

Italian Deli Trio Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40336
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
BUN SUB SLCD WGRAIN 5"	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	380.00
Fat	20.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1290.00mg
Carbohydrates	31.50g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.00g
Protein	18.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.57mg	Iron 2.00mg

Nutrition - Per 100g

Calories	446.80
Fat	23.52g
Saturated Fat	7.64g
Trans Fat	0.00g
Cholesterol	97.00mg
Sodium	1516.75mg
Carbohydrates	37.04g
Fiber	2.35g
Total Sugar	5.29g
Added Sugar	4.70g
Protein	21.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 128.82mg	Iron 2.35mg