



## 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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825011 Meatball, Beef, JTM 5030CE.....	140 each, 0.56 oz	<p>Thaw meatballs overnight in refrigerator.</p> <p>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.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>
825144R Deli Sub Roll.....	35 each, 2 oz	<p>Thaw frozen sub roll dough overnight in the refrigerator and prepare according to the recipe.</p> <p>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.</p> <p><b>CCP: No bare hand contact with ready to eat food.</b></p>
825003R Marinara Sauce: School Made.....	1 qt	<p>Place 5 lb bag of thawed meatballs in each half size 4 inch pan.</p> <p>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.</p> <p><b>CCP: Heat to 135° F or higher.</b></p>
051558 Cheese, Mozzarella, Lite, Shredded....	1 lb + 1 1/2 ozs	<p>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.</p> <p>Sandwiches may be prepared on the service line, or pre-made and held in hot holding cabinet.</p> <p><b>CCP: Hold for hot service at 135° F or higher.</b></p>
		<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.</p> <p><b>CCP: Cool to 41° F or lower within 4 hours.</b></p>

CCP: Heat to 165° F or higher.

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

\*Nutrients are based upon 1 Portion Size (each)

Calories	342 kcal	Cholesterol	36 mg	Sugars	*4.6* g	Calcium	*50.45* mg	33.99%	Calories from Total Fat
Total Fat	12.90 g	Sodium	520 mg	Protein	20.41 g	Iron	*3.26* mg	12.23%	Calories from Saturated Fat
Saturated Fat	4.64 g	Carbohydrates	34.09 g	Vitamin A	*104.3* IU	Water <sup>1</sup>	*7.18* g	*1.29%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.49* g	Dietary Fiber	4.10 g	Vitamin C	*3.4* mg	Ash <sup>1</sup>	*0.03* g	39.92%	Calories from Carbohydrates
								23.90%	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.