

Fresh Baked Sub Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32414
School:	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

Meat/Meat Alternate	2.673
Grain	3.125
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: 2.00

Serving Size: 1.00 Sandwich

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

Nutrition - Per 100g

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