

Italian Hoagie - Elementary (LR100091)

HACCP Process: Process 2: Same day service
 Allergens: Contains Gluten, Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Each
 Moisture gain/loss%: 0.0000 Yield: 6 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Bread, 6" Whole Grain White Steak Bun, Nickles, 1980, WG SI101112	1 Each
				Ham, Deli Sliced Cooked, Berks, 5200, MMA SI104687	1/2 ounces
				Bologna, Deli Sliced, Berks, 3319, MMA SI104685	1/2 ounces
				Salami, Deli Sliced Cooked, Berks, 3211, MMA SI104686	1/2 ounces
				Cheese, Yellow American, Pasteurized Process, 160 Slice Land O'Lakes, 46255, MMA SI100678	1 Each
				Vegetable, Lettuce, Iceberg, Shredded, Morkon, Veg-O SI101441	1/2 cup (washed)

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	36.43	12.86	45.40	20.95	10.159

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
188.06	7.612	2.687	0	20.896	594.03	21.343	2.687	4.776	9.851	1.343	116.418	164.179	0.179	(M)	(M)

Nutrients per serving (167.5 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
315	12.75	4.5	0	35	995	35.75	4.5	8	16.5	2.25	195	275	0.3	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.