

Sandwich, Hot Italian Hoagie, WG, MMA, Veg-DG mt lebanon (LR100037)

Allergens: Contains Gluten, Milk, Soy, Wheat;
 Meal Contribution: 2 1/4 WGR, 2 Meat/MA, 1/4 Veg-DG
 Number of Servings: 1.00 Serving Size: 1 sandwich
 Moisture gain/loss%: 0.0000 Yield: 5 1/4 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
				Salami, Deli Sliced Cooked, Berks, 3211, MMA SI104686	1/2 Ounce
				UV Turkey Ham, Deli Style, Jennie-O Turkey Store, 8028, MMA SI100027	1/2 Ounce
				Bologna, Turkey, Deli Style, Carolina Turkey Food Service, Butterball 22655-81630, MMA SI100038	1/2 Ounce
				Cheese, American, Sliced 160 Count, Processed Yellow, Glenview Farms, MMA SI100043	1/2 Ounce
				Lettuce, cos or romaine, raw 11251	1/2 cup shredded

Preparation Instructions

- Use a six inch hoagie bun.
- Place 1/2 ounce of ham on bottom of bun.
- Place 1/2 ounce of salami on top of the ham.
- Place 1/2 ounce of bologna on top of the salami.
- Place 1 slice (1/2 ounce) of american cheese on top of bologna.
- Top with hoagie bun.
- Place in a 400 degree F oven and bake for 10 minutes.
- Remove from oven and place 1/2 cup of shredded lettuce on top of the cheese.
- Place hoagies in a serving pan and serve.
- 1 hoagie equals one serving.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	34.18	12.71	45.80	22.31	8.207

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)
213.94	8.125	3.022	0	29.943	671.92	24.496	3.889	4.389(M)	11.93	2.171	150.9	5035.12	2.583	53.58(M)	0.329(M)

Nutrients per serving (148.2 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)
317.059	12.041	4.479	0	44.375	995.785	36.303	5.763	6.505(M)	17.68	3.218	223.634	7462.05	3.828	79.405 (M)	0.487(M)

(M) Indicates missing values.

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