

Meatball Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49841
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each		276142
MEATBALL CKD .65Z	4 Each		785860
SAUCE SPAGHETTI BF REDC FAT	2 Ounce		573201
CHEESE MOZZ SHRD	1/2 Ounce		645170

Preparation Instructions

Heat meatballs in sauce to 155 at 350.

Serve 4 meatballs in sauce on bun, top with .5oz mozz cheese.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	414.26
Fat	17.57g
Saturated Fat	6.53g
Trans Fat	0.95g
Cholesterol	57.02mg
Sodium	577.58mg
Carbohydrates	39.38g
Fiber	3.71g
Total Sugar	8.96g
Added Sugar	5.71g
Protein	23.19g
Vitamin A 229.43mcg RAE	Vitamin C 6.74mg
Calcium 153.39mg	Iron 3.71mg

Nutrition - Per 100g

Calories	687.68
Fat	29.17g
Saturated Fat	10.84g
Trans Fat	1.58g
Cholesterol	94.66mg
Sodium	958.79mg
Carbohydrates	65.37g
Fiber	6.16g
Total Sugar	14.88g
Added Sugar	9.48g
Protein	38.50g
Vitamin A 380.86mcg RAE	Vitamin C 11.18mg
Calcium 254.63mg	Iron 6.16mg