

Quest Food Management

001634 - sandwich classic submarine : nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903572 bread- alpha wheat diamond jim 31454.....	50 each	
902950 turkey ham gfs 211605.....	3 lbs + 2 ozs	
903655 bologna turkey gfs 210218.....	3 lbs + 2 ozs	
903662 cheese white american reduced fat comm.....	100 slice 200ct	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	3 qts + 1/2 CUP (AP Mix)	
900023 Tomatoes red ripe raw year round average.....	100 slice 1/2"	

*Nutrients are based upon 1 Portion Size (serving)

Calories	317 kcal	Cholesterol	58 mg	Sugars	*5.9* g	Calcium	260.64 mg	33.53%	Calories from Total Fat
Total Fat	11.80 g	Sodium	1301 mg	Protein	20.63 g	Iron	2.67 mg	14.15%	Calories from Saturated Fat
Saturated Fat	4.98 g	Carbohydrates	33.01 g	Vitamin A	1887.8 IU	Water ¹	*51.03* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.15 g	Vitamin C	7.5 mg	Ash ¹	*0.27* g	41.69%	Calories from Carbohydrates
								26.06%	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.