

MURRIETA VALLEY USD

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Recipe

Oct 5, 2021

Recipe: 000941 Turkey Sub, 6" Roll

Recipe Source:

Recipe Group: SANDWICHES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: Turkey Sub

Number of Portions: 1

Size of Portion: Sandwich

| | |
|---|----------|
| 903674 Roll, Steak 6"..... | 1 ea |
| 903266 Turkey, Sliced Jennie-O..... | 6 Slice |
| 903439 CHEESE, AMERICAN, REDUCED FAT, SLICED..... | 1 PIECE |
| 903656 Mayonnaise, Heinz 9g pkt..... | 1 packet |

*Nutrients are based upon 1 Portion Size (Sandwich)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|-----------|--------|-----------------------------|
| Calories | 370 kcal | Cholesterol | 57.50 mg | Sugars | 2.00 g | Calcium | 198.00 mg | 36.49% | Calories from Total Fat |
| Total Fat | 15.00 g | Sodium | 980.00 mg | Protein | 26.00 g | Iron | 2.00 mg | 7.30% | Calories from Saturated Fat |
| Saturated Fat | 3.00 g | Carbohydrates | 34.00 g | Vitamin A | *250.00* IU | Water ¹ | *N/A* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 1.00 g | Vitamin C | *0.00* mg | Ash ¹ | *N/A* g | 36.76% | Calories from Carbohydrates |
| | | | | | | | | 28.11% | 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.

| Miscellaneous | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|----------------------------------|------------|-------------------|------------------|------------------------|
| Meat/Alt..... | 2.5 oz | Y - Milk | N - Peanut | |
| Grain..... | 2.5 oz | Y - Egg | N - Tree Nut | |
| Fruit..... | cup | Y - Soy | N - Fish | |
| Vegetable..... | cup | Y - Wheat | N - Shellfish | |
| Milk..... | cup | | | |
| Moisture & Fat Change | | | | |
| Moisture Change..... | 0% | | | |
| Fat Change..... | 0% | | | |
| Type of Fat..... | | | | |

Production Specification

| | | | | | |
|-----|-------|--------------------------|---------|---------|-------|
| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|-------|--------------------------|---------|---------|-------|

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.

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| | | | | | |
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Steak Roll Hinged 12pk #191 V12

03/25/2021

Nutrition Facts

12 servings per container

Serving size 1 Roll (71g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 102mg 8%

Iron 2mg 10%

Potassium 57mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Wheat Flour Enriched [(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Ascorbic Acid added as a dough conditioner], Water, Yeast, Contains 2% or less of each of following: High Fructose Corn Syrup, Contains 2% or less Soybean Oil, Salt, Calcium Propionate (A Preservative), Enzymes, Monoglycerides. CONTAINS WHEAT.