

# Turkey Sub

|                      |                         |                           |         |
|----------------------|-------------------------|---------------------------|---------|
| <b>Servings:</b>     | 1.00                    | <b>Category:</b>          | Entree  |
| <b>Serving Size:</b> | 1.00 Each               | <b>HACCP Process:</b>     | No Cook |
| <b>Meal Type:</b>    | Lunch                   | <b>Recipe ID:</b>         | R-33235 |
| <b>School:</b>       | NEW PRAIRIE HIGH SCHOOL | <b>Grams Per Serving:</b> | 120.49  |

## Ingredients

| Description                                    | Measurement | DistPart # |
|--|-------------|------------|
| Turkey Breast Deli                             | 3 1/4 Ounce | 100121     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     | 100036     |
| BUN SUB SLCD WGRAIN 5"                         | 1 Each      | 276142     |
| TOMATO SLCD 1/4"                               | 1 Slice     | 786535     |
| LETTUCE ROMAINE CHOP                           | 1/4 Cup     | 735787     |
| ONION SLCD 3/16IN                              | 1 Slice     | 591122     |

## Preparation Instructions

Directions:

Place 3.25 oz. turkey and 1 slices of cheese on each hoagie bun

If sandwiches are assembled in advance cover trays with plastic or wrap indiv in wrap

CCP: Hold for cold service at 41° F or lower.

Package sandwich with other items.

Offer with fruits, vegetables, and milk.

## 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>               | 0.000 |
| <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>                | 331.02                  |
| <b>Fat</b>                     | 9.14g                   |
| <b>Saturated Fat</b>           | 4.06g                   |
| <b>Trans Fat</b>               | 0.00g                   |
| <b>Cholesterol</b>             | 64.73mg                 |
| <b>Sodium</b>                  | 880.97mg                |
| <b>Carbohydrates</b>           | 36.42g                  |
| <b>Fiber</b>                   | 2.53g                   |
| <b>Total Sugar</b>             | 6.38g                   |
| <b>Added Sugar</b>             | 4.00g                   |
| <b>Protein</b>                 | 26.85g                  |
| <b>Vitamin A</b> 187.43mcg RAE | <b>Vitamin C</b> 3.08mg |
| <b>Calcium</b> 69.25mg         | <b>Iron</b> 2.15mg      |

## Nutrition - Per 100g

|                                |                         |
|--------------------------------|-------------------------|
| <b>Calories</b>                | 274.72                  |
| <b>Fat</b>                     | 7.58g                   |
| <b>Saturated Fat</b>           | 3.37g                   |
| <b>Trans Fat</b>               | 0.00g                   |
| <b>Cholesterol</b>             | 53.72mg                 |
| <b>Sodium</b>                  | 731.15mg                |
| <b>Carbohydrates</b>           | 30.23g                  |
| <b>Fiber</b>                   | 2.10g                   |
| <b>Total Sugar</b>             | 5.29g                   |
| <b>Added Sugar</b>             | 3.32g                   |
| <b>Protein</b>                 | 22.28g                  |
| <b>Vitamin A</b> 155.55mcg RAE | <b>Vitamin C</b> 2.56mg |
| <b>Calcium</b> 57.47mg         | <b>Iron</b> 1.79mg      |