

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32659
School:	Knox Middle School	Grams Per Serving:	3.54

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	50 Each		276142
MEATBALL CKD .65Z	200 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE SPAGHETTI FCY	12 1/2 Cup		852759
CHEESE MOZZ SHRD	6 1/4 Cup		645170

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.

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Prepare meatballs as stated on package.

CCP: Heat to 165° F or higher.

Heat spaghetti sauce.

CCP: Heat to 140° F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/4 cup of spaghetti sauce

1/8 cup or 1 fluid ounce of cheese

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Wrap tray of subs and place in warmer until ready to serve.

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

Updated June 2025

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	350.25
Fat	12.75g
Saturated Fat	4.44g
Trans Fat	0.60g
Cholesterol	37.88mg
Sodium	683.50mg
Carbohydrates	40.13g
Fiber	3.50g
Total Sugar	9.13g
Added Sugar	8.00g
Protein	18.38g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 153.13mg	Iron 3.50mg

Nutrition - Per 100g

Calories	9894.07
Fat	360.17g
Saturated Fat	125.35g
Trans Fat	16.95g
Cholesterol	1069.92mg
Sodium	19307.91mg
Carbohydrates	1133.47g
Fiber	98.87g
Total Sugar	257.77g
Added Sugar	225.99g
Protein	519.07g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4325.56mg	Iron 98.87mg