DUNLAP SCHOOL DISTRICT 323

Page 1 Recipe Prep Sheet Oct 7, 2014

000370 - MEATBALL SUB/ BUN:

HACCP Process: #2 Same Day Service

Number of Portions: 1

Size of Portions: 2.5 OZ SERVING

Alternate Recipe Name:

P/G: MEATBALL SUB

095395 Meatball, Italian style: INT'L MULTIFOOD #	1 EA. 2.0oz
104152 MARINARA SAUCE	1 1/3 ozs
902681 BUN, HOT DOG WHEAT WHL 12-12CT GFS	1 BUN
001028 CHEESE, MOZZARELLA, PART SKIM MILK	1/2 oz

*Nutrients are based upon 1 Portion Size (2.5 OZ SERVING)

Calories	323	kcal	Cholesterol	*9*	mg	Sugars	*0.2*	g	Calcium	*137.91* mg	45.13%	Calories from Total Fat
Total Fat	16.21	g	Sodium	777	mg	Protein	18.85	g	Iron	*1.69* mg	*4.32%*	Calories from Sat Fat
Sat Fat	*1.55*	g	Carbs	25.65	g	Vitamin A	*342.8*	IU	Water ¹	*7.62* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	D. Fiber	*4.64*	g	Vitamin C	*5.2*	mg	Ash ¹	*0.46* g	31.73%	Calories from Carbs
											23.32%	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
- ¹ denotes optional nutrient values
- ² Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.