

# Recipe Prep Sheet

Adams 12 Five Star Schools

## 1129 - SAND, MEATBALL SUB CHICKEN

Recipe HACCP Process: #2 Same Day Service

Source: ENTREE

Number of Portions: 30

Portion Size: 1 SAND

Ingredient #	Ingredient Name	Measurements	Instructions
096180	MEATBALLS,PRE-COOKED CHICKEN	5 LB	<p><b>CCP: WASH HANDS FOR 20 SECONDS BEFORE STARTING</b>  <b>CCP: CLEAN GLOVES MUST BE WORN BY ALL EMPLOYEES WHEN HANDLING ANY FOOD PRODUCT.</b></p> <p><b>Day of Service:</b></p> <p><b>Sauce:</b></p> <ol style="list-style-type: none"> <li>1. In a large steam table pan,combine sauce and spices. Stir to combine.</li> <li>2. Steam until sauce reaches an internal temperature of 150 degrees.</li> </ol> <p><b>Meatballs:</b></p> <ol style="list-style-type: none"> <li>1. Product is to be cooked from frozen.</li> <li>2. Preheat oven to 350 degrees.</li> <li>3. On a sheet pan,place meatballs ensuring not to overcrowd. Overcrowding will not all them to brown. You can fit 2 bags of meatballs per sheet pan.</li> <li>4. Bake the meatballs 35 minutes or until internal temperature reaches 165 degrees.</li> </ol> <p><b>Assembly:</b></p> <ol style="list-style-type: none"> <li>1. Combine meatballs and sauce.</li> <li>2. Place in hot holding cabinet until ready to assemble.</li> <li>3. Using prepared hoagie buns (see recipe),place buns on a sheet pan.</li> <li>4. Place 3 meatballs in each sliced hoagie bun. Top with 1/8 cup cheese.</li> <li>5. Place prepared subs in the warmer to melt the cheese.</li> <li>6. Subs must be prepared before each class to ensure highest quality. Making subs too far in advance with result in a soggy bun and poor product.</li> </ol> <p><b>Service Notes</b>  <b>Serve:</b> 1 Sub per Student  <b>Service Option:</b> Tray  <b>Service Utensil:</b> Tongs  <b>Contribution:</b> 1 Sub = 2 M/P 2 B/G            Note: If a student does not want cheese they do not have to. A sub without cheese contains 2 M/P.</p> <p><b>CCP: HEAT TO 150°F OR HIGHER</b>  <b>CCP: HOLD AT 140°F OR HIGHER; HOT SERVICE AT 135°F OR HIGHER</b></p>
902765	MARINARA SAUCE, VIT ENHAN	1 # 10 CAN	
902809	ITALIAN SEASONING, TONES SALT FREE	2 Tablespoon	
902869	ONION POWDER	2 tbsp	
002020	GARLIC POWDER	1 TBSP	
002029	PARSLEY,DRIED	1 TBSP	
902906	BASIL, DRIED	2 tbsp	
900323	ROLL,HOAGIE RICH'S WW 2OZ	30 HOAGIE	
902082	CHEESE, MOZZARELLA, SHREDDED	15 oz	

\*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 required nutrient values

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

**NOTICE:** The data contained within this report and the Mosaic® 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.

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

Calories <sup>1</sup>	463.192 kcal	Total Fat	19.504 g	Total Dietary Fiber	5.610 g	Vitamin C	48.076 mg	37.897% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.096 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	26.716 g	Iron	3.718 mg	9.902% Calories from Sat Fat
Sodium <sup>1</sup>	587.070 mg	Cholesterol	60.900 mg	Vitamin A	4148.715 IU	Water	*0.023* g	*0.000%* Calories from Trans Fat
Sugars	*4.011* g	Carbohydrate	47.572 g	Calcium	150.817 mg	Ash	*N/A* g	41.082% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.004			23.071% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

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