35g
<b>Saturated Fat</b>	4.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.05mg
<b>Sodium</b>	1049.02mg
<b>Carbohydrates</b>	47.40g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	6.73g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	27.14g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 2.40mg

## Nutrition - Per 100g

<b>Calories</b>	386.34
<b>Fat</b>	11.44g
<b>Saturated Fat</b>	4.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.49mg
<b>Sodium</b>	1057.27mg
<b>Carbohydrates</b>	47.78g
<b>Fiber</b>	5.04g
<b>Total Sugar</b>	6.78g
<b>Added Sugar</b>	2.02g
<b>Protein</b>	27.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.16mg	<b>Iron</b> 2.42mg