

# Meatball Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40338
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	4 Each	N/A	785860
BUN SUB SLCD WGRAIN 5"	1 Each		276142
CHEESE MOZZ SHRD	1/8 Cup		645170
SAUCE MARINARA	1/4 Cup		502181

## Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

–  
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

–  
Fill each Sub Bun with...

5 meatballs

1/2 ounce (1/8 cup of cheese)

1/4 cup (2 ounce spoodle) of Marinara Sauce

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CCP: Hold for hot service at 135 degrees F or higher.

Updated 5.28.26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.250
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.80
<b>Fat</b>	15.37g
<b>Saturated Fat</b>	5.82g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	43.80mg
<b>Sodium</b>	587.10mg
<b>Carbohydrates</b>	40.52g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	9.52g
<b>Added Sugar</b>	5.50g
<b>Protein</b>	21.64g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 249.10mg	<b>Iron</b> 3.50mg

## Nutrition - Per 100g

<b>Calories</b>	2651.29
<b>Fat</b>	104.27g
<b>Saturated Fat</b>	39.48g
<b>Trans Fat</b>	4.07g
<b>Cholesterol</b>	297.15mg
<b>Sodium</b>	3983.04mg
<b>Carbohydrates</b>	274.90g
<b>Fiber</b>	27.14g
<b>Total Sugar</b>	64.59g
<b>Added Sugar</b>	37.31g
<b>Protein</b>	146.81g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1689.96mg	<b>Iron</b> 23.74mg