



## 825100 - Meatball Sub

Source: K12 Culinary

Number of Portions: 35

Size of Portion: each

### Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Meat/Meat Alter

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825011 Meatball, Beef, JTM 5030CE.....	140 each, 0.56 oz	Thaw meatballs overnight in refrigerator.  Note: Five pounds of this brand yields about 140 meatballs. Crediting is based on 4 meatballs with 1/2 oz cheese to provide 2 oz eq Meat/Meat Alternate. Check the specifications for the brand of meatball used to ensure proper portion size and crediting as all brands may not be equivalent. <b>CCP: Hold at 41 degrees F. or lower.</b>
825144R Deli Sub Roll.....	35 each, 2 oz	Thaw frozen sub roll dough overnight in the refrigerator and prepare according to the recipe.  Note: Store baked breads at room temperature up to 3 days or in the freezer for longer storage. Do not store bread in the refrigerator as this accelerates starch retrogradation and staling. <b>CCP: No bare hand contact with ready to eat food.</b>
825003R Marinara Sauce: School Made.....	1 qt	Place 5 lb bag of thawed meatballs in each half size 4 inch deep pan. Pour 1 quart of marinara sauce evenly over each pan of meatballs. Using a spatula, toss gently to combine. Cover and steam meatballs for approximately 15 minutes.  <b>CCP: Heat to 135° F or higher.</b>
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD...	1 lb + 1 1/2 ozs	To serve, use a 4 oz. solid spoodle to place 4 meatballs and sauce on sub roll. Using a 1 oz. spoodle, top with ½ oz. of shredded mozzarella cheese.  Sandwiches may be prepared on the service line, or pre-made and held in hot holding cabinet. <b>CCP: Hold for hot service at 135° F or higher</b>

		<p>Subs are best prepared for just in time service to avoid excessive leftovers.</p> <p>If meatballs and sauce are leftover, cool properly, cover and label and reheat for service within 3 days.  <b>CCP:</b> Cool to 41° F or lower within 4 hours.</p> <p><b>CCP:</b> Heat to 165° F or higher for at least 15 seconds</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
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\*Nutrients are based upon 1 Portion Size (each)

Calories	354	kcal	Cholesterol	38	mg	Sugars	*4.1*	g	Calcium	150.72	mg	34.31%	Calories from Total Fat
Total Fat	13.50	g	Sodium	501	mg	Protein	20.18	g	Iron	3.47	mg	13.05%	Calories from Saturated Fat
Saturated Fat	5.14	g	Carbohydrates	35.07	g	Vitamin A	201.9	IU	Water <sup>1</sup>	*1.59*	g	*1.24%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.49*	g	Dietary Fiber	3.95	g	Vitamin C	2.0	mg	Ash <sup>1</sup>	*0.01*	g	39.62%	Calories from Carbohydrates
												22.79%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.