

American Sub Sandwich

Makes: 50 Servings

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Ingredients	Weight	Measure
Turkey breast, cooked, sliced	2 1/3 lb	
Ham, sliced, light	2 1/3 lb	
Cheese, cheddar/american, sliced	2 1/3 lb	
Rolls	50 each	
Lettuce, chopped or shredded	3 heads	
Tomatoes, fresh, sliced	3 1/2 lb	
Green pepper, sweet, sliced	4 lb	

Nutrition Information

Nutrients	Amount
Calories	304
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	31 mg
Sodium	1052 mg
Total Carbohydrate	35 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	20 g
Vitamin D	N/A
Calcium	234 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	
Meal Components	
Fruits	1/4 cup
Vegetables	1/4 cup
Grains	2 unknowns
Meat / Meat Alternate	2 ounces

Directions

1. Slice meats and cheese into 3/4 oz slices. Cover and hold in refrigerator until ready to assemble sandwiches.
 2. Shred lettuce; set aside.
 3. Core tomatoes and slice into 1/2 oz slices, set aside.
 4. Core peppers and slice thinly.
 5. To assemble: Place 3/4 oz each turkey, ham and cheese on each roll. Top with 1 oz each shredded lettuce, sliced tomato and pepper slices. Slice sandwich in half; wrap individually or place onto serving trays.
 6. Keep covered and air tight; refrigerate until serving time.
- Source:** MA Department of Education/ John Stalker Institute